

## 2012 Track Online Clinic Instructions for Coaches

The 2012 Track Rules Clinic will begin online from Monday, January 16 to Sunday, February 12.

The online rules clinic consists of a video presentation and a 10 question quiz presented at the conclusion of the video. You must answer 8 out of 10 questions correctly in order to receive credit for attending the clinic. If you do not answer 8 questions correctly, you must view the video in its entirety and answer the questions again. You can view the presentation and take the quiz any time day or night during the assigned period.

The online rules clinic will be offered through our new LHSAA coaches "portal". The portal is a website designed to provide coaches a place to access coaching related applications and tasks like taking online rule clinics, exams, entering schedules and results, power ranking systems, and manage student eligibility. You will need a new username and password to access this portal. If you do not have a username or password, you must go to your principal so he/she can provide you with one.

Starting January 16, login to <http://www.lhsaaonline.org> using the username and password provided to you by your principal. Once you login into the system, click on the "**Online Track Clinic**" link. This link will start the video presentation. You will NOT be able to pause the video, rewind it, or advance it. Once the video presentation is finished you will have 30 seconds to start the quiz. If you do not start the quiz in this period the system will not let you continue the quiz and you must start the video presentation from the beginning.