



Welcome to the ACFCC newsletter for April 2010

Can it really be April already? 2010 is disappearing way too fast and that summer break is quickly becoming a distant memory.

It's been a while since you've had a newsletter from ACFCC so there's a lot for us to catch up on. We've got two coaches of the year to congratulate and a rather special achievement for one of our hardworking ACFCC to celebrate. There have been a lot of changes at the Australian Sports Commission with the introduction of Sports Accreditation Online. This new system gives you direct access to a wealth of information from the ASC as well as your own accreditation details. And as always there has been a lot happening in the calisthenic world, so grab a coffee and let's get to it!

Congratulations to Sarah Carthew ACF Coach of the Year 2008

Sarah is a talented and hardworking coach from Victoria who has been actively coaching for around 20 years. Over that time she has coached all ages from Tiny Tots to Masters in teams, solos and pupil skills. She has also coached a number of Victorian State teams and is a cadet adjudicator. Sarah is a worthy recipient of this distinguished award and demonstrates high standards in all of the selection criteria.

Sarah is described as a coach of high integrity, professionalism and an inspirational role model for sportsmanship with high ethical standards and respect for all involved in our sport. She teaches and instils these same high standards to her assistant coaches, pupils and their families. Her philosophy is "if you don't have something positive to say about others, don't say anything".

Sarah cares deeply about the development of her pupils and displays a desire that all team members enjoy themselves and experience the satisfaction that comes with giving of their best performance.

"Sarah has a unique way of recognising the potential and the strengths in every pupil she coaches. She is able to apply and teach techniques for the pupils to continually develop other skills and strengths."

Sarah's outstanding commitment to personal development speaks for itself as she has completed the Level 2 course and achieved a Gold Medal with Honours. She is always seeking to learn more and listen to advice from her co-coaches and adjudicators to enhance her coaching skills.

Congratulations Sarah!

(Belated) Congratulations to Sue Smith ACF Coach of the Year 2007

Sue is another talented and dedicated coach from Victoria who has had a long and varied coaching career beginning when she established the Westaire Calisthenics College over 40 years ago. Over that time she has coached many students from recreational to championship level, has coached many in Pupil Skills and has trained and mentored a number of coaches.

Sue demonstrates high standards in all of the selection criteria and is a worthy recipient of the award.

Sue's professional achievements in obtaining a Bachelor of Social Work and Diploma in Community Welfare have given her a compassion for the less fortunate and she expanded her enthusiasm by introducing calisthenics to children with special needs. Sue has taken her students into the community with annual performances at the Moonee Valley Festival and has received Local Government recognition for her work. She has also advised and encouraged other coaches to become involved in coaching students with special needs.

I have always believed that through our unique sport of Calisthenics we have the ability to diversify and include the wider community including those with disabilities.

Calisthenics allows us as coaches to be so creative in our teaching regardless of the pupils' age or ability. We have the ability to enrich their lives by providing the encouragement to continue to develop within this wonderful sport."

Congratulations Sue!

(With thanks to Andrea Phillipsen)

2012 ACF National Coaches Conference

Announcing the 2012 ACF National Coaches Conference!!!!

Plans are now underway for this exciting event that will take place 20-22 January 2012 at Etihad Stadium in Victoria. Start planning your 2012 holidays now!

Very soon we will be looking for expressions of interest from coaches. Start thinking about the topics that YOU would like to attend - we look forward to hearing your suggestions!





**Congratulations to Lorraine Spencer
ACF Life Membership**

ACFCC are delighted to congratulate Lorraine on one *very* well deserved award! Lorraine's commitment, love and dedication to the sport of Calisthenics can only be described as outstanding and this award is in recognition of the many years service that Lorraine has given to ACF through the ACFCC. Many of you would know Lorraine as our friendly Registrar, the "go to" person for queries or problems with accreditation and coach education. She is always the best person to ask for a form! But she has been involved in so much more, with her enthusiasm and perseverance being the driving force behind many projects. Lorraine is the heart of our committee and someone we all rely on. Congratulations Lorraine!!!!

ACF National Championships

The ACF National Championships are returning to the ACT in 2010 and will be held during the week 4-10th July.

At this stage it is hoped that a couple of Level 2 modules will be held sometime during that week. So if you will be in Canberra in July and are thinking of commencing or continuing Level 2 this would be a great opportunity! Please contact your state Level 2 co-ordinator for more information.

Coach Effectiveness Audit (Video Self Analysis)

Are you coming up to your first reaccreditation this year?

Well don't forget the Coach Effectiveness Audit is now compulsory for all new level 1 coaches (those accredited from January 2007) to be completed within their first 4 years.

But what about everyone else? Well do you want to improve your performance as a coach? Do you need update points? YES! Then the Coach Effectiveness Audit is just the answer you're looking for. Video yourself and evaluate your coaching skills and gain 2 update points each 2 year period.

Contact your state coaching body for more information.

