

## Athletics Coach Accreditation Framework SUMMARY – Coach Accreditation Pathway December 2010

**This document should be read in conjunction with the Athletics Coach Accreditation Framework graphic attached.**

Athletics Australia, with its key stakeholders, the state Member Associations, the ATFCA, Little Athletics Australia and the Australian Sports Commission (ASC), is pleased to provide you with an explanation of the Athletics Coach Accreditation Framework, highlighting the pathways for accredited coaches in the sport of Athletics.

The Accredited Athletics Coach is recognised by the National Coach Accreditation Scheme (NCAS), as having demonstrated their competence to coach in the sport of Track and Field, by the national body with the authority to offer coach accreditation – Athletics Australia.

The Athletics Coach has clearly defined pathways:

- ✓ For parents and others to be introduced to Little Athletics by completing the Introduction to Coaching, as a non-accredited course.
- ✓ For the entry-level coach accreditation, by completing the Level 1 Beginning Coach Program.
- ✓ For the Accredited Athletics Coach to pursue options for further accreditation programs:
  - Targeting participants under the age of 13 years.
  - Targeting participants at Club/school level, over the age of 13 years.
  - Targeting participants over the age of 16 years, who are developing as performance athletes to national and international competition.

### **Little Athletics: Introduction to Coaching – ITC**

The ITC is offered to parents and others who wish to assist with competition and training in Little Athletics Centres. It aims to give people with little background knowledge in athletics the ability and confidence to coach basic level athletics to children.

ITC courses are not assessed and do not qualify the participant as an Accredited Athletics Coach with the National Coach Accreditation Scheme.

Should an individual wish to pursue formal coach accreditation, the entry point will typically be the Level 1 Beginning Coach.

ITC courses are delivered in each state in conjunction with the Australian Track & Field Coaches Association (ATFCA). More detailed information about the program and the dates that are offered can be gained from each State Little Athletics Association.

### **Recognition of Current Competence & Prior Learning**

As part of the National Coach Accreditation Scheme (NCAS), Athletics Australia offers Recognition of Current Competence (RCC) and Recognition of Prior Learning (RPL) at all levels of coach accreditation. Individuals who wish to consider RCC or RPL should see:

[www.athletics.com.au/coaches](http://www.athletics.com.au/coaches)

## Accreditation programs

### Level 1 – Beginning Coach

The Level 1 Beginning Coach is the entry point for the Accredited Athletics Coach with the National Coach Accreditation Scheme. It is designed to develop:

1. Practical coaching competence in the general principles of coaching: communication, group management, safety, organisation 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 development needs of the beginning participant.

The Level 1 Beginning Coach will assist Level 2 (or above) accredited coaches, within club, centre, squad and or school coaching environments. The Level 1 Beginning Coach is not accredited with the competence to coach without supervision from a Level 2 (or above) accredited coach.

Prior to commencing the Level 1 Beginning Coach, participants must have completed the 'ASC *Beginning Coaching General Principles Course*' either on-line: or with an approved State Coaching Centre or other approved provider (unless they have been granted Recognition of Current Competence for this course).

The link to the ASC *Beginning Coaching General Principles Course* on-line is as follows:

<https://learning.ausport.gov.au/jportal/Courses/tabid/62/Default.aspx>

Having completed the Level 1 Beginning Coach, coaches can choose to progress immediately to Level 2 programs, in either or both the participation and/or performance pathway.

Level 1 Beginning Coach programs are delivered in each state by the state athletic associations, the ATFCA state branches and other approved providers. The dates of all programs will be advertised on the website of each state athletic association.

### Accredited Athletics Coach – Coaching Pathways:

Having completed the Level 1 Beginning Coach, coaches can choose to undertake accreditation programs in **one or more** of the three defined coaching pathways:

**Junior Pathway:** Targeted at coaches who will predominantly be coaching in Little Athletics centres, in a cross section of event groups with participants under the age of 13, from beginners to regular competitors in local, regional and state competition.

**Participation Pathway:** Targeted at coaches who will predominantly be coaching in schools and/or clubs in a cross-section of event groups with athletes of over 13 years of age, competing at local, regional and state levels.

**Performance Pathway:** Targeted at coaches who will predominantly be coaching their own squad in a specific event group. Generally they will be working with athletes over 16 years of age who are competing in local, state, national and international levels. Levels 3, 4 & 5 are aimed at athletes identified in state, national (development) and international squads and teams.

## **Junior Pathway**

This pathway is currently under consideration and will be developed in conjunction with Little Athletics Australia, its state associations and the ATFCA.

## **Participation Pathway**

### **Level 2 – Club Coach**

This program is designed to develop fundamental skills and drills, and understanding of the basic technical models for the events required for participation in athletics at club and school competition. The event groups covered include:

- ✓ Sprints & relays
- ✓ Hurdles
- ✓ Middle & Long Distance up to 5000m – excluding steeple chase
- ✓ Jumps – excluding flop high jump and pole vault
- ✓ Throws – excluding hammer
- ✓ Race-walking

Having completed the Level 2 Club Coach program, coaches can choose to progress to Level 3 Advanced Club Coach and Level 3 Advanced Event Group programs, provided they have coached for at least one season as a Level 2 Club Coach and having met any additional pre-requisites.

### **Level 3 – Advanced Club Coach**

This program is designed to further develop fundamental skills and drills, and understanding of the technical models for the events that will enable them to lead, mentor and manage other coaches in a club or school environment.

Participation Pathway programs at Level 2 & 3 are delivered in each state and enquiries should be directed to the state athletic associations.

Further information regarding competencies, prerequisites and all other details that relate to the programs in the Participation Pathway will be available in the ACAF Coaches Guide.

## **Performance Pathway**

### **Level 2 – Event Group Coach**

This program is designed to develop fundamental skills and drills, and understanding of the basic technical models, in a specific event group. Event Group programs are:

- ✓ Sprints & relays
- ✓ Hurdles
- ✓ Middle & Long Distance up to 5000m – excluding steeple chase
- ✓ Jumps – including flop high jump; excluding pole vault
- ✓ Throws – excluding hammer
- ✓ Race-walking
- ✓ Recreational Running

Having completed the Level 2 Event Group Coach, coaches can choose to progress to Level 3 Event Group programs (in the area of their Level 2 accreditation), provided they have coached for at least one season as a Level 2 Event Group Coach or Club Coach, and have met any additional prerequisites.

### **Level 3 – Advanced Event Group Coach**

This program is designed to further develop skills and drills, and understanding of the advanced technical models and drills. It will also include program planning in the specific event group. Event Group programs are:

- ✓ Sprints, relays & hurdles
- ✓ Middle & Long Distance – including steeple chase and cross country
- ✓ Jumps – Long, triple and high jump (flop)
- ✓ Pole vault
- ✓ Throws – including hammer
- ✓ Race-walking
- ✓ Seated/secured Throws
- ✓ Wheelchair track & road

### **Level 4 & 5 – Specialist and High Performance Coach**

These programs are still to be developed and will be done so in conjunction with the ATFCA and senior coaches with specific expertise in the event areas.

Further information regarding competencies, prerequisites and all other details that relate to the programs in the Performance Pathway will be available in the ACAF Coaches Guide.

**Note:** In all Pathways, not all accreditation programs may be delivered in every state each year. Programs will always be subject to numbers and viability

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