

About the SLSA Coach Development Framework

Introduction

Following a comprehensive review of the SLSA Surf Sport Coaching Framework in 2012/13, SLSA has re-designed the way coaches are recruited, trained, supported and retained. The result is a contemporary, flexible, interactive and purpose-built coach development framework, designed to ensure we are developing **great coaches** in all coaching environments and in all Surf Sport disciplines. SLSA is proud of the new framework and we are very grateful to you for your involvement in its successful implementation.



Broad Structure

SLSA Surf Sport Coach training sits under the umbrella of the National Coaching Accreditation Scheme (NCAS), which covers over 80 different sports throughout Australia and is managed by the Australian Sports Commission (ASC).

SLSA has a 5-tiered Coaching Pathway which is outlined in Figure 1, following.

Note: *The Age Manager qualification is not part of SLSA's National Coach Accreditation Scheme.*

Figure 1 – SLSA Coach and Participant Development Pathway

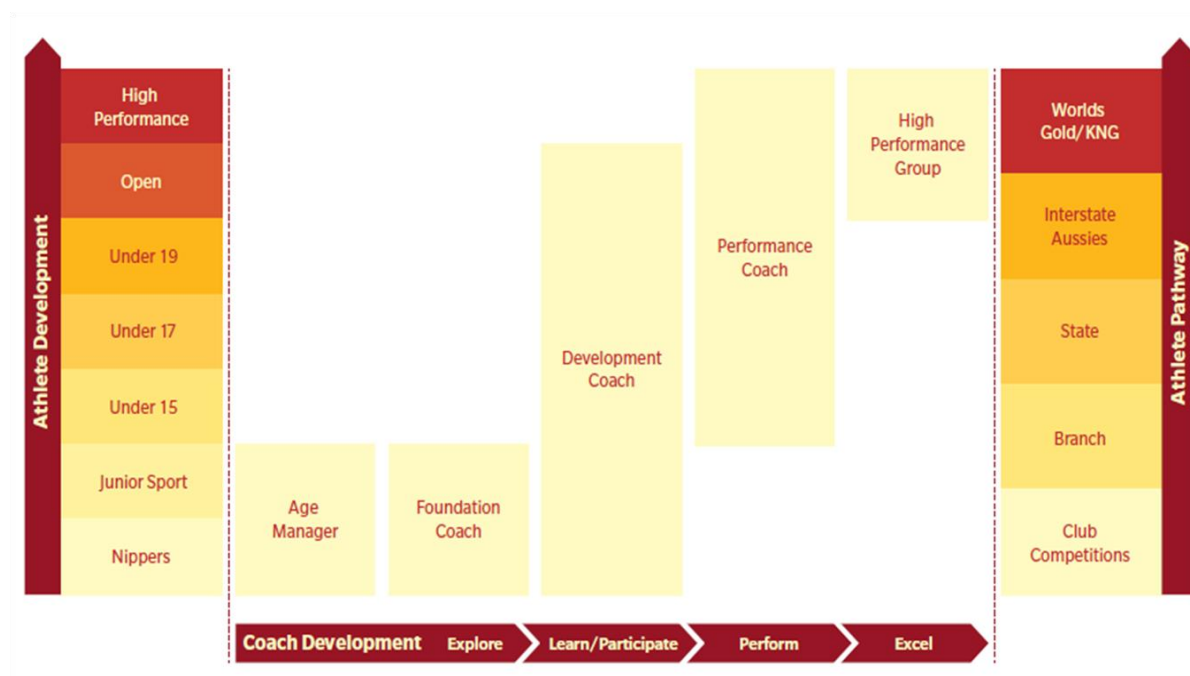


Table 1 – Alignment between SLSA NCAS qualifications and the SLSA Participant Development Pathway (PDP)

