



Coach Re-Accreditation Form

Title: _____ Name: _____ NCAS # _____

Address: _____ Suburb: _____

State: _____ Post Code: _____ Date of Birth: _____ Club/School: _____

Telephone: _____ (h) _____ (w) _____ (m)

Fax: _____ Email: _____

ROWING COACHING ACTIVITIES over last 4 years

<u>Practical experience</u>	Date	Verification
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<u>Personal development</u>	Date	Verification
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NOTE:

1. Please complete and return both forms with copies of receipts or certificates to Rowing Australia:
Coach Education, PO Box 245, Belconnen ACT 2616 Fax 02 6256 5955
2. Signed CODE OF ETHICS Agreement Form must be also be returned
3. Payment of \$40.00 (for 4 years) must be made for accreditation to be processed

PREFERRED METHOD OF PAYMENT

CASH PAYMENT CHEQUE VISA M'CARD B'CARD **\$40.00**

CARD NUMBER: □□□□ □□□□ □□□□ □□□□

EXPIRY DATE:/..... CARDHOLDER NAME:

PRACTICAL COACHING	Rowing Coach LEVEL			
Specific Tasks	1	2	3	4
- coach crew to compete in any regatta	5			
- coach crew to Head of River	5	5	5	
- coach crew to compete at State Championships	5	5	5	5
- coach crew to compete at National Championships	10	10	10	10
- coach an athlete 12 months prior to that athletes inclusion in any of the following teams/squads:				
State (junior, youth, senior)	5	5	5	5
National (junior, U23, senior)	10	10	10	10
- participate in an approved rowing specific seminar	5	5	5	5
- participate in a state/national coaches conference	10	10	10	10
- present or lecture at:				
Learn to Row coach course/update seminar	5	5	5	5
Club/School coach course/update seminar	NA	10	10	10
Performance coach workshop	NA	NA	10	10
- mentor coach /supervisor for Learn to Row coach	NA	5	5	5
- mentor coach/supervisor for Club/School coach	NA	NA	10	10
- mentor coach/supervisor for Performance coach	NA	NA	NA	15
- mentor coach/supervisor for High Performance coach - attend development camps	NA	NA	NA	20
Club/school	5	5	5	5
State level	5	5	5	5
National level	10	10	10	10
International level	NA	NA	10	10
- work for 10 hrs with approved mentor coach	10	10	10	10
- evaluation session by an RA approved, qualified assessor (review "on water" coaching or training programme)	5	5	5	5
- coach a minimum of 100 hours per year	10	10	10	10
Subtotal point for last four years.....				
Practical Coaching Points required	10	20	30	40
PERSONAL DEVELOPMENT	Rowing Coach LEVEL			
Rowing Specific Tasks	1	2	3	4
- lecture/workshops approved by state association or RA attend	5	5	5	5
present	10	10	15	15
- attend a module of the next level Rowing Coach Accreditation course	5	10	10	NA
- prepare paper for RA website or other publications	10	10	10	10
- attend officiating course	5	5	5	5
- self evaluation of coaching via video analysis	10	10	10	10
- complete specialist module for Coaching Masters, Disability or School Rowers	NA	20	30	NA
Non Specific Tasks				
- Aust Sports Medicine Federation courses				
Awareness	5	5	5	5
Sports Trainer Level 1	10	10	10	10
Sports Trainer Level 2	NA	NA	15	15
- Aust Strength & Conditioning Association courses				
Level 1	10	10	10	NA
Level 2	15	15	15	15
- Approved basic First Aid course	5	5	5	5
- Approved senior first aid course	10	10	10	10
- Approved course at a University, State Institute/Academy of Sport or Department of Sport and Recreation	5	5	10	15
Subtotal point for last four years.....				
Personal Development Points required	10	20	30	40