



For all parents interested in learning the basics of how to coach track & field!

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 prerequisites

Prior to commencing the Level 2 – Club Coach participants must have completed the Level 1 Beginning Coach, including 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> This certificate is required to be forwarded to Alan Bishop at alantb45@gmail.com

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.

Date: Saturday 4th and Sunday 5th February 2012 – 8.15 am to 5.00 pm

Venue: Commonwealth Room, Australian Institute of Sport

Presenters: **Alan Bishop** – Level 4 AT&FCA hurdles, sprints, jumps, multi events, steeple chase & **Les Bottles** Level 4 AT&FCA Throws – and others to be confirmed.

Cost: \$160.00 to be paid by cheque on day. Maximum of 25 people per Course. Minimum age 16 years.

Tea/Coffee provided, bring your own lunch.

Any enquiries to Margaret Lane margaret.lane@tga.gov.au
0411182235

Applications to Michael Larkings at development@actlaa.org.au by COB Friday 27th January 2012.