

AUSSIE GOLD.... IT DOESN'T GET ANY BETTER THAN THIS!

Interview with the Australian women's water polo coach, Istvan Gorgenyi

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By David Kirkpatrick and Belinda White

It is difficult to explain the elation Istvan Gorgenyi feels now that the 2000 Olympic Games euphoria has subsided, but the head coach of the Australian women's water polo team, Istvan Gorgenyi, can now reflect on the joy experienced in the final seconds of the game.

'The game really was tough... the US made it very difficult for us to score — we knew the US tactics would play a big part in the game,' Gorgenyi explains.

'It was amazing the girls playing for the first time in front of 17,000 people, scored 2 goals in the final 4 seconds of the game. To see Yvette go for it... it was just beautiful, just beautiful! It was a fairytale end to a game that was so tightly contested, and a culmination of six years work with a team destined for greatness.

Gorgenyi's career began in his native country of Hungary, as a player, winning a silver medal at the 1972 Olympic Games in Munich and gold at the 1973 world championships.

He retired at 36 and didn't look at a pool for another 18 months. Then one of the managers of a Hungarian club team offered him a job as coach and two years later he guided them to the national title. In 1994, Gorgenyi's coaching career took a new turn after he was lured to Australia to set up an intensive training centre program in Melbourne. Here Gorgenyi muses on team dynamics, coaching creative players and the ultimate result — Olympic gold for the Australian women's water polo team.

Was the Australian team in the sort of shape you would have liked when you took over the coaching reins?

I saw the potential in the team; they played traditional water polo but with lots of talent. I always had a dream about a more spectacular and more mobile water polo team and I saw the potential within the team for this and that is why I wanted to become coach.

Has the team improved dramatically during the time you have been coach?



The last European tour we played three tournaments in three weeks playing all our future opposition and we lost only one out of 12 games. I had the best feedback from the world leaders of water polo. The compliment was that they play a very 'man-like' brand of water polo.

How do you implement change within a team? What is the process there?

I try and work individually with the players, like small workshops, to improve their individual skills because my philosophy is that you always need players knocking on the door so that when the transition is made it is not so dramatic and difficult.

Is the team a cliched blend of youth and experience or is it a mature team?

There are a variety of ages within the team. The best thing is that the highly regarded players are in the best form and the younger players within the team are all hungry to perform. There is no culture of bitching or bullying.

How did you feel in the last few seconds of that nail-biting final at the Sydney Olympics?

Well, it was extremely difficult. There was so much noise from the crowd.



Continued next page

AUSSIE GOLD

Continued from page 1

The girls were in a scoring position. I knew they had the potential to do it. I had never seen a final with so much talent on both sides. When we scored I could see the girls' faces. It was just beautiful. A fairytale end.

It was a traditional water polo celebration with the coach being thrown in the pool fully clothed... Does it get any better than this?

When Yvette dragged me to the side of the pool it couldn't have been any better... It was an honour, an honour to be with this beautiful team of girls.



Change of Name for the Australian Coaching Council

As a result of a review undertaken earlier this year, the Australian Coaching Council (ACC) has become part of the Sport Development Group within the Australian Sports Commission. The ACC has now taken on a broader role of sport education, which covers coaching, officiating and administration. In light of this change, and broadening of our role, the ACC is now called the Sport Education Section.

The National Coaching Accreditation Scheme will continue to be the driving force of our activities, and will keep its existing name. The Sport Education Section will continue to maintain services to coaches, and to those involved in coach education.

CONGRATULATIONS, COACHES!

Australia has achieved its best ever results in the Sydney 2000 Olympics and Paralympics. The outstanding success of the Australian team at the Games would not have been possible without *coaches*.

Congratulations to all our elite level coaches, for they have helped to set such a high standard of sporting performance for the Australian athletes. I would also like to extend my congratulations to our grassroots and intermediate level coaches, who contributed as much as the elite level coaches, in nurturing and developing these athletes in their formative years.