SLSA NCAS qualification	Participant Phase of Development	Broad Descriptor
Foundation (Entry point)	Explore	Coaches of entry level participants actively participating in a club surf sport environment (recreationally or competitively). Participants will generally be non-bronze proficient.
Development (Entry point)	Learn / Participate	A coach who has chosen a specific discipline/s to coach participants who are actively competing in a club / branch surf sport environments.
Performance	Perform	A coach who is a specialist within their discipline, striving for a performance based outcome from their athletes. The Performance Coach is a mentor to other coaches and can facilitate workshops in their nominated disciplines.
High Performance (Coaches can nominate to be a part of this program as well as being invited to this group)	Excel	A group of coaches selected who have been identified as leaders within their chosen field. These coaches are talent identified as a part of either the NHP Program or as experts outside this particular program. Each member of this group will be supported with an Individual Coach Performance Plan (ICPP) which will facilitate SLSA's high performance coaches to be at the cutting edge of lifesaving sport at the highest level. Each HP Coach will be required to attend an annual workshop where they will be required to either present at or participate in the workshop.

Table 2 – SLSA Coach Development Framework (Broad Outline)

SLSA NCAS Qualification	Alignment to PDP	Target Group	Core Components	Delivery & Assessment	Pre-requisites
Non NCAS Accredited Training					
Age Manager (Existing course)	Explore Stage	Parents of nippers	Current training program	- Online Play by the Rules - Online Age Managers Theory Certificate	16 years + - Working with children check - SLSA membership
NCAS Accredited Courses					
Foundation Coach (New course)	Explore Stage	- Parents of nippers / new club members - Non bronze proficient members - People with an interest in coaching	- Environment specific coaching - Board, beach, swim disciplines	- Online ASC Community Coaching General Principles course - Online Surf theory 1 day practical workshop and competency based assessment	16 years + - Working with children check - SLSA membership
Development Coach (New course)	Learn / Participate Stage	- Parents of nippers - Parents of athletes - Current / ex Surf competitors - Lifesaving trainers - Partner NSO coaches wishing to coach surf athletes	- Environment specific coaching - Discipline specific coaching (i.e. 1 discipline)	- Online Surf theory 1 day practical workshop and competency based assessment	16 years + - Working with children check - SLSA membership
Performance Coach (New course)	Perform Stage	- Ex Surf competitors - HP partner NSO coaches wishing to coach surf athletes	- Environment specific coaching - Discipline specific coaching (i.e. 1 discipline)	- Online Surf theory 2 day practical workshop and competency based assessment	18 years + - Working with children check - SLSA membership
High Performance Group (New Initiative)	Excel Stage	High Performance (selected) coaches	Dependant on the Individual Coach Performance Plan (ICPP).	Assessment based against individual ICPP	18 years + - Working with children check - SLSA membership

Training Program Specific Structures

Foundation Coach Training Program Structure



Module 1 -

Australian Sports
Commission's
Community Coaching
General Principles
(on-line program)

- **Snapshot of a good coach** – What does a coach do? What does a coach need to know? How should a coach behave? Where can a coach go for more information?
- **Preparing to coach** – What does a coach need to plan? What are my participants' needs? What do I want to achieve? What should my plan include? What are the different coaching approaches I can use? How can I keep everyone safe?
- **Working with others** – What communication skills do coaches need? How do I choose the right style? How do I deal with issues and problems that may arise?
- **The coach in action** – What do I need to organise? How do I choose the right coaching approach? How do I minimise risks? How can I enhance learning? How do I make it fun? How do I deal with misbehaviour? How can I be a better coach?

