



Level 1 Community Athletics Coach

Information for Course Participants

The Level 1 Community Athletics Coach Course is an introductory course for coaches.

It is aimed at people who would like to get into coaching, but have either no coaching experience, or very limited coaching experience.

The emphasis in this course is the "coaching process" (i.e. the 'how to coach' rather than the 'what to coach'). The elements of running, jumping and throwing will be used to illustrate the key points of coaching practice. Games-based activities will be emphasised.

The Level 1 Community Athletics Coach (L1 CAC) Course is designed to develop the competencies of coaches in three (3) areas:

1. Practical coaching competence in the general principles: communication, group management, safety, organization and instruction of practical activity.
2. Practical coaching competence in the development of the fundamental skills of the sport: running, jumping and throwing
3. An understanding of the long-term participation needs of the beginning participants in the sport.

Note: If you are a practising teacher who is looking to update your Professional Development in order to be able to meet the CARAs requirements, this course is NOT the one you need to complete. Please contact Sports Credentials for details as to the correct course for you.

Roles and Responsibilities after Accreditation

The role of the Level 1 Coach is to assist Level 2 and above coaches to deliver the fundamental skills of event groups to athletes. Level 1 coaches benefit from being mentored by other coaches either in person, or via phone or email. A mentor coach can review session plans or provide feedback on sessions delivered.

Course Duration

The L1 CAC course is an 8 hour Course. Four hours of the course is to be completed via online learning *prior* to eight hours of face-to-face delivery. Usually, the timetable for the face-to-face component of the course is 9am-5pm.

Course Prerequisites

1. Participants must be at least 16 years of age to be accredited as a L1 CAC
2. Complete the ASC Online Community Coaching – General Principles Course.

Online component

The online component is the Australian Sports Commission Coaching General Principles online course found at: <https://learning.ausport.gov.au/auth/login/?returnUrl=%2F>

Note: Participants are required to provide a copy of your Certificate of Complete (incl. certificate number and completion date) to either Queensland Athletics (info@qldathletics.org.au) for South Queensland and Athletics North Queensland (development@athleticsnorthqld.org.au) for North Queensland prior to attending the course. However PE teachers and other current NCAS coaches are exempt from prerequisite #2. University students studying Sports Coaching or Physical Education may be exempt from prerequisite #2 depending on length of tertiary education, contact QA for more information.

Face-to-face component



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

The Course is comprised of six units:

- Unit One Introduction to training beginner athletes
- Unit Two Long Term Athlete Participation
- Unit Three The Fundamental Skills and the Coach in Action
- Unit Four Session Planning – including Group Learning Tasks 1 & 2
- Unit Five Working Together
- Unit Six Athlete and Coaching Pathways and Progressions

The Course includes two Group Learning Tasks – Session Planning and Coach in Action.

Course Participant Resources

Each participant attending the L1 CAC course will need to download the following resources prior to arrival to the course, note resources portal link is sent after registering:

- Participants Manual – containing course information and skill analysis
- ASC "Playing for Life and Athletics Play"
- Athletics Australia "Run, Jump, Throw"

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 the L1 CAC courses around the cost of \$189/participant. Generally the minimum number of participants to effectively conduct this course is 10. 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 6 days prior to each course.

Appeals, complaints and/or Grievance Handling Procedures

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 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.

Contact



For further enquiries or information about the Level 2 Intermediate Club 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
Phone: 07 4721 4998