



AUSTRALIAN CALISTHENIC FEDERATION

# Becoming A Great Coach

The pathway to coach accreditation

Member of the  
National Coaching Accreditation Scheme

### *The four steps to becoming a great coach*

Achieve at least Grade 2 Calisthenic Skills

Complete the ACF **Cadet** Course and First Aid

Complete the ACF **Level One** Course

Complete the ACF **Level Two** Course

### *Training Timeline*

Register for the **Cadet** Course once you are 14

Commence the **Level One** Course in the year you turn 18

Commence the **Level Two** General Principles on completion of Level One *and* register for the **Level Two** modules after 2 years in charge of a class as a Level One Coach

### *Training Fees*

All fees are the same wherever you live and are reviewed annually by ACF - in 2010

The **Cadet** Course fee is \$38.50 plus \$20 for your ACF Technical Guide CD

The **Level One** Course fee is \$110.00

**Level Two** course registration is \$27.50  
General Principles \$75.00  
Modules \$55 each

### *Course Training Hours*

The **Cadet** course is 9.5 hours, usually over 2 days.

The **Level One** Course is 2 full days plus at least 40 hours of practical coaching with a team.

The **Level Two** modules are 4 hours each with no time limit for completion, General Principles can be done over 6 months.

## ***Frequently Asked Questions***

### ***Why is coach training necessary?***

To be able to coach Calisthenics without supervision you need to become an accredited coach. Accreditation means that you have demonstrated a satisfactory level of coaching skills and an understanding of the required safety and legal responsibilities as set down by the Australian Calisthenic Federation Accreditation is achieved by completing the ACF Cadet Course and Level One Coaching Course. The Level Two Coaching Course develops advanced coaching skills.

### ***What is the National Coaching Accreditation Scheme?***

The NCAS offers a development program for coaches, managed by the Coaching and Officiating Unit of the Australian Sports Commission (ASC). The courses include:

1. **Coaching Principles – general and sport specific principles of coaching and human performance**
2. **Practical Coaching – skills, techniques, strategies specific to the particular sport**
3. **Coaching Practice – practice of coaching before, during or after the course**

The ACF Level 1 and Level 2 Coaching Courses are NCAS accredited.

### ***Which First Aid course is required?***

The **minimum** requirement for Calisthenics Coaches is attendance at a course of at least 6 hours duration (equivalent to the Red Cross Essential First Aid course). The course must cover:

|                               |                  |
|-------------------------------|------------------|
| Soft tissue injuries          | Burns            |
| Resuscitation (CPR 7 EAR)     | Fractures        |
| Care of an unconscious victim | Poisons          |
| Bleeding                      | Bites and stings |

You can check with your local coaching association when they are presenting a course. If you prefer to make your own arrangements you will need to obtain a certificate indicating that all the required components have been covered. The ACF policy requires an accredited Coach to have a current First Aid qualification at all times and it is the Coach's responsibility to update/renew this qualification every 3 years.

### ***How can you do the coaching courses if you don't live near a capital city?***

Both the Cadet Course and Level One Course are available in a Distance Education format with course content, hand outs and worksheets provided as hard copy or DVD. For your Level One assessment you can submit a video of yourself conducting a class. From time to time courses are conducted in rural areas. The Level Two Distance Education Course is currently being developed. For further information contact your local Coaching association.

## **Why is it necessary to do the Cadet Course?**

The Cadet Course is a pre-requisite for the Level One Coaching Course. It is designed to provide you with basic coaching skills, knowledge and responsibilities required for working with a class. The experience you gain as a Cadet Coach will be invaluable as you work towards becoming an accredited Coach.

*If you are over 25 years of age and have achieved Grade 2 Calisthenic Skills* you may apply to your local Coaching Association for consideration of waiving the pre-requisite of completion of the Cadet Course prior to undertaking the Level One Course.

## **What is needed to become a Cadet Coach?**

Achieve at least Grade 2 Calisthenic Skills

Apply to your local coaching association to register as a Cadet

Attend and participate in all Cadet Course modules

**You need to be actively involved as a Cadet Coach at club level when you attend the Cadet Course**

## **What topics are covered in the Cadet Course?**

There are five modules for you to complete:

**Safety Warm-up and Stretching**

**Terminology and Technical Skills**

**Summary Forum – coaching pathway**

**Role of the Cadet**

**Basic Communication**

## **Is it necessary to be an active Cadet Coach to apply for the Level One Course?**

You need to be an active Cadet Coach when you attend the Cadet course, but you do not have to stay active until you are eligible to do the Level One Course. You may choose not to do the Cadet Course until you are older but need to be an active Cadet Coach at that time. **You do need to be an active Cadet Coach in the year you undertake the Level One Course.**

## **How long does Cadet Coach registration last?**

Once you have registered with your local association as a Cadet Coach you need to renew registration annually unless you decide you no longer wish to be recognised as a Cadet Coach. Cadet Coach registration continues throughout your Level 1 coach training and upon achieving Level 1 accreditation you will be registered as a Coach.

