

Performance Coach (Level 3) October 6-11 2011 Canberra

The Level 3 Performance Coach course is aimed at senior school and club coaches, and those coaches working with state level teams and junior national teams. The Level 3 focuses more heavily on applied sports science concepts, and aims to provide the coach with the 'tools of the trade' to develop athletes to their potential. The new Level 3 is equivalent to the previous Rowing Level 2 accreditation, but with a greater emphasis on technique analysis and correction, and individualising your coaching.

Aspiring Performance Coaches will need to apply to Rowing Australia where applications will be assessed and successful applicants invited to be part of a 5 day live-in course at the AIS and National Rowing Centre of Excellence (NRCE) in Canberra. The assessment of applications will be made by the NRCE high performance coaching staff under the direction of RA's National Education Coordinator. This may include reference checks and recommendations from SIS/SAS Head coaches and State Development Officers

Successful applicants are expected to be a current accredited Level 2 coach, have been coaching at this level for a minimum of 1 year and ideally be accredited at Level 1 Strength and Conditioning Coach.

Assessment of competencies for a Level 3 Performance Coach will be completed both during the course and a range of post course assessments covering each of the modules presented during the course.

Coaches are expected to work with a mentor coach for at least 30 hours after the completion of the course.

Successful applicants will be expected to assist and be an active part of the national coaching system for National and International athletes at the AIS and the NRCE.

Only a limited number of applications will be taken for the Performance Coach course in 2011.

Recognition of Prior Learning

Candidates may apply for Recognition of Prior Learning for any of the accreditation levels. RPL may be granted for the entire accreditation, or for specific competencies/modules within an accreditation level.

RPL policy information, core competencies and application form can be found on the Rowing Australia website
http://www.rowingaustralia.com.au/dev_coaches_accreditation.shtm

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