



## LEVEL 1 COACHING WORKSHOP

**13 November 2016**

Orienteering relies on coaches to introduce newcomers to the sport and to develop the skills and fitness of all members. An inclusive, engaging and progressive coaching program across all clubs is part of offering a rewarding membership experience.

By becoming an accredited coach you will have the opportunity to contribute back to your sport, be part of the ongoing growth and success of orienteering and potentially have a personally rewarding involvement in the lives of others.

Attending the Coaching Workshop is part of the accreditation process for becoming a Coach.

### **When and where**

A workshop will be held from 9am to 5pm on **Sunday, 13 November** at Sports House, Olympic Park.

If there is demand, there may also be an opportunity to attend some or all of the session via Skype.

ONSW will pay regional attendees travel expenses and will find you accommodation.

### **Level 1 Accreditation**

The Level 1 Coaching Workshop is designed to develop coaching skills to introduce athletes to off track or bush orienteering. It is ideal for coaching at a club level.

This particular course will be aimed at existing orienteers that are capable of consistently completing moderate level bush courses as a minimum.

If you are a school teacher or wishing to gain Level 1 accreditation and have limited or no bush orienteering experience, please contact Barbara directly to discuss this process.

## Pre-Requisites

1. There is a minimum age of 16 years for this course;
2. Potential level 1 coaches should be proficient at 'Moderate' level bush orienteering (i.e. routinely finish in less than double of the winner's time on their age-appropriate courses);
3. Working With Children clearance;
4. Complete the Australian Sports Commission [Community Coaching General Principles](#) online course.

Note that all coaches will also be asked to sign a Coaches Code of Ethics agreement during the workshop.

## How to register

Send an email to Barbara Hill ([barbara@boldhorizons.com.au](mailto:barbara@boldhorizons.com.au)).

## Enquiries

Please contact Barbara Hill ([barbara@boldhorizons.com.au](mailto:barbara@boldhorizons.com.au)) or on 0418 270 476.