Now that the Games are over, many coaches and administrators are looking at 'where to next'. There is much to learn from our experience in the Games and we have to cater for the post-Olympic/Paralympic boom in sports participation as described in the article 'Post-Olympics boom – Challenge for coaches' in this newsletter. Coaches are an essential ingredient in providing a quality sporting system into the future. The challenge is to ensure that there are adequate numbers of trained coaches to cater for the next generation of Olympians and grassroots sports participants.

Gene Schembri
Manager, Sport Education



A NATIONAL EFFORT TO THANK COACHES AND OFFICIALS



Athletes, parents, clubs and associations can now thank their coaches and officials by linking into a national campaign based on the successful pilot program in the ACT. All states and territories (except NSW) are implementing a campaign that suits their individual demographics and available resources with three main objectives in mind:

- to recognise coaches and officials at the grassroots level
- to increase awareness of qualified coaches and officials
- to increase the profile of coaching in the broader community

It is great to recognise our coaches and officials on a one-off basis, but it would be even better if their effort and commitment was acknowledged regularly. Clubs and associations are encouraged to take it upon themselves to develop a culture where coaches and officials are recognised publicly. This can be done in many ways including



a 'thank you' letter from the president, small gifts, reduced fees for participation, acknowledgement in newsletters and formal presentations at award nights.

For further information on the Thanks Coach/Thanks Official campaign in your state contact your State Coaching/and Officiating Centre.



Team Coach (Female):
Margaret Angove



Team Coach (Male):
Ric Charlesworth



Individual Coach (Female):
Carolyn Lieutenant



Individual Coach (Male):
Peter Fortune



Domestic League Coach:
Kevin Sheedy

THE 11TH AUSTRALIAN COACH AWARDS

The Australian Sports Commission has announced the winners of the 11th Australian Coach Awards.

- **Team Coach of the Year — Female** Margaret Angove (netball)
- **Team Coach of the Year — Male** Ric Charlesworth (women's hockey)
- **Individual Coach of the Year — Female** Carolyn Lieutenant (equestrian)
- **Individual Coach of the Year — Male** Peter Fortune (track and field)
- **Domestic League Coach of the Year** Kevin Sheedy (Australian football)

The outstanding results at the Sydney Olympics and the Paralympics, and in other international and domestic competitions throughout 2000, provided top quality nominations for the awards.

Nominations were received from national sporting organisations, major national and state administrative bodies and state sports institutes and academies.

Performances between 31 October 1999 and 1 November 2000 were included for judging. Winners were selected by a national judging panel of peer coaches, media representatives and prominent administrators.

The ASC also announced the winners of the Eunice Gill Coach Education Merit Awards, which recognise outstanding contribution to coach education:

- Neil Barras (cricket)
- Neville Bleakley (orienteering)
- Wayne Goldsmith (swimming, triathlon)
- Kerry McGough (calisthenics)

The ASC would like to thank Nestle for their support for the 11th Australian Coach Awards.

Sports COACH 2000

More than 500 coaches attended Sports Coach 2000, Australia's premier convention for coaches. The convention was held at the Hyatt Hotel and Old Parliament House in Canberra from 11 to 14 October. A number of Australia's leading coaches were at the convention to share their coaching knowledge and experience with those attending. These included Terry Walsh, coach of the Australian men's hockey team, Eddie Jones, coach of the ACT Brumbies, and Jill McIntosh, coach of the Australian Netball team.

The 2000 convention provided professional development opportunities for coaches of all levels. Coaches were able to choose from general coaching, new techniques, coaching junior athletes, strength and conditioning, applied sports science, coaching female athletes, athlete career education, and mind/body.

The next Sports Coach convention will be in December 2002 — location and date have yet to be announced.

Sports Coach 2000 was proudly supported by the Canberra Tourism and Events Corporation, the ACT Academy of Sport, Nestle and the Australian Olympic Committee.