Module 2 -

Introduction to Surf
Sports Coaching

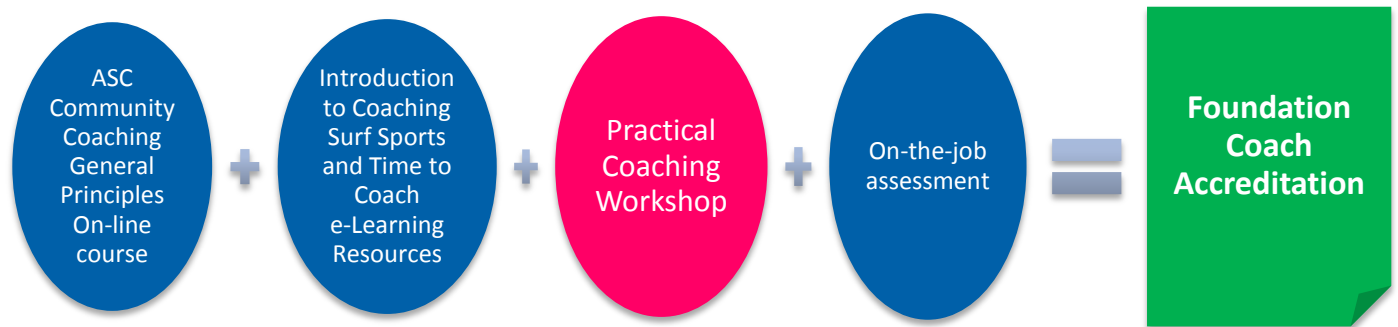
- **Introduction to the SLSA Participant Development Pathway**
- **Introduction to Surf Sport:**
 - The role of the Foundation Coach
 - Surf Sports Officials
 - Age Managers
 - Fair play
 - Member safety and wellbeing
 - Risk management
 - Surf safety and injury prevention
 - Resumption of activities following injury or illness
 - Fluid replacement & sun protection
 - Foundation Surf Sports skills: Board / Beach / Swim
 - Basic Surf Sport event rules

Module 3 -

Time to Coach

- **Coaching foundation Surf Sports skills through games and fun activities:**
 - Participant centred coaching
 - Tips for coaching junior Surf Sport participants
 - Planning your Surf Sport Coaching Sessions

Foundation Coach Training Program Delivery Model



You will access more information about the **Foundation Coach Training Program** in Section 4 of this resource.

Development Coach Training Program Structure



Core Module 1 -
Australian Sports
Commission's
Community Coaching
General Principles
(on-line program)

- **Snapshot of a good coach** – *What does a coach do? What does a coach need to know? How should a coach behave? Where can a coach go for more information?*
- **Preparing to coach** – *What does a coach need to plan? What are my participants' needs? What do I want to achieve? What should my plan include? What are the different coaching approaches I can use? How can I keep everyone safe?*
- **Working with others** – *What communication skills do coaches need? How do I choose the right style? How do I deal with issues and problems that may arise?*
- **The coach in action** – *What do I need to organise? How do I choose the right coaching approach? How do I minimise risks? How can I enhance learning? How do I make it fun? How do I deal with misbehaviour? How can I be a better coach?*

Core Module 2 -
Introduction to Surf
Sports Coaching

- **Introduction to the SLSA Participant Development Pathway**
- **Introduction to Surf Sport:**
 - *The role of the Foundation Coach*
 - *Surf Sports Officials*
 - *Age Managers*
 - *Fair play*
 - *Member safety and wellbeing*
 - *Risk management*
 - *Surf safety and injury prevention*
 - *Resumption of activities following injury or illness*
 - *Fluid replacement & sun protection*

Core Module 3 -
Understanding Your
Athletes

- **Needs of participants in the Learn / Participate phase of development**
- **Athlete learning styles**
- **Athlete personality types**
- **Motivating your athletes**
- **Inclusive coaching**
- **Developing athlete self-awareness, responsibility and belief**
- **Developing a positive group (club / squad) culture**
- **Coaching with engagement versus coach by compliance**

Core Module 4 -
Developing Your
Athletes' Skills

- Constraints based coaching
- Stages of skill learning
- Explicit and implicit learning models
- The game-based approach to skill development

Core Module 5 -
Developing Your
Athletes' Physical
Capacities

- Principles of training
- Components of fitness and how to develop them
- Introduction to the human energy systems
- Basic nutrition guidelines for training and competition
- Female specific training considerations
- Introduction to skeletal, muscular, cardio vascular and nervous systems

Core Module 6 -
Managing Your Surf
Sport Coaching Program

- Managing risks
- Communicating with parents of those you coach
- Time management skills for Surf Sports coaches
- Program human and physical resource management
- Conflict management
- Program design principles

