



TRACK & FIELD COACHING COURSES 2008

Check www.sportscredentials.com.au for updated information.

Note!! \$10 surcharge for credit card purchases.

MTH	Day 1	Day 2	CITY/TOWN	Course Type	Cash Cheque	Course Provider	Closing Date
Feb	15		Springsure	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
Mar	8		Charleville	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
Mar	8		Brisbane South	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
Mar	29		Emerald	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
Apr	12	13	Mt Isa	Level I	\$420	Sports Credentials	Thur 20 Mar
Apr	14		Toowoomba	Teachers	FOC	Sports Credentials	Ed Qld
Apr	14		Sunshine Coast	Teachers	FOC	Sports Credentials	Ed Qld
Apr	19	20	Gold Coast	Level I	\$285	Sports Credentials	Fri 4 Apr
Apr	19		Tully	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
Apr	26	27	Hughenden	Level I	\$420	Sports Credentials	Fri 11 Apr
Apr	26	27	Mitchell	Level I	\$420	Sports Credentials	Fri 11 Apr
May	3	4	Cairns	Level I	\$385	Sports Credentials	Fri 18 Apr
May	10	11	Townsville	Level I	\$385	Sports Credentials	Fri 18 Apr
May	17	18	Hervey Bay	Level I	\$385	Sports Credentials	Fri 25 Apr
May	17		Barcaldine	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
May	24	25	Brisbane	Level I	\$315	Queensland	Athletics
May	24		Gayndah	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
May	31		Miles	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
May	31	Jun 1	Brisbane	Level II	\$160	Queensland	Athletics
June	7	8	Cairns	Level II	\$180	Sports Credentials	Fri 16 May
June	14		Ayr	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
June	28	29	Gold Coast	Level II	\$160	Sports Credentials	Fri 20 June
July	14		Rockhampton	Teachers	FOC	Sports Credentials	Ed Qld
July	14		Cairns	Teachers	FOC	Sports Credentials	Ed Qld
July	14		Brisbane North	Teachers	FOC	Sports Credentials	Ed Qld
July	26	27	Sarina	Level I	\$400	Sports Credentials	Fri 11 July
Aug	13		Gold Coast	Teachers	FOC	Sports Credentials	Ed Qld
Sep	6		Normanton	Teachers	TBC	Ed Qld/Sports Cred	Ed Qld
Sep	20	21	Gold Coast-Sch Hols	Level I	\$285	Sports Credentials	Fri 12 Sep
Oct			Brisbane	Level I	tbc	Queensland	Athletics
Oct	6		Townsville	Teachers	FOC	Sports Credentials	Ed Qld
Oct	20	21	Brisbane	Level II	tbc	Queensland	Athletics
Oct	20		Maryborough	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
Oct	20		Mackay	Teachers	FOC	Sports Credentials	Ed Qld
Oct	20		Brisbane West	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
Nov	1		Warwick	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
Dec	2		Brisbane East	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld
Dec	4		Brisbane North	Teachers	FOC	Ed Qld/Sports Cred	Ed Qld



On behalf of...
**AUSTRALIAN TRACK & FIELD
 COACHES ASSOCIATION
 QUEENSLAND BRANCH**

COURSE PROVIDER - **SPORTS CREDENTIALS PTY LTD**

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Contact:- Sharon Hannan or Amelia or Antony or Peter



