



NSW Coach Education

'Advanced Coach Program'

For Senior Coaches and Junior Representative Coaches

Introduction:

The *'Advanced Coach Program'* (ACP) has been developed to provide an opportunity for selected coaches to gain further education, knowledge and experience in the field of coaching. Through the ACP the NSW Coach Education team will provide coaches with current, specific and individualised education.

The ACP is designed to offer those coaches with potential to coach at a higher level a means to obtaining greater education. **This will help enhance the coach's education, challenging them to improve their performance with their teams.**

The program will run for a 9-month period with between 12-15 coaches. During which time all selected coaches will be required to attend a number of education seminars, submit a number of assessments including one video-taped session for a critical evaluation.

Coaches in rural NSW will have the opportunity to apply for a 'special circumstance' and participate in the program via distance learning (correspondence), however they will still be encouraged to attend as many seminars as possible. Some seminars will be duplicated and taken to the country area to lessen the travel required by these coaches.

At the conclusion of the program, all coaches will receive a certificate of completion and will be added to the short list of identified talented coaches for further consultation, education and opportunities.

Program Outline:

- The ACP will consist of both face-to-face education and assessment style learning. The assessment topics will be given out upon acceptance into the program and will each have a due date for submission. There will be only 4 major assessments.
- All seminars and assessments are to be completed over the 2010 Investec S14 and Wallaby test series (February – August). **Uncompleted assessments at September 30 will lead to ineligibility to graduate from the program.**
- Coaches will be expected to attend all planned seminars and workshops and submit assessments by the required date.
- Seminar & assessment topics may include training periodisation, skill acquisition, game / player analysis, game planning, performance preparation, core & unit skill learning, strength & conditioning awareness and cross sport learning as well as a number of other key areas.
- 2 day camp (Sydney) in conjunction with the HSBC Waratah training program and home game.



Nomination Process:

- All Affiliates and Clubs within the NSW area, regional and metropolitan, are able to nominate coaches who would be interested and who meet the selection criteria for ACP. *NB: all coaches nominated must sign the nomination form and be willing to participate should their nomination be accepted.*
- Should an affiliate or club submit more than one nomination, it is asked that the nominations be ranked in order of preference.
- All nominees should have a **current** Level 2 Coaching accreditation, must be SmartRugby qualified and be actively coaching in 2010.
- If nominations are submitted by coaches themselves, it is expected to include at least one coaching referee (mentor) contact i.e. Club President.
- A maximum of 16 coaches will be accepted into the program in 2010.
- **Nominations close** at 5pm on Monday 30th November 2009 – **this has been extended to Thursday 24th December 2009.**

Selection Process:

- Nominations will be assessed by the ACP coaching committee which will include members from both NSW Coach Education team and the HSBC Waratah and HPU Coaching Staff.
- Considerations will be given to the following:
 - Current level of coaching
 - Level of coaching accreditation and education
 - Coaching history
 - Knowledge of game elements
 - Potential to coach at a higher level (representative, grade etc)
 - Coaching ambition
- All successful applicants will be notified in writing by **30th January 2010.**

Please note the first education seminar that you are required to attend will be held on Friday 5th & Saturday 6th March at the Sydney Football Stadium, Paddington. This will also be used as an introduction and orientation into the program.

- All unsuccessful applicants will also be notified in writing by **30th January 2010.**



Priority order for selection:

1. Coaches of **Premier Rugby** (1st & 2nd Grade / 1st & 2nd Colts) teams.
2. Coaches of **Association Senior Representative** (i.e. NSW Country Men's & Women's) teams
3. Coaches of **1st Grade Club** in either NSW Suburban or NSW Country competitions.
4. Coaches of **U16 and above representative** (Affiliates/Schools) teams.
5. School 1st XV coaches (GPS / CAS / ISA / etc)

NB: All other applicants will be viewed after these areas have been filled.

Cost Involved:

To be a part of ACP a levy of \$450 (GST inclusive) per coach is required and will include the following:

- All education resources (manuals & CD's)
- All seminars (incl. Advanced Seminars valued at \$130)
- ACP kit (Shirt / Cap / etc)
- Specific education consultants (Strength & Conditioning etc)
- Camp costs (meals and resources) – 31st march/1st April
- 1 x ticket to a HSBC Waratah Match (SFS)

Benefits of Participation:

ACP will provide NSW Rugby Union with a pool of quality coaches that possess the desire and ability to coach at a higher level. This will allow the state education manager to target these coaches involved in the ACP for the following:

1. Priority application to Talent Identification Program coaching positions.
2. Coach Education - paid consulting work (coaching courses presenting etc)
3. Recommendations to the Australian Rugby Union for further accreditation opportunities.



ACP Seminar Topics:

The focus of the program will be Team Analysis and Preparation, with seminar topics designed to support this theme.

- Skill Acquisition (non-negotiable core / individual skills)
- Match Analysis & Game Planning Workshop
- Performance Preparation (how / why)
- Units Focus (set piece education)
- Tackle Contest (technical / tactical components)
- Cross-Sport analysis and usage

ACP Assessments:

- Video Session (critical evaluation) + session plan
- Match Analysis Report
- Performance Preparation Comparison (cross sport report)
- 4 week individual & core skill program (1 x individual & 1 x core skill)



Advanced Coach Program

Nomination Form

PERSONAL INFORMATION

COACHES NAME: _____

Address: _____

Suburb: _____ State: _____ P/C: _____

Phone: _____ Mobile: _____

Email: _____

COACHING INFORMATION

Current Club: _____

Team Coaching 2010: _____

Coaching Mentor – Name: _____ Contact: _____

GENERAL QUESTIONS

Coaching History:





Coaching Ambition:

Under the new Law changes for 2010, how would you instruct your support players arriving at the tackle to assist in maintaining possession?

What do you want to get out of the program?

(Please print)

Nominee Name: _____ Signature: _____

Club: _____ Name: _____

Contact: _____ Signature: _____

**PLEASE RETURN TO:
MICHAEL MAGRIPLIS – NSW Coach Education Coordinator**

BY: Wednesday 24th December 2009

FAX: (02) 9323 3470
EMAIL: Michael.Magriplis@rugby.com.au
POST: LOCKED BAG 1222, PADDINGTON NSW 2021