SLSA Development Coach Training Program – Elective Modules (i.e. choose at least 1)

1.
Development Coach
(Beach)

2.
Development Coach
(Swim)

3.
Development Coach
(Ski)

4.
Development Coach
(Board)

5.
Development Coach
(IRB)

6.
Development Coach
(Surf Boats)

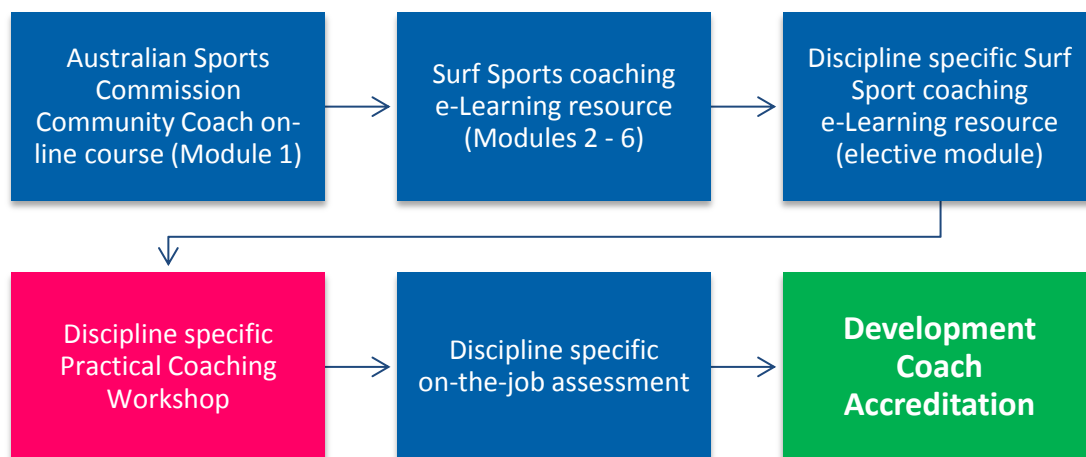
7.
Development Coach
(R and R)

8.
Development Coach
(Pool Rescue)

9.
Development Coach
(Ironman)

10.
Development Coach
(Lifesaving)

Development Coach Training Program Delivery Model



You will access more information about the **Development Coach Training Program** in Section 4 of this resource.

Performance Coach Training Program Structure



SLSA Performance Coach Training Program – Core Modules

Core Module 1 - Developing Performance Level Technical Skills

- Perform phase of development within the SLSA Participant Development Pathway and its implications for skill development
- Learning and skill acquisition approaches
- Athlete self-awareness and decision making
- Analysing athlete movements
- Applying the results of athlete movement analysis

Core Module 2 - Developing Performance Level Physical Capacities

- Practical physiological testing protocols for Surf Sports Coaches
- Developing the physical capacities of Surf Sport athletes in the Perform phase of development
- Designing physical training programs for Surf Sport athletes in the Perform phase of development

Core Module 3 - Developing Performance Level Psychological Skills

- Ideal performance state
- Specific mental skills strategies
- Athlete psychological profiling
- Psychological skills action planning
- Professional referrals

Core Module 4 - Planning Your Performance Level Coaching Program

- Introduction to program periodisation
- Identifying long and short term performance goals
- Identifying training priorities for Surf Sport athletes in the Perform phase of development
- Designing long, medium and short term performance level training and competition plans
- Implementing, monitoring and evaluating performance level training and competition plans

Core Module 5 - Coach Practical Workshop Facilitator

- The SLSA Coaching Framework
- The role of the SLSA coaching course practical workshop facilitator
- SLSA Coach Accreditation Framework resources
- Practical Workshop Facilitator Qualification Requirements
- SLSA Coach Accreditation Framework administration
- Workshop facilitation tips

Core Module 6 - Coach Assessor

- The SLSA Coaching Framework
- The role of the SLSA coaching course practical workshop facilitator
- SLSA Coach Accreditation Framework resources
- Assessor Qualification Requirements
- SLSA Coach Accreditation Framework administration
- Assessment tips