Audio tapes from sessions of the Sports Coach 2000 Convention are available from Quickcopy:

Tel: (02) 9646 3600
Email: sales@quickcopy.com.au
Website: www.quickcopy.com.au



POST-OLYMPICS BOOM — CHALLENGE FOR COACHES

By Geoff Hawke

In the months leading up to the Olympics and Paralympics, Active Australia urged clubs to prepare for a boom in sports interest.

Like a tidal wave over a sandy atoll, it arrived. People have inundated clubs, organisations, institutes, academies and state and territory sports departments with requests for information. Many have signed up on the spot.

The interest and enthusiasm started immediately after the Olympics. Newspaper clippings from all over the country — in the regions and in the cities — showed that swimming, little athletics, taekwondo, trampolining and beach volleyball were more popular than ever before.

Interest in sport continued to soar throughout the Paralympics. Triathlon, gymnastics, cycling, archery, women's soccer, rowing and badminton all recorded an increase in either membership or calls for information. And still more people were interested in swimming and little athletics.

While the early focus was on children participating, adults have also experienced the motivation to have a go.

In the ACT Cross Country Club's opening 5km spring series event in November 2000, organisers were overwhelmed with entrants.

The first event in the 1999 spring series attracted 30 women and 43 men. In 2000 the number had exploded to 96 men and 77 women — a massive increase of 237 per cent.

Watching this trickle-down effect from elite Olympic sport to grassroots community participation is highly satisfying for anyone in the sport and rec industry. But there remains a sobering element to the sports buzz.

There were reports that some little athletics clubs were being forced to close their books. 'Sorry, we're full,' was the message. 'Can't cope with any more.'

One sports club was reported to have turned away 30–40 children. Another state organisation was incapable of letting inquirers know where they could find a club in their local area. Other sports have reported a lack of facilities to cope with demand.

In some little athletics clubs, volunteers are under great strain. An increase in little athletes should be accompanied by an increase in parents willing to pitch in and help. This isn't always the case.

The pressure is also on coaches, especially when many of the new people coming into a sport are young or inexperienced. Coaches, and sport generally, have much to do over the coming months to help ensure the post-Olympic and post-Paralympic boom doesn't go bust in a hurry.

Clubs and organisations that engage in the process to become members of the Active Australia network will find they are better prepared to meet the challenge. Link that to a host of ASC Active Australia and Sport Education resources and accreditation, and there is every chance that the boom will continue to Athens '04 and beyond.



ON-LINE COACHING COURSES — NOW AVAILABLE!!

Strength and Conditioning Level 1 Coaching Course

Level 1 Coaching Course — General Principles

The Australian Coaching Council, Australian Strength and Conditioning Association and Wide Bay TAFE have joined forces to bring coaches on-line! We now have two courses available on-line. Sessions are streamed through the Internet so that students receive exactly the same material that a person sitting in the classroom or in a videoconference with a trainer would receive.

Students can access live demonstrations of activities, a variety of presenters, video footage, PowerPoint slides, demonstrations, discussion forums and more — all in a self-paced, interactive manner on the student's own computer.

HOW TO ENROL?

Call Bob Clarke or Brad McGregor at the Wide Bay TAFE in Queensland on (07) 4120 6260 or email fitrec@hotmail.com

And coming soon...

The *Level 2 Coaching Principles* course is ready for enrolment in February 2001.

Contact Mike McLaughlin at the Australian Sports Commission on (02) 6214 1553 or email mclaughlinm@ausport.gov.au, or your state Coaching and Officiating Centre Coordinator.

People can express their interest in the above courses through our website www.coachingaus.org

A unique opportunity to raise funds for your sporting club or association

Nestlé Australia, proud sponsor of the Australian Coaching Council, is offering the SURVIVAL for the FITTEST cookbook to you through a unique fundraising opportunity.

This initiative is a great way for clubs to raise money for their players and sell a great recipe book that supports sport and promotes good health.

SURVIVAL for the FITTEST is the best gift for anyone involved in sport ... and can bring in \$\$\$ for your sporting team.

