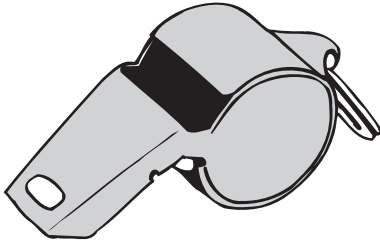


# Intermediate general principles of coaching



## How to enrol

### By phone

Call **(02) 9006 3763** 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](mailto: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



**Australian Government**  
**Australian Sports Commission**

## Lecture-based course

The key to sports development is coach education. The National Coaching Accreditation Scheme (NCAS) is a progressive coach education program. It offers opportunities for coaches to acquire a greater knowledge of coaching that will 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.

**Hotel Accommodation is available at Sydney Olympic Park.** Please call (02) 9006 3763 or (02) 9006 3827 for details and contact numbers.

## Course details

**Date** Friday 12 to Sunday 14 March, 2010

**Times** Friday 4pm–9pm, Saturday 8.30am–5pm and Sunday 8.30am–5pm

**Venue** Ken Brown Rooms, Sports House  
6 Figtree Drive, Sydney Olympic Park

**Cost** **\$275** (incl. GST) covers lunch, morning and afternoon tea, texts, marking assessments and certificate on successful completion of the course.

### Bookings close 8 March, 2010

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

**Phone** (02) 9006 3763

**Fax** (02) 9006 3884

**Email** [sport.ed@communities.nsw.gov.au](mailto:sport.ed@communities.nsw.gov.au)

## For more information

phone (02) 9006 3763 or visit [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)



**Communities**  
Sport & Recreation

# Intermediate general principles of coaching

## March 2010 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 (0046833)

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

### Payment information

My cheque or money order payable to NSW Sport and Recreation<sup>1</sup> is enclosed OR charge \$ \_\_\_\_\_ to my credit card:  Visa  Mastercard

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

### Risk waiver

Strike out whichever does not apply:

I agree to, or I agree for my child/ward to attend the Centre to undertake all activities and/or to participate in the above program and that I or my child/ward will, abide by the rules and conditions of the Centre, and/or the Department, including those in any literature or verbal or written instructions. I authorise in the case of an emergency for the Centre or program staff, where it is impracticable to communicate with me, to arrange for me, or my child/ward, 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 my child/ward is participating, in any activity or whilst I am, or my child/ward is, in attendance at the Centre.

Except for situations in which a claim arises as a result of a negligent act or omission by Communities NSW or its employees, servants, volunteers or agents (hereafter each the "Released Persons"), I agree to indemnify and keep indemnified the Released Persons from and against all claims whatsoever and whenever brought, prosecuted or made against any of the Released Persons for which the Released Persons will or may be or become liable arising from or as a result of my, or my child's/ward's, attendance at the Centre and/or participation in any activity. I also agree to waive, release and discharge all and any claim, right or cause of action against the Released Persons, however arising, whether currently known or arising in the future, which I may otherwise have for, or arising out of, the loss of my, or my child's/ward's, life, or injury, damage or loss of any description whatsoever and howsoever caused which I, or my child/ward, may suffer or sustain in the course of or as a result of my, or my child's/ward's participation in any activity and/or attendance at the Centre.

Full name  Self  Parent  Guardian (please tick)

|                      |                      |
|----------------------|----------------------|
| Signature            | Date                 |
| <input type="text"/> | <input type="text"/> |

### 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 instructors of the program and their supervisors, where necessary, and you consent to this disclosure. 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 the department can be accessed by you during standard office hours and updated by writing to us or by contacting us on 13 13 02.

### 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.



**Communities**  
Sport & Recreation