

Intermediate general principles of coaching



How to enrol

By phone

Call (02) 9006 3700 and have your credit card details ready (Visa, Mastercard).

By fax

Complete the enrolment form, include your credit card details and fax to (02) 9006 3884.

By email

sport.ed@communities.nsw.gov.au

By mail

Complete the enrolment form, include either your credit card details, a cheque or a money order, and mail to:

Sport Education Centre,
Locked Bag 1422
Silverwater NSW 2128

Lecture-based course

Sydney Academy of Sport and Recreation, Narrabeen

The key to sports development is coach education. The National Coaching Accreditation Scheme (NCAS) is a progressive coach education program offering opportunities to acquire a greater knowledge of coaching to enable the continued development of our sporting talent.

Intermediate general principles of coaching

This course aims to improve the knowledge and skills of experienced community coaches who are currently accredited Level 1 (or equivalent) coaches.

Coaches must have their Level 1 accreditation with at least 12 months coaching experience.

To successfully complete this course, participants must:

- Attend all three days of lectures
- Do some home study and complete assigned worksheets.

The Intermediate coaching principles component, combined with the sport specific component plus practical coaching hours, will provide accreditation within the NCAS.

Limited accommodation available on site. Please call (02) 9006 3777 for details.

Course details

| | |
|--------------|--|
| Date | Friday 14, Saturday 15 and Sunday 16 October, 2011 |
| Times | Friday 4pm–9pm, Saturday 8.30am–5pm and Sunday 8.30am–5pm |
| Venue | Lecture Room, Sydney Academy of Sport and Recreation, Wakehurst Parkway, Narrabeen |
| Cost | \$300 (incl. GST) covers dinner (on Friday), lunch, morning and afternoon tea, texts, marking assessments and certificate on successful completion of the course. |

Bookings close 8 October, 2010

For further information on the NCAS and update programs conducted by the NSW Sport Education Centre, contact:

| | |
|--------------|---------------------------------|
| Phone | (02) 9006 3827 |
| Fax | (02) 9006 3884 |
| Email | sport.ed@communities.nsw.gov.au |

Supported by



Australian Government
Australian Sports Commission

For more information

call (02) 9006 3827 or visit www.dsr.nsw.gov.au

SR5095



Communities
Sport & Recreation

Intermediate general principles of coaching

October 2011 lecture-based course

Topics covered:

- Planning
- Risk management
- The essence of coaching
- Principles of training
- Sports psychology
- Functional anatomy and physiology
- Biomechanics
- Development and maturation
- Nutrition
- Teaching methods
- Skill acquisition
- Communication
- Drugs in sport.

This program is a joint initiative of the Australian Sports Commission and Sport and Recreation.

Enrolment information (0051947)

| | | | | |
|------------|--|----------------------------|--|---|
| Name | <input type="text"/> | Date of birth | <input type="text"/> / <input type="text"/> / <input type="text"/> | <input type="checkbox"/> Male <input type="checkbox"/> Female |
| Address | <input type="text"/> <input type="text"/> | Phone | <input type="text"/> | |
| | Postcode <input type="text"/> | Home | <input type="text"/> | |
| | | Work/mobile | <input type="text"/> | |
| Email | <input type="text"/> | Your athlete's level/age | <input type="text"/> | |
| Your sport | <input type="text"/> | Year you completed Level 1 | <input type="text"/> | |

Payment information

My cheque or money order payable to Sport and Recreation is enclosed OR charge \$ to my credit card: Visa Mastercard

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| Cardholder name | <input type="text"/> | | | | | | | | | | | | Signature | <input type="text"/> | |

Risk waiver

Strike out whichever does not apply:

I agree to attend the Centre/program to undertake all activities and/or to participate in the above program. In the case of an emergency, I authorise Communities NSW, Sport and Recreation staff, where it is impracticable to communicate with me, to arrange for me to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburse costs which may be incurred for medical attention, ambulance transport and drugs while I am participating, or attending the Centre/ enrolled in the program.

I understand that although Communities NSW, Sport and Recreation and its service providers attempt to minimise any risk of personal injury within practical boundaries, accidents do happen and all physical activities carry the risk of personal injury. I acknowledge that there is an inherent risk of personal injury in physical activities that will be undertaken at the Centre/as part of the program and I accept that risk.

Full name Self Parent Guardian (please tick)

Signature

Date

Privacy statement

Communities NSW of 6 Figtree Drive, Sydney Olympic Park, NSW 2127 will collect and store the information you voluntarily provide to enable processing of enrolments for the program. The information will be provided to relevant staff and be provided to medical professionals where necessary. You consent to these disclosures. If you have been asked for information regarding Aboriginal and Torres Strait Islander descent and cultural background, this information is voluntary and is being compiled for statistical purposes only.

Any information provided by you will be stored on a database that will only be accessed by authorised personnel and is subject to privacy restrictions. The information will only be used for the purpose for which it was collected. Any information provided by you to Communities NSW can be accessed by you during standard office hours and updated by writing to us or by contacting us on 13 13 02.

I do not wish to receive promotional information about this service offered by Sport and Recreation.

Refunds and cancellations

Requests for refunds must be made within seven (7) working days prior to the commencement of the program in which you are enrolled. All requests must be made in writing. All refunds are subject to an administration fee of 20 per cent of the total program fee. Refunds will not be given for partial attendance, nor will make up lessons be provided. Refunds will be paid at the completion of the program. Sport and Recreation reserves the right to cancel any program/s. Every effort will be made to give reasonable notice to those who have enrolled when a program is cancelled. Those enrolled will be given a full refund.



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