

TAEKWONDO AUSTRALIA INC. COACHING COURSE

LEVEL 1



Practical Coaching Recording Book

First Name: _____ Surname: _____

Address: _____ Post Code: _____

Email Address: _____

Course Date: _____ Course Coordinator: _____

Course Location: _____

Date: ___/___/___

Office Use Only: Date Received: ___/___/___

Result: Competency Achieved/ Competency Not Yet Achieved.

Coach Education and Officiating Manager

PO Box 4056 Kogarah Bay, NSW 2217

FAX: (02) 9225 9722 Email: ta.ncas@bigpond.com

Question: What is required?

Answer: To attain the Taekwondo Australia Level 1 NCAS Coach award you are required to, in addition to other course requirements, complete a minimum of 24 hours of practical coaching.

Question: When does it need to be completed by?

Answer: You are required to submit the completed Practical Coaching Recording Form to the Coach Education and Officiating Manager within 12 weeks from the date of the course.

Question: How do I do this?

Answer: It is the intent that these 24 hours to be spent involved in the training process of athletes, as opposed to general members of the public. The athletes can be any age, sex, sport and level of competition. Involvement in the training process is described as any or all of the following: observation, supervision, program design, and assessment.

Question: Who should be my supervisor or mentor?

Answer: It is required that your supervisor or mentor is a person who possesses Taekwondo Australia Level 1 NCAS Coach award or higher accreditation. The aim of this is to gain the benefits associated with having a 'mentor', someone to guide you in the attainment of practical skills.

Question: How much of the 24 hours will I need to be involved with my supervisor or mentor?

Answer: The practical coaching experience is required to be completed as 12 hrs direct involvement of supervisor or mentor and 12 hrs unsupervised practical coaching experience.

Question: How do I find a mentor coach?

Answer: Preferably you can complete most of your practical coaching hours through the club that you are member with. For more advance coaching mentoring it is advised to contact your Taekwondo state organisation to see if they can recommend anyone in your area. Alternatively, contact the Coach Education and Officiating Manager.

Question: What if there are no mentor coaches in my region eg. what if live in a remote area.

Answer: If you are not able to locate an appropriately qualified supervisor you can negotiate alternative arrangements with the Coach Education and Officiating Manager.

