

## **Coach Re-Accreditation Form**

Title: \_\_\_\_\_ Name: \_\_\_\_\_ NRCAS# \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_

State: \_\_\_\_\_ Post Code: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Telephone: (h) \_\_\_\_\_ (w) \_\_\_\_\_ (m) \_\_\_\_\_

Club/School: \_\_\_\_\_ Email: \_\_\_\_\_

### **ROWING COACHING ACTIVITIES over last 4 years (or attach Log Book for verification)**

<u><b>Practical experience</b></u>	<b>Date</b>	<b>Verification</b>

<u><b>Personal development</b></u>	<b>Date</b>	<b>Verification</b>

**NOTE:**

1. Please return this form, along with a signed Code of Ethics Agreement Form to ***coaching@rowingaustralia.com.au*** or ***Rowing Australia: Coach Education, PO Box 7147, Yarralumla ACT 2600*** or fax ***02 6281 3910***
2. Payment of \$40.00 (for 4 years) must be made for accreditation to be processed.

**PREFERRED METHOD OF PAYMENT:**

☐ CASH PAYMENT    ☐ CHEQUE    ☐ VISA    ☐ MASTERCARD    \$40.00

**CARD NUMBER:**

\_\_\_\_\_

**EXPIRY DATE:** ...../..... **CARDHOLDER NAME:** .....

## Coach Re-Accreditation Point Allocations

PRACTICAL COACHING		Rowing Coach LEVEL			
Specific Tasks	Learn to Row Coach Coach (Level 1)	Club School Coach Coach (Level 2)	Performance Coach  (Level 3)	High Performance Coach Coach (Level 4)	
- coach crew to compete in any regatta	5	NA	NA	NA	
- coach crew to Head of River	5	5	5	NA	
- coach crew to compete at State Championships	5	5	5	5	
- coach crew to compete at National Championships	10	10	10	10	
- coach crew to compete at International Regatta	NA	NA	15	15	
- coach an athlete 12 months prior to that athlete's inclusion in any of the following teams/squads:					
State (junior, youth, senior)	5	5	5	5	
National (junior, U23, senior)	10	10	10	10	
- participate in an approved rowing specific seminar	5	5	5	5	
- participate in a state/national coaches conference	10	10	10	10	
- Supervisor for Learn to Row Coach Practical hours	5	5	5	5	
- Supervisor for Club/School Coach Practical hours	NA	5	5	5	
- Supervisor for Performance Coach Practical hours	NA	NA	10	10	
- Supervisor for High Performance Coach Practical hours	NA	NA	NA	10	
- work with a coach mentor	5	10	10	15	
- attend development camps	NA	5	5	5	
Club/school	NA	5	5	5	
State level	NA	10	10	10	
National level	NA	NA	10	10	
International level	10	10	10	10	
- evaluation session by an RA approved, qualified assessor (review “on water” coaching or training programme)	5	5	5	5	
- coach a minimum of 100 hours per year	10	10	10	10	
Subtotal point for last four years.....					
Practical Coaching Points required	10	20	30	40	
PERSONAL DEVELOPMENT		Rowing Coach LEVEL			
	1	2	3	4	
- lecture/workshops approved by state association or RA					
attend	5	5	5	5	
present	10	10	15	15	
- prepare paper for RA website or other publications	5	5	10	10	
- attend officiating course	5	10	10	NA	
- self-evaluation of coaching via video analysis – signed by accredited mentor coach	10	10	10	10	
- present or lecture at:					
Level 1 course/update seminar	5	5	5	5	
Level 2 course/update seminar	NA	10	10	10	
Level 3 workshop	NA	NA	10	10	
Non Specific Tasks					
- Aust Sports Medicine Federation courses					
Awareness	5	5	5	5	
Sports Trainer Level 1	10	10	10	10	
Sports Trainer Level 2	NA	NA	15	15	
- Aust Strength & Conditioning Association courses					
Level 1	10	10	10	NA	
Level 2	15	15	15	15	
- Approved Basic First Aid course	5	5	5	5	
- Approved Senior first aid course	10	10	10	10	
- Approved Tertiary Course	10	10	10	10	
- Approved Non-tertiary course	5	5	5	5	
Subtotal point for last four years.....					
Personal Development Points required	10	20	30	40	