Core Module 7 - Coach Mentor

- Why become a mentor?
- SLSA Coaching Framework
- Role of an SLSA coach Mentor
- Developing mentoring skills
- Mentee driven learning

Core Module 8 - ASADA On-line Level 1 Anti-Doping Course

- Introduction to anti-doping
- Roles and responsibilities
- Prohibited substances and methods
- Therapeutic use exemptions
- Athlete whereabouts

SLSA Performance Coach Training Program – Elective Modules (i.e. choose at least 1)

**1.
Performance Coach
(Beach)**

**2.
Performance Coach
(Swim)**

**3.
Performance Coach
(Ski)**

**4.
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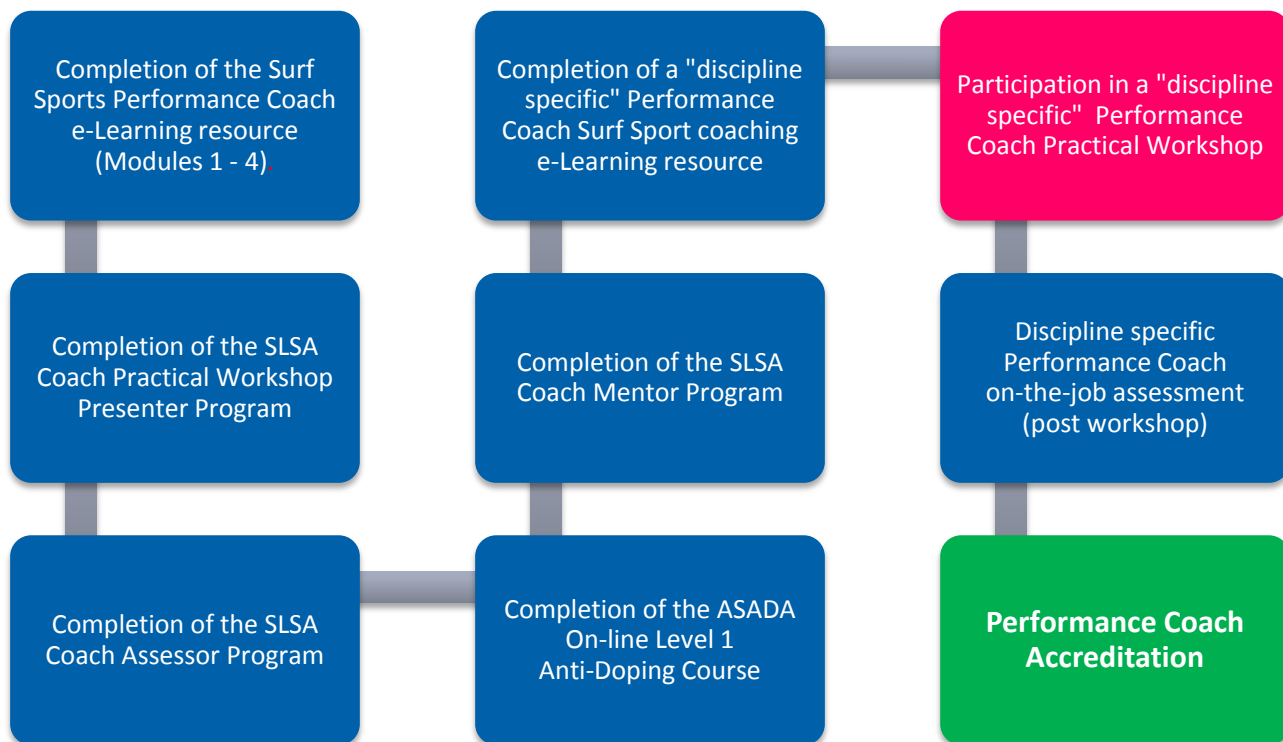
**7.
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Performance Coach
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Performance Coach Training Program Delivery Model



The SLSA Coaching Development Framework Workforce