NOTES PERTAINING TO LEVEL I COURSES - PLEASE READ CAREFULLY

1. The Level I courses will be conducted from 8.30am till 5.00pm on Saturday and from 8.30pm till 3.30pm on Sunday. (*Teachers Certificate courses run from 8.30am till 3.30pm.*)
2. Full accreditation is only possible upon completion of all requirements, including examinations. Applicants should be at least **16 years** of age for the Level I course and at least **17 years** of age for the Event Specific course, and are required to attend 100% of the scheduled lectures.
3. The Basic course includes some general principles of coaching and the basic technical model of all track & field disciplines. Upon successful completion of the Level I course, applicants may, **if they wish** undertake a **Level II** in their chosen event group (i.e. **Sprints, Hurdles, Relays or Jumps or Throws or Middle/Long Distance & Walks**).
4. **Coaches must maintain annual membership of the Australian Track & Field Coaches Association** to maintain accreditation for a four-year period from their successful course completion date. This means your ATFCA Membership must be renewed 1 January 2009, and each subsequent January.
5. **Exams** will be conducted as take home open book and accreditation requires an 80% Pass mark. All exam papers must be returned to the course coordinator within two weeks of the completion date of the course. Accreditation will be awarded upon successful completion of the exam, practical assessment and 30 hours of coaching. (The 30 hours of coaching involves any previous coaching experience in any sport).
6. **Fees** – applicants who are completing the Level I accreditation course in Track & Field are required to pay **the fee for their chosen venue, listed on page 1** which includes: Level I Track & Field coaching manuals - Subscription for 1 year to Quarterly Journal “*Modern Athlete and Coach*” - AT&FCA State and National Membership for **2008** - NCAS/ACC Accreditation Fees - Indemnity/ Public Liability and Products Liability Insurance - 15 Hours of Lectures and Demonstrations - Morning and Afternoon Teas - Certificates - Coaching Resource Folder
 The Level II Event Specific coaching course fee includes 12.5hrs of lectures and demonstrations, certification and morning & afternoon teas. Applicants interested in this course should complete the “**EVENT SPECIFIC**” section of the application form.
7. Your application will not be deemed to have been received unless accompanied by all relevant fees. The organiser reserves the right to cancel, transfer or postpone courses.
8. All participants should bring a **notebook** etc.
9. **Lunches** will be the responsibility of the participants. Please bring your own **cup/mug** for morning and afternoon teas.
10. **Sunscreen, hats, water and suitable clothing** are required. All coaches have the opportunity (and are encouraged) to participate in all aspects of the drills and skills of all events.
11. **Times** are very tight and applicants are asked to be punctual.
12. **Late applications MUST be accompanied by a late entry fee of \$25. Late entries will only be accepted if places are still available.**

Overview of Session Plan for the Level I Course:

Day	Time	Unit	Unit Name
Saturday	8.30	1	What's it all about - Issues for Coaching
	9.30	2	Instructional Process
	10.00		Morning Break: Tea and Coffee 10 mins
	10.10	3	Warm up – Flexibility
	10.40	4	Sprints
	11.50		Lunch Break: 50 minutes
	12.40	5	Long Jump
	1.40	6	Shot Put
	2.40	7	Discus
	3.10		Afternoon Break: Tea and Coffee 10 mins
	3.30	8	High Jump
	4.30	9	Conditioning process
Day	Time	Unit	Unit Name
Sunday	8.30	10	Middle Distance
	9.15	11	Walks
	9.45	12	Hurdles
	10.45		Morning Break: Tea and Coffee 10 mins
	11.00	13	Javelin
	12.00	14	Triple Jump
	12.45		Lunch: 45 mins
	1.30	15	Relays 4 x 100
	2.10	16	Program and planning – Principles of Training
	3.30	17	Take Home Exam is distributed. To pass participants are given two weeks to return this exam.

For each event the following aspects are covered:

The basic technical model, Teaching sequences, Common faults, Basic conditioning, Training and program planning for the event, and safety measures.

Overview of Level II Event Specific Coaching Course

Course options are:

- Sprints, Hurdles & Relays
- Jumps – LJ, TJ, PV & HJ
- Throws – Discus, Shot, Javelin, Hammer
- Middle/Long Distance/ Walks

Course Outline

Saturday: 8.30am – 5pm

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|----|---|--------|
| 1. | Anatomy and Physiology (Incl basics of Nutrition/Hydration) | 1½ hrs |
| 2. | Biomechanics (terminology) | ¾ hr |
| 3. | Growth and Development | ¾ hr |
| 4. | Event specific – Coaching/training and programming
planning – theory / practical | 4½ hrs |

Sunday: 8.30am – 3.30pm

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|----|---|--------|
| 1. | Event specific – coaching/training/program planning | 4½ hrs |
| 2. | Drugs in Sport (Introduction) | ¾ hr |
| 3. | Women in Sport (Coaching the female athlete) | ½ hr |
| 4. | Course Closure and Take Home Exam handed out | 10mins |

- Program planning and video analysis will be used throughout the event specific areas. Techniques for analysis of footage of events – for corrections and for basic technique formation will be covered.
- Multiple Choice questions given out at completion of course – 80% pass