



Level 2 Intermediate Club Coach

Information for Course Participants

The **Level 2 Intermediate Club Coach** course is the next progression from Level 1 Community Athletics Coach course. It is designed to further develop fundamental skills and drills, and understanding of the basic technical models for the Track & Field events held at club and school competitions.

The Level 2 Intermediate Club Coach course and materials have been designed to ensure that candidates:

- Develop coaching skills in communication and instruction, safety, organisation and the management of groups.
- Develop skills and understanding of fundamental drills, movements and training principles for coaching across a broad range of event groups.
- Are engaged in their learning process by delivering informative and interactive training and assessment throughout the course.
- Have the information to begin and continue to learn to deliver a training session across a broad range of event groups.
- Are practically assessed regarding their capacity to manage and instruct athletes who have established the fundamental motor skills of running, jumping and throwing, across a broad range of event groups.

Roles and Responsibilities after Accreditation

The Level 2 Intermediate Club Coach will be able to:

- Coach clubs, squads, individuals and groups of athletes to assist them to:
 - Compete in organised athletic competitions in a broad range of event groups
 - Participate in a broad range of athletic events for social and personal fitness purposes.
- Plan and conduct training sessions for a broad range of event groups.
- Assist 'higher level' coaches to deliver a training period or cycle to prepare athletes for a targeted competition.

Coaching is an on-going learning process, there is always new information unfolding about the coaching process. Coaches need to be lifelong learners and Level 2 Intermediate Club Coaches are encouraged to avail themselves of every opportunity available to increase their skills and knowledge, including gaining the next level of accreditation.

Course Duration

The Level 2 Intermediate Club Coach Course is a 16 hour course. Usually, the timetable for the face-to-face component of the course is from 8:30am to 5:30pm.

Course Prerequisites

Prior to attending a Level 2 Intermediate Club Coach course it is required that coaches have completed:

1. **Level 1 Community Athletics Coach accreditation** (formerly Level 1 Beginning Coach); and
2. A **minimum of 30 hours coaching experience** as an Assistant Coach under the mentorship of one/more experienced coaches since completing the Level 1 Community Athletics Coach (formerly Beginning Coach) course.



Candidates for the Level 2 Intermediate Club Coach must be an Athletics Australia, Accredited Athletics Coach and therefore will have met all the conditions of Accreditation:

1. Current competence as a Level 1 Community Athletics Coach (formerly Beginning Coach).
2. Have met the requirements for Member Protection.
3. Have agreed to abide by the Coaches Code of Conduct.
4. Currently 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:

- Developing the Skills of Coaching
- Training Principles and Components of Fitness
- Warm Up, Cool Down, Circuit Training
- Basic technical models for the track and field events:
 - Sprints, Starts, Relays
 - Long Jump, Triple Jump, High Jump
 - Hurdles
 - Middle Distance
 - Shot Put, Discus, Javelin
 - Race Walking
- Introduction to Planning the Training Session

The Course includes two Assessment Tasks – Session Planning and Practical Coaching.

Course Participant Resource

Each participant attending the L2 ICC course will need to download the following resources prior to arrival at the course, note resources portal link is sent after registering

- Participants Manual – containing course information and skill analysis
- IAAF “Run, Jump, Throw” (hardcopy manual/DVD) – **provided at course**
- Athletics Australia “Star” resource

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 L2 Intermediate Club Coach courses will cost \$345/participant (those coaching exclusively at a Queensland Athletics club are eligible for a discount – see www.qldathletics.org.au for further details).

Generally the minimum number of participants to effectively conduct this course is 9. 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, complaints, 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 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