



NCAS Level One Triathlon Coach Training Program



Venue	Mt St. Michaels College 67 Elimatta Dr, Ashgrove QLD 4060
Schedule	To be sent prior to Course date.
Course Fees	\$360.00 TQ/TA Members \$470.00 Non members Fee includes \$30 Accreditation fee to NCAS A light lunch, morning tea & drinks will be provided. Any special dietary requirements must be self-catered
Contacts	<i>Peter Ledwidge</i> Triathlon Queensland Operations Manager operations@triathlonqld.com.au <i>Margie Luxford</i> Triathlon Australia Coach Education Co-ordinator for Queensland mluxford@msm.qld.edu.au
Course Delivery	A combination of lecture & practical based learning experiences
Participant Requirements	Swimming togs & goggles, running shoes & clothing, bicycle & helmet, writing materials & a clipboard. [All participants must take part in all the practical aspects of the course]
Presenter Notes	A CD will be posted to all participants prior to the course.
Recommended Pre-Course Reading	Section 2: The Coach Section 3: Planning Section 4: The Athlete Section 5: The Coach in Action
Beginning Coaching Manual, ASC (4th Edition, 2006).	This text may be purchased from the Triathlon Queensland Office. Order a copy with the application form.

Overview of Triathlon Australia Limited's National Coaching Accreditation Scheme Training Programs

The three levels of coach education offered by Triathlon Australia Ltd are as follows:

Level 1

Mission Statement

"To educate and develop club and state level coaches so that they can provide a safe, ethical, enjoyable, skills based training and preparation environment at the appropriate level for the triathletes in their program"

This training program is designed to provide training for beginner coaches who assist club and state championship level triathletes. The potential target market also includes parents, teachers, current and former triathletes, fitness industry staff and senior secondary and university students. The level one program is driven, co-ordinated and managed by the State and Territory Triathlon Associations (STTAs).

Entry pre-requisites

Candidates must be 16 years of age to enrol in this training program. There are no other entry pre-requisites for this course; however, candidates are encouraged to complete some pre-reading from the recommended reading list.

Whilst a different fee is applied to members and non-members, no coach may gain their accreditation without being a current member of TA.

Level 2

This course is aimed at coaches working with state and national level triathletes. The level two course is a national course conducted by Triathlon Australia Ltd at least every two years. Information about the Level two course can be found at www.triathlon.org.au and clicking on the High Performance and Coaching icon.

Level 3

The level 3 course is for coaches working with triathletes aiming for international level competition. Candidates for level three courses apply direct to Triathlon Australia Ltd. Applications should be marked to the attention of the National Performance Director.

Further information on each of these coach training programs can be obtained from Triathlon Australia Ltd.

Level 1 Triathlon Coaching Course Competency Statements

At the completion of this course the coach will be expected to:

- Organise, manage and conduct training sessions in swim / bike / run and transition (SBRT) appropriate to the needs of the athlete in a safe, ethical environment
- Design, develop, implement and monitor a session plan in SBRT and a seasonal plan for club level triathletes incorporating the basic components of periodisation.
- Demonstrate the ability to communicate with and manage effectively athletes of a range of abilities, ages, goals and backgrounds both in group situations and with individual triathletes. This includes:
 - Providing appropriate advice and feedback to triathletes on training and competition strategies in relation to tactics, nutrition, warm up, mental preparation, recovery, lifestyle management and safety.
- Develop an integrated program to meet the specific needs of the club level athlete (i.e. junior, age group). This will include:
 - Developing the components of fitness incorporating the principles of training
 - Developing and correcting the basic skills of freestyle swimming, cycling, running and transition
 - Applying the principles of the National Junior Development Framework
- Identify the support services available to assist the development of the athlete and coach
- Apply the principles of the National Junior Development Framework and its application to junior level triathletes.
- Apply the rules of triathlon as they pertain to competitive triathlon, both draft legal and non drafting.
- Assess and manage the risks of coaching as it relates to lifestyle.

Level 1 Triathlon Coaching Course Assessment Overview

Assessment Task 1: Workbook - short answer questions (written):

The workbook is aimed at assessing candidates' underpinning knowledge and comprehension of the specifics of the sport of triathlon and coaching general principles. The workbook is distributed as both a learning and assessment tool at the commencement of the training program. Candidates are required to complete a series of short answer questions regarding aspects of each of the training program units. The completed workbook must be submitted to the Level 1 triathlon coach training program coordinator within eight weeks following attendance at the Level 1 triathlon coach training program. All questions must be answered satisfactorily for candidates to pass this aspect. Candidates are permitted to access all training program materials, and may consult with others when completing the workbook. Candidates may re-submit the workbook or specific elements of the workbook as many times as necessary to meet the requirements of this assessment task.

Assessment Task 2: Assignment – design a season training program (written):

Candidates are also required to design a detailed season (three month) training program for a club level triathlete in the triathlon event of their choice e.g., (Sprint, Olympic Distance, 1/2 IRONMAN or IRONMAN).

The completed program must be submitted with their completed workbook to the Level 1 triathlon coach training program coordinator within ninety days following attendance at the Level 1 triathlon coach training program. The training program must be appropriate for the triathlete identified and be based on scientific principles for candidates to pass this aspect. Candidates may be asked to justify any aspect of their plan to the course assessor.

Candidates are permitted to access all training program materials, and may consult with others when completing the season training program. Candidates may re-submit the season training program as many times as necessary to meet the requirements of this assessment task.

Assessment Task 3: Practical Coaching:

Candidates will participate in a number of practical activities during the training program in order to develop their ability to effectively conduct practical coaching tasks.

The practical coaching assessment task will be assessed post-training program and requires a practical demonstration of coaching skills during a training session of at least 40 minutes duration. Any level of athlete/s may be involved in the training session. The candidate will spend a minimum of ten hours with the coach conducting their assessment, prior to the practical demonstration. Candidates must maintain a verified record of attendance.

An assessment checklist is used to outline the skills/ competencies that the coach must demonstrate. The candidate must be rated as competent on all aspects of the assessment checklist to pass. Candidates may re-take the practical assessment as many times as necessary to achieve competency. This task will be assessed by the training program assessor or their nominated representative who is a minimum Level 2 Triathlon NCAS and agreed by the Triathlon Queensland Level1 Triathlon Coaching Course Convenor. A list of Triathlon Queensland approved practical coaching assessors will be provided at the Level 1 Course. A fee of \$60.00 must be paid to the coach conducting this assessment.