



Circular 067:06:08

To: Club Secretaries
Senior Team Managers
Age Managers
Club Captains
Junior Team Managers
Competition Coaches

Cc: Aquatic Sports Executive
Aquatic Sports Council
YLD Council

From: Chris Munro
Manager – Aquatic Sports

Date: 13 June 2008

Subject: Level One & Two Surf Coach Course

Action: Registrations due Friday, 11 July 2008

Summary

This circular contains general information and registration details for Level One and Level Two Coaching courses.

For ease of reading and reference, the Circular has been sectionalised as shown in the index.

For additional detail on this Circular contact: Chris Munro, Manager Aquatic Sports

Email chris.munro@lifesavingvictoria.com.au or by phone 03 9676 6937

Circulars are also available at www.lifesavingvictoria.com.au

Address: PO Box 353 South Melbourne DC 3205

INDEX

Section A	Course Dates
Section B	Course Cost
Section C	Enrolment Prerequisites
C1	Level One
C2	Level Two
Section D	Overview of Course
D1	Level One
D2	Level Two
Section E	Registration

Section A Course Dates

Date	Location	Time	Component
Saturday, 19 July 2008	Life Saving Victoria	9:00 am	Theory
Sunday, 20 July 2008	Life Saving Victoria	9:00 am	Practical

The Level One and Two Surf Coach Course will be held at the same time within separate rooms.

Section B Course Cost

The enrolment fee is **\$77 including GST** for each course and includes all relevant coaching material, practical and theoretical coaching instructions, certificate, license, registration with the Australian Coaching Council and lunch both days.

Section C Enrolment Prerequisites

C1 Level One

Members wishing to enrol in the Level 1 Surf Coach course must satisfy the following criteria;

- A current financial member of a club

C2 Level Two

Members wishing to enrol in the Level 2 Surf Coach course must satisfy the following criteria;

- A current financial member of a club
- Must have completed the attached pre-course assignment
- Be a current Level 1 Surf Coach, for a minimum of 1 year

D1 Level 1 Surf Coach Course

Course Overview

- Role of the Coach
- Athlete Development
- Sports Safety
- Physical considerations of the athlete
- Psychological considerations of the athlete
- Preparing for training
- Reviewing training
- Delivering training

To complete all requirements of the Level 1 Surf Coach course:

- Complete course workbook
- Complete course assignment
- Complete 20 hours coaching which is to be documented in the Coaching Log Book (10 hours can be claimed as Recognition of Prior Learning {RPL}), which refers specifically to coaching and delivering training at the club under the supervision of an assessor/mentor coach.
- Forward all documentation to Life Saving Victoria.

All requirements and activities must be completed and assessed before Level 1 Surf Coach accreditation will be approved.

D2 Level 2 Surf Coach Course

The course covers lectures and practical workshops in the following units:

- The Advanced Coach/Athlete Development
- Physical Considerations of the Athlete
- Psychology of the Athlete
- Safety in the Surf
- Planning an annual training program
- Preparing for Training
- Delivering Training
- Reviewing Training

To complete all requirements of the Level 2 Surf Coach Course, candidates are required to:

- Complete 40 hours of training (coaching) and assessment within a maximum 12 month period. This refers specifically to coaching, delivering surf training at the club under the supervision of an assessor/mentor coach.
- Forward all documentation to Life Saving Victoria.

All requirements and activities must be completed and assessed before Level 2 Surf Coach accreditation will be approved.

Pre-course work

- Participants completing the Level 2 Surf Coach course will be expected to complete pre course work.

Section E Registration

Participants can register online via our website. Please click on the following link to register:

<http://www.lifesavingvictoria.com.au/www/html/616-coaches-.asp>

Please Note – Credit Card payments will not be taken over the internet.

Alternatively, members can fill out the attached registration form.

Registration Form - Surf Coach Course

Name: _____

Address: _____

Phone: _____ Mob _____

Email: _____

Club: _____

Signature: _____ Date: ____/____/____

Course

Please Tick

Level One

Level Two

Level One Practical Sessions Only (Please Circle Two)

R & R
Board

Beach
Ski

Boat Rowing
Swim

Boat Sweep
Pool Competition

IRB

Note: This form must be returned with payment **1 week prior to course commencement**. The cost of the Surf Coach Course is \$77 (Inc GST) Cheques to be made payable to 'Life Saving Victoria' or 'LSV'

Payment Details:

Cash

Cheque

Credit Card

Invoice Club

Total Payment: \$ _____

Credit Card Details:

Cardholders Name: _____

Card Number: _____

Type of Card: _____ Expiry Date: ____/____

Signature: _____

Please Invoice Club

Signature: _____ Date: ____/____/____

Club Officer: President / Secretary / Treasurer

Printed Name: _____

**Please Fax to the Manager of Aquatic Sports on 03 9676 6938 or post
Manager Aquatic Sport
Life Saving Victoria
PO Box 353
South Melbourne DC VIC 3205**