- Selling the book like you would chocolates ... the product is provided to you the fundraiser at a dramatically reduced rate
- The club or fundraiser then sells the cookbook and raises funds on the margin



If you would like to take advantage of this opportunity please contact:

Australia-Wide Fundraising

Tel: 1800 880 456
Fax: 1800 880 246
Email: enquiries@awf.net.au
Web site: <http://www.awf.net.au>

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Principal sponsor of the AIS and the ACC

WHAT MAKES A GOOD COACH?

Taken from 'Sport Parent', American Sport Education Program, Human Kinetics

Many people think that if you've played a sport, you're qualified to coach it. Wrong! (If this were true, all actors would make good directors, and all students would make good teachers.)

A good coach...

- must know the sport — and kids. The coach must know about the physical development of boys and girls, what children are and are not capable of doing.
- must know about differences in personality — that what is right for one child isn't necessarily right for another.
- must understand each child's motivation for being on the team. Some kids are very serious about the team; others are there because a best friend is playing.
- must be able to understand, and deal with, differences in children's physical and emotional maturity, and appreciate children for their individuality.
- needs to be sensitive to children with physical disabilities and children coming from various social, economic, and racial backgrounds. The coach must give attention and instruction to all players and attempt to make them all feel part of the team.
- must be skilled at teaching the fundamentals of the sport. Skill development is a major reason kids play — most children want to improve their abilities, and getting better at their sport is a prime source of enjoyment.
- teaches young athletes to enjoy success and to respond to failure with renewed determination.
- has more than just winning in sight. Long-term goals of helping young people develop physically, psychologically, and socially should take precedence over the goal of winning.
- emphasises improvement, competence, and striving for excellence.
- helps children develop positive self-images and learn standards of conduct that are acceptable to society.
- teaches and models conduct that reflects basic desirable values.

The successful coach is one who conveys

- the joy of competition
- the meaning of effort
- the worth of character
- the power of kindness
- the wisdom of honesty
- the influence of example
- the rewards of cooperation, and
- the virtue of patience.

The coach's challenge is to convey these values while striving for victory and not diminishing the fun in sport. Not an easy task!



Warning Signs of Poor Coaching

The coach uses profanity. There's no excuse for this — especially in junior sport.

The coach argues with referees or officials. This models poor sportsmanship for players.

The coach criticises players — not their behaviour. There's a big difference between saying 'Lisa, you've got to keep your eye focused on the volleyball and hit it with the heel of your hand' and 'Lisa! We could have scored an important point if you hadn't hit that serve out! You gotta put the ball in play!'

The coach won't listen to parents. We're not talking about parents who 'coach from the sidelines' but those who raise legitimate questions or concerns.

The coach allows cheating. ('Hey, Coach, I thought Kate was too old to swim on our team this year.' 'Well, she's the right age for most of the season — and it doesn't matter. The team that won the championship last year did the same thing with one of their best swimmers and they never got caught!')

The coach makes winning the only goal. Winning is a great goal to have; it just shouldn't overshadow the larger goal of putting players' development first.

The coach ignores the lesser skilled players. ('Well, I've only got so much time to give — I'd better concentrate on my starters!')

The coach makes the kids feel worthy only when they win. Winning is great, but the outcome of a contest has nothing to do with children's worth.

Sports Coach magazine

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CHRIS NUNN

Athletics Head Coach of the Australian Paralympic Team

The outstanding success of Australia's Paralympic team in Sydney with 63 gold, 39 silver and 47 bronze medals has been the cause for much celebration in recent months. The increased professionalism and profile of Australia's Paralympians is increasingly evident, and disability sport in Australia is thriving.

Leading the way is our Paralympic track and field team, under the guidance of athletics head coach Chris Nunn. The Australian Paralympic track and field team won a swag of medals at the Sydney Games, including 35 gold, 15 silver and 16 bronze. The hard work over the past four years by Nunn and his team of dedicated coaches has been a major factor in the high standards being set by our Paralympic athletes.