Communication Issues

Remember if you ever have a coaching or accreditation issue your first port of call should always be your state coaching coordinator. They will follow up it up with the state coaching body who will take the matter up with ACFCC if necessary. If required ACFCC will refer it to ACF.

Replacement Coach Badges

Lost your ACF coaching badge? Never fear you can now purchase a replacement for your hard earned Level 1 or Level 2 badge from the ACFCC registrar for only \$5.

Coaching Resources

Did you know that the Level 2 Clubs and Level 2 Dance DVDs are now available for purchase for ALL coaches? They are a fabulous resource and can be utilised by any coach interested in improving their skills. Plus you'll be prepared when you start Level 2! Both DVDS can be ordered from the ACFCC Registrar.

A new Dance DVD is also now available for purchase from VCCA called "Dance Skills in Calisthenics - A Technical Guide". This was created by CVI in conjunction with ACF and copies are selling fast! Contact the VCCA office.

Please note that the Banned Movements video and the Strength and Conditioning video are both currently unavailable for purchase or order as they have been completely sold out. Both videos are currently under review and new updated versions will be released.

Banned and Dangerous Movements

Don't forget that it is an ACF requirement that all coaches view this video every year before their registration can be accepted. It is also important that coaches are aware these rules apply **at all times** and not just in competition. Banned Movements must not be included in displays, concerts or other out of competition performances. As coaches we need to be conscious of our participant safety at all times.

Unqualified and Unregistered Coaches

Have you ever signed a form on behalf of an unqualified or unregistered coach? Are you aware of the implications?

The Level 1 coaching qualification is the ACF minimum requirement for coaching calisthenics unsupervised. Penalties including deregistration can be applied to coaches who are proven to have allowed an unqualified person to coach without supervision. You also need to be aware of the possible legal issues that you are taking on when you sign that form – it will be your registration, your insurance and your responsibility should anything go wrong.

Remember unqualified or unregistered = uninsured.





Choosing appropriate Themes & Music

Music is the basis of every routine we do and as coaches we learn how important it is to choose the right music. We consider many aspects of the music, one of which is the *appropriateness* of the theme using factors like the age of the competitors and their level of maturity. But do we ever consider the appropriateness for the audience?

When a person chooses to attend a musical or show they do so with at least some idea of what they are going to see. Sometimes they may even receive a warning if something could cause offence or is not deemed suitable for young children. But at a calisthenics competition or concert the audience will not have such prior knowledge.

Keep this in mind next time you want to choose something that is starting to push the boundaries. Consider how the music, theme, movements and gestures in your item will be received by the various age groups in your audience.

Sports Accreditation Online

The Australian Sports Commission in consultation with national sporting organisations, have developed a new online service for all coaches and officials accredited under the National Coaching Accreditation Scheme (NCAS) and National Officiating Accreditation Scheme (NOAS) – Sports Accreditation Online (SAO).

The new site provides access to accreditation and training program details plus a range of educational resource material via a web based interface.

Features of Sports Accreditation Online

A key feature for individuals and national sporting organisations is exclusive access to Sports Coach and Sports Official online magazines, with new articles being added quarterly.

Sports Coach online magazine contains articles on a range of coaching topics including athlete development, coaching processes, sport science, technology, and current issues in coaching. You can also read profiles on a number of former and current high performance coaches.

Sports Official online magazine contains information on a range of officiating topics including physical and mental preparation, people management, risk management, technology and profiles on high performance officials.

Other features include:

- Access to accreditation information and status and ability to print a certificate
- Capacity to update personal details
- Ability to download codes of behaviour and updating requirements to maintain your accreditation
- The latest coaching and officiating news and information.

Some FAQs

- Who can access the site?

Individual coaches who are accredited under the National Coaching Accreditation Scheme (NCAS) are able to register to use the site.

- How do I register?

Go to www.ausport.gov.au/SAO to find more information about Sports Accreditation Online. Once there, click on the hyperlink at the bottom of the page to enter the website. Click on the "Register Now" button and fill in the required information on the page and if successful, an email will be sent to you with your temporary password.

- ACF already has a website, does SAO replace this? No, not at all – we strongly recommend that all coaches use the ACF website for all their sport specific information. Sports Accreditation Online provides a complimentary range of services and resources for the professional development of all coaches and officials

- Can I update my personal details?

Yes, a message will appear on your personal details page informing you if you can change your information or are required to contact your sport.

ACFCC is your committee and your voice at ACF. We are delegates from all states and meet twice a year to deal with issues that affect your rights as a coach. We work hand in hand with your state coaching associations, committees and coaching coordinators. Your ACFCC delegates are:

ACF Director of Coaching Meredith Phillis
Registrar Lorraine Spencer

ACT Ann Craig, Denise Spencer
NSW Rebecca Urwin, Jodie Morton
NT Melissa Nunes, Karyn Ozolins
QLD Sarah Chalmers
SA Carolyn Fortune, Heather Zandegu
VIC Renae Gow, Sharon Flecknoe
WA Christine Polglaze