## **Are there any other requirements?**

As a Cadet Coach you must not be left in charge of a class on your own. You must have an accredited Coach supervising you whenever you are working with a class/solo/duo.

## ***What has to be done to become a Level One Coach?***

Maintain your registration as a **Cadet Coach** with your local coaching association

Gain your **First Aid** qualification

Apply to your local coaching association to attend the **Level One** course

Complete all requirements of the course within a 12 month period from commencement of the course.

## ***Is there any provision for Recognition of Prior Learning?***

If you have other coaching qualifications or relevant experience you may apply to your local Coaching association for exemption from part of the course.

## ***What topics are covered in the Level One Course?***

There are 8 modules which you will need to complete:

**Role of the Coach**

**Organisation and Planning**

**Coaching Communication**

**Safety, Physical Conditioning and Gymnastics**

**Growth and Development**

**Dance in Calisthenics**

**Music and Singing**

**Choreography**

## ***Are there any tests for these modules?***

There are no formal tests - at each module you will participate in discussions as well as written and physical activities.

## ***What happens after finishing the modules?***

After completing the modules, you will need to perform and document at least 40 hours of practical team coaching (under supervision). An ACF approved assessor will attend at least one class to observe your coaching skills. These requirements are to be completed within 12 months of commencing the course

If your assessment is satisfactory and all other course requirements have been met you will be advised of your success, asked to sign the Coach's Code of Ethics and your details will be sent to ASC for registration as an accredited Coach.

## ***What if a satisfactory rating is not achieved at the practical assessment?***

If your assessor feels you need a little more experience or knowledge you will be given provisional accreditation, to be ratified by your supervising Coach once the allotted extra tasks have been performed.

If your assessor feels you are not yet ready to take on the responsibilities of a Coach, you will be given a support plan to work through with your supervising Coach/Mentor before further assessment is carried out.

## ***Are there any other requirements?***

Becoming an accredited Coach is a very satisfying achievement and apart from the obvious enjoyment of coaching it involves some regular duties:

**annual** registration with your local coaching association – even if you are not coaching you need to register to maintain your Coach accreditation

**providing** a copy of your current First Aid certificate and a signed Coach's Code of Ethics form with your annual registration

**attending** Updating activities to gain points towards re-accreditation – ASC accreditation is current for 4 years and you need 24 update points every 4 years to be able to reaccredit and continue coaching

**renewing/updating** First Aid qualification every 3 years

**fulfilling** any other registration requirements as outlined by your local coaching association

## ***How do you register for the Level Two Course?***

Once you are eligible to register for the Level Two Course you will be sent a letter of introduction to the Course, together with a Registration Form to complete.

## ***Is there any provision for recognition of prior learning?***

RPL may be applicable if you have tertiary qualifications in relevant fields or have equivalent coaching qualifications. Further information is available from your local coaching association.

## ***What is included in the Level Two Course?***

The Course is divided into 2 sections with the focus on advanced coaching:

### **General Principles:**

The General Principles section of the Level Two coaching course has been designed for you to do at home. This involves reading the text, completing the workbook and submitting your workbook for assessment by ACFCC. The course modules are:

|                           |                                       |
|---------------------------|---------------------------------------|
| <b>Program Management</b> | <b>Introduction to Physiology</b>     |
| <b>Planning</b>           | <b>Basic Anatomy and Biomechanics</b> |
| <b>Coaching Processes</b> | <b>Development and Maturation</b>     |
| <b>Sport Psychology</b>   | <b>Skill Acquisition</b>              |

The fee for this section includes the ACF workbook (CD). The General Principles publication, Intermediate Coaching General Principles Manual, is purchased online from the Australian Sports Commission (\$25 in 2010).

### **Sport Specific modules:**

**Advanced Communication**

**Clubs**

**Dance**

**Rods**

**Singing**

**Sports Injury and Prevention in Calisthenics**

**Stagecraft**

**Self-Analysis**

You will need to purchase ACF DVDs for the Clubs and Dance modules (priced at \$27.50 each plus P&H in 2010).

Coaching Better and Video Self-Analysis DVD from the ASC costs approx \$15.00

## ***Is there a time limit to complete the Course?***

No, you can complete the Course modules as quickly or as slowly as you wish. Not all modules are presented in each state/territory every year and you are encouraged to attend modules interstate if the opportunity arises. There are usually two modules offered in the host state at the time of the National Championships. You can contact your local Coaching association for the national module calendar.

The General Principles section must be completed within 6 months of receiving the CD.

## ***Are there any other requirements?***

Once you have completed the Level Two Course, to maintain your new accreditation you will need to

**register** annually with your local coaching association – even if you are not coaching you need to register to maintain your Coach accreditation

**provide** a copy of your current First Aid certificate and a signed Coach's Code of Ethics form with your annual registration

**attend** Updating activities to gain points towards re-accreditation – ASC accreditation is current for 4 years and you need 48 update points every 4 years to be able to reaccredit and continue coaching

**renew/update** First Aid qualification every 3 years

**complete** any other registration requirements as outlined by your local coaching association

**To contact your local coaching association go to:**

[www.calisthenicsaustralia.org](http://www.calisthenicsaustralia.org)