Background

Nunn was himself a champion athlete, as a national championship medallist in decathlon and 110m hurdles. He competed in the decathlon at the 1982 Commonwealth Games in Brisbane.

A former teacher, Chris has a broad range of experience and coaching qualifications. He is a Level 2 athletics coach in multi-



events, sprints and hurdles and in coaching throws and sprints to athletes with disabilities. As well as Level 1 Strength and Conditioning qualifications, Chris also has accreditation to coach amputee, wheelchair, vision impaired and cerebral palsy athletes, as well as athletes with an intellectual disability.

Nunn was awarded the Australian Coaching Council's Eunice Gill Award for outstanding contribution to coach education in 1996. He was a finalist in the Council's Individual Coach of the Year awards in 1994, 1996 and 1998. He was also the Australian Paralympic Committee's Coach of the Year in 1998.

Paralympic coach

Nunn was appointed as the Australian Institute of Sport's first coach for Athletes with Disabilities in 1991. He has coached at four Paralympic Games — from Seoul in 1988, through to Sydney in 2000. Under his guidance, a number of star athletes have been discovered and nurtured. His passion and dedication to his athletes certainly reaped the rewards in Sydney.

What do his athletes say?

Paralympic shot put gold medallist from Atlanta, Hamish MacDonald, thinks that Nunn has a combination of winning qualities that he uses to help his athletes reach their potential.

'His personal experience as an athlete coupled with his effective communication as a teacher makes a fantastic combination for the head coach of a track and field program which is developing and changing all the time. But Chris has also had the foresight to direct people to more experienced coaches when that's needed. He's not precious about other people's input into your training. He doesn't want to own his athletes and I think that will always be one of the strengths of this program — that people, and the head coach particularly, are willing to look to other areas for ideas and input in order to get better success for the athletes.'



CULINARY DELIGHTS...

**SWEET TREATS...from the AIS/Nestle
Survival for the Fittest recipe book**

BERRY MOUSSE

SERVES 4

300g fresh or frozen raspberries, thawed
two 200g cartons low-fat strawberry yogurt
1/4 cup icing sugar
2 tablespoons hot water
3 teaspoons gelatine
2 egg whites



Crush raspberries lightly with a fork and combine in a mixing bowl with yogurt and sifted icing sugar. Put the water into a small bowl and sprinkle gelatine over it. Stand the bowl in another bowl of very hot water, and let the gelatine soften for a few minutes then whisk with a fork to dissolve. Using an electric beater, beat egg whites until soft peaks form. Stir gelatine into yogurt mixture, then add egg whites and fold gently together until well combined, but take care not to lose the volume from the beaten egg whites. Spoon into individual serving dishes, slightly larger than 1 cup in capacity and refrigerate for about 4 hours or until set.

HINT: You may also use strawberries or blueberries in this recipe. Make sure the gelatine is well dissolved in the water before adding it to the rest of the ingredients or the mousse could become lumpy and/or might not set properly.

Preparation time: 20 minutes

Cooking time: nil

Per Serve

Energy (kJ/Cal) 618/147

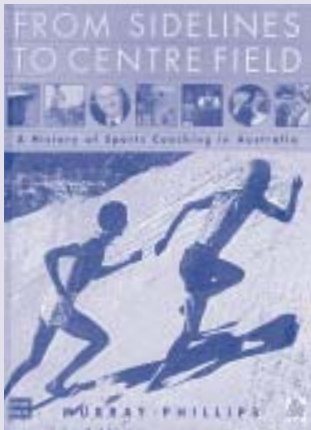
• Carb (g) 25

• Protein (g) 10

• Fat (g) 5

Survival for the Fittest \$24.50 (NCAS price \$22)

COACHING RESOURCES UPDATE



From Sidelines to Centre Field: a History of Sports Coaching in Australia (2000) Murray Phillips

A must for any coach interested in learning about our colourful coaching history. *From Sidelines to Centre Field* gives an intimate look into the rich history of coaching and sport in Australia. This book records the earliest details of coaching history, from the early 1900s right through to our current day heroes. It is an account of the emergence of

coaching as a recognised profession in Australia.

