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EXPRESSIONS OF INTEREST 2010 ASCA LEVEL 3 STRENGTH AND CONDITIONING ELITE COACHING COURSE

The Australian Strength and Conditioning Association is seeking *Expressions of Interest* from suitable candidates to apply for a position in the 2010 ASCA Level 3 Elite Coaching Course.

Course numbers are limited as the philosophy of the course is to provide an intensive coach development program for coaches in all areas of strength and conditioning.

- 8-11th Runaway Bay Sports Super Centre **AND** 12-14th November Holiday Inn Gold Coast

Note – Confirmation of Course will be advised immediately following the closing date of receipt of Expressions of Interest on Friday 28th May 2010 to allow candidates sufficient time to organize necessary travel or leave from employer/s.

Note all Candidates **must** meet the pre-requisites outlined below.

Pre-requisites

- Hold a current Level 2 ASCA Strength and Conditioning Coach Qualification
- Completed a minimum of **two years full time** or **four years part time** coaching strength and conditioning with athletes/teams at national level or above.
- Apply for acceptance into the course providing the necessary documentation to ensure that they have met the above criteria.

PLEASE NOTE: Candidates may be required to undertake a teleconference interview with the Selection Panel prior to acceptance into the course.

How to Apply

All prospective candidate should forward the completed *Expression of Interest* form and supporting documentation to the ASCA National Office no later than Friday 28th May 2010.

Acceptable evidence includes:

- Copy of Level 2 ASCA Coach Certificate
- Supporting documentation from club/athlete in relation to your sports coaching experience

Course Fees

A number of options will be provided depending on accommodation requirements. The ASCA will endeavour to keep costs to a minimum, however please note 2009 costs started at \$2,100 excluding accommodation to \$2,500 including accommodation. Please note that all travel costs will be in addition to the Course Fees and are the responsibility of the candidate.

Further details and cost options will be provided once course/s are confirmed.

EXPRESSION OF INTEREST – 2010 LEVEL 3 ELITE COACHING COURSE

I hereby would like to register my Expression of Interest to attend the 2010 Level 3 Elite Coaching Course as outlined below:

Name

Date of Birth

 / /

Male **Female**

Address

Phone

Mobile

Post Code

Home

Email

NCAS Coach Registration No.

I have met the Level 3 prerequisites in the following ways. (Please provide supporting documentation)

Requirement 1:

Current ASCA Level 2 Accreditation

Requirement 2:

Practical Coaching Experience

Specific Area of Expertise:

Signed:

Date:

 / /

Course Overview

- Module 1: Introduction*
- Module 2: Planning/Periodisation/Long Term Athlete Development/Group Management*
- Module 3: Business Development & Contract Negotiations*
- Module 4: Speed, Agility & Quickness – Elite Training Theory and Current Practices*
- Module 5: Strength – Elite Strength Training Theory and Current Practices*
- Module 6: Energy System Conditioning – Elite Conditioning Training Theory and Current Practices*
- Module 7: Principles of Athlete Assessment, Rehabilitation, Injury Prevention and Management – a Practical Approach for Strength and Conditioning Coaches*
- Module 8: Flexibility, Mobility, Warm-Up and Cool Down – Elite Training Theory and Current Practices*
- Module 9: Major Project*
- Module 10: Nutrition and Ergogenic Aids*
- Module 11: Recovery Methods and their specific effect and the hands-on approach to recovery (Theory & Practical)*