



Level 2 Advanced Coach- Middle & Long Distance

Information for Course Participants

The **Level 2 Advanced Coach** course gives coaches the opportunity to specialise in an event group of Sprints, Relays & Hurdles, Middle Distance & Long Distance, Jumps, Throws or Walks. In addition to further exploring the technical model of the event group, the basics of conditioning and program planning is also taught.

The **Level 2 Advanced Coach** Accreditation Course and materials have been designed to ensure that candidates:

- Develop the ability to self-evaluate in order to improve their coaching performance
- Develop their skills to manage a coaching program and plan by leading and working effectively with others using a range of coaching methods and communication techniques
- Have the ability to adhere to the safety requirements of coaching and to adapt their coaching program to cater for a range of individual needs
- Have the knowledge to assist athletes to develop and improve their skills using activities to improve their physical abilities
- Gain the knowledge to recognise structures and movement of the body in order to analyse performance
- Take into account growth and development considerations when coaching a range of athletes
- Gain the knowledge to assist athletes to use nutritional strategies for sports performance
- Have the ability to use basic psychological training skills to assist athletes in their preparation for their sports performance
- Gain the knowledge to advise athletes about anti-doping issues.

Course Duration

The Level 2 Advanced Coach course consists of a face-to-face component **plus** pre and post course assessment tasks. We anticipate that the face-to-face component of the course will take 16 hours over 2 days where usually Day 1 is timetabled from 8.30am-5.00pm and Day 2 is 8.30am-5.00pm.

Course Prerequisites

Prior to the commencement of the Level 2 Advanced Coach course, it is required that coaches:

1. Have completed a Level 2 accreditation. This can be one of the following:
 - Level 2 Intermediate Club Coach
 - Level 2 Club Coach
 - Level 2 Event Group Specific Coach (which was delivered by Athletics Australia)
2. **Have completed 12 months and at least 50 hours of coaching** since completing the first Level 2 accreditation and completed a log of the hours which needs to be sent to Queensland Athletics
3. Have completed the pre-course assessment.

Candidates for the Level 2 Advanced Coach course *must be an Athletics Australia Accredited Athletics Coach* and therefore will have met all the conditions of Accreditation.

1. Current competence as a Level 2 athletics coach



2. Have met the requirements for Member Protection
3. Have agreed to abide by the Coaches Code of Conduct
4. Are registered and financial with Athletics Australia.

Face-to-face Component

100% attendance of the face-to-face component of the course is required.

The course schedule includes:

| Day 1 (08:30-17:00) | Day 2 (8:30-17:00) |
|---|---|
| The Essence of Coaching | Specific Warm Up for Middle & Long Distance |
| Development & Maturation | Technical Analysis for Middle & Long Distance |
| General Conditioning | Coaching the Middle & Long Distance |
| Skill Acquisition | Athlete part 1 |
| Inclusive Coaching | Coaching the Middle & Long Distance |
| Planning Training and Evaluating Progress | Athlete part 2 |

Note: program includes breaks for morning-tea, lunch, and afternoon-tea

Course Participant Resources

Each participant attending the Level 2 Advanced Coach course will be required to download following resources prior to arrival to the course:

- Participants Manual – containing course information and skill analysis

What to bring/wear

Course participants should bring paper and pen, hats, water bottles, sunscreen, appropriate clothing to allow physical activity (e.g. joggers, shirts that provide protection against the sun). Morning and afternoon tea will be provided but participants should bring their own lunch.

Costs, Venues, Closing dates

Queensland Athletics and Athletics North Queensland coordinates Level 2 Advanced Coach Courses for a cost of \$197/participant.

Generally the minimum number of participants to effectively conduct this course is 10. The decision as to whether a course will go ahead or not is at the discretion of Queensland Athletics. If a course is re-scheduled a participant will be offered a full refund or have the fee transferred to a future course. In certain circumstances a course may go ahead with fewer participants; however in such instances cost per participant may vary depending upon the region/area in Queensland at which the course is to be delivered.

Intending participants should register online via the Queensland Athletics website www.qldathletics.org.au or fill in a registration form via Athletics North Queensland website www.athleticsnorthqld.org.au (under the Coaching tab). Registrations close 10 days prior to each course.

Appeals, Complains, Grievances

Please contact Queensland Athletics for South Queensland in writing or via email at info@qldathletics.org.au . Please contact Athletics North Queensland for North Queensland in writing or via email at development@athleticsnorthqld.org.au

Refund Policy

The Athletics Australia refund policy is below.

Notification of withdrawal from the course in writing or via email:

- Up to 30 days prior to commencement of the Course = Full refund
- Up to 14 days prior to commencement of the Course = 50% refund; not withstanding other than extenuating circumstances such as a death in the family or similar; and



Queensland Athletics will offer to transfer the registration to a future date for those that are unable to attend the course, with the inclusion of a \$20 administration fee.

- Less than 14 days prior to commencement of the Course = No refund notwithstanding other than extenuating circumstances such as a death in the family or similar; and Queensland Athletics will offer to transfer the registration to a future date for those that are unable to attend the course, with the inclusion of a \$20 administration fee.

Contact

For further enquiries or information about the Level 2 Advanced Coach accreditation course or any Athletics Coach Accreditation courses please contact:

South Queensland:

Queensland Athletics
PO Box 249, Sunnybank, QLD 4109
Email: info@qldathletics.org.au
Phone: 07 3343 5653.

North Queensland:

Athletics North Queensland
Dayne O'Hara (ANQ Development Officer)
Email: development@athleticsnorthqld.org.au
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