



EXPERIENCE ROWING  
Something Oarsome for everyone

PRINCIPAL PARTNER

HANCOCK  
PROSPECTING

MAJOR PARTNER



## 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>Practical experience</u>	Date	Verification

<u>Personal development</u>	Date	Verification

**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 (Level 1)	Club School Coach (Level 2)	Performance Coach (Level 3)	High Performance 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.....				
<b>Practical Coaching Points required</b>	<b>10</b>	<b>20</b>	<b>30</b>	<b>40</b>
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
<b>Non Specific Tasks</b>				
- 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.....				
<b>Personal Development Points required</b>	<b>10</b>	<b>20</b>	<b>30</b>	<b>40</b>