



Appoquinimink High School Athletics Department

Coaching Staff Required Trainings

- Per DIAA and ASD Regulations: All AHS Athletics Staff Members Must be **CERTIFIED COACHES** which requires the following trainings:
 - a. NFHS Concussion Training (2 year)
 - b. NFHS Sudden Cardiac Arrest (2 year)
 - c. Adult CPR/AED (2 year)
 - d. Active DragonFly Max Account
 - i. Certificates Uploaded

Adult/Child First Aid and CPR Online Certification Options:

1. Contact ASD Lead Nurse - Yvonne Camac via email yvonne.camac@appo.k12.de.us to ask if there are future in - person classes coming up.
2. Visit <http://www.redcross.org/take-a-class/course-dowbt000000000014405> and register for online option for CPR/AED that it directs you too.
3. Visit anyone of the following online vendors:
 - a. <https://www.ecprcertification.com/>
 - b. <https://www.americansti.org/>
 - c. <https://nationalcprfoundation.com/>
4. When you have completed the above trainings, please email a copy of your certificates for record keeping to:
 - a.
 - b. Athletic Director – Chris Muscara – Christopher.muscara@appo.k12.de.us
 - c. Assistant Athletic Director – Jeremy Forester – jeremy.forester@appo.k12.de.us
5. Create your coaching account profile on the DragonFly Max website - <https://max.dragonflyathletics.com/maxweb/max-cover/login>

****UPDATED 8-5-2025****