A rich anecdotal account, the book is peppered with stories from Herb Elliot about his early career training with the great Percy Cerutti; Betty Cuthbert and pioneering female coach June Ferguson; and Harry Gallagher, coaching legend of Dawn Fraser and Jon Henricks.

The book is illustrated with more than 70 photographs, many rare and historically valuable.

\$30 (NCAS price \$27)

Beginning Coaching Level 1 Manual (Revised)

Continuing the tradition from the very successful *Beginning Coaching Level 1 Manual* (released in 1990), the revised 2000 edition incorporates the best of the original manual with much new information from some of Australia's leading coaches and coach educators, in expanded chapters that highlight the ever broadening role of the coach.

Familiar features such as chapter summaries, questions and exercises have been reworked and significantly

expanded to focus on important points and offer options and challenges for the coach and coach educator alike.

A great new addition is the incorporation of 'Beginning Coaching Suggestions' throughout the manual. These give coaches very useful and practical suggestions that can be directly applied to the coach in action. The suggestions are also designed to help coaches develop or modify their coaching behaviour and practices.



The new manual, which has grown to 218 pages, aligns with the *Beginning Coaching Curriculum* developed and published in 1997. All chapters have been rewritten and some — including 'The Role of the Coach', 'Coaching Communication' and 'Risk Management and Safety' — have been greatly expanded.

While new starters in coaching can use the revised *Beginning Coaching Level 1 Manual* to gain new knowledge and information as a base for their coaching careers, more experienced coaches can use the manual to refresh or update knowledge and to evaluate and review present performance.

\$24.50 (NCAS price \$22)

All prices listed include GST.

The above books are available from the Australian Sports Commission publications unit.
Tel (02) 6214 1915
fax (02) 6214 1995
email: pubs@ausport.gov.au

'WHAT STATE COACHING CENTRES CAN DO FOR YOU'

For anyone working as a coach, official, sports educator or sports administrator, the national network of state coaching centres is a valuable resource that you should be tapping into to help you to do your job more effectively. The types of activities that state coaching centres are currently doing include:

• Education and training

This revolves around planning, coordinating, implementing and constantly improving a range of sport education programs. These include:

- Level 1 Coaching Principles
- Level 2 Coaching Principles
- Officiating General Principles
- Assessor training
- Course Presenters Course
- Coach updating seminars on a range of relevant topics
- Strength and conditioning coaching courses, and
- Coach education forums

• Better delivery systems

This function of the state coaching centres involves:

Forming partnerships and networks within the sport and recreation industry to improve the delivery of sport education

Helping state sporting organisations to deliver national sport education programs for coaches and officials

Working with the vocational education and training system implementation of the Sport Industry Training Package.

Establishing and liaising with private providers of coach and official education

Working closely with the Sport Education Section in the delivery of their courses

• Recognition and awareness

All state coaching centres are working to develop, coordinate and deliver recognition and awareness activities for coaches and officials within each state and territory.

If you are an athlete, coach, sports official or sports educator, or would like to be involved in the area, the state coaching centre coordinator in your state or territory should be your first port of call.

Australian Coaching Council STATE COACHING CENTRE COORDINATORS

as of December 2000

Australian Capital Territory

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Facsimile: (08) 9387 9726

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STATE COACHING CENTRES — UPCOMING EVENTS 2001

Australian Capital Territory

- **Level 1 Coaching Principles Course**
Flexible dates and delivery.
Cost: \$99
Contact Neville Bleakley on (02) 6281 0335
- **Level 2 Coaching Principles Course**
16–18 February and 2–4 March 2001
5–7 October and 19–20 October
Cost: \$170 (or \$5 a session for casual attendance)
Contact the ACT Coaching Centre on (02) 6207 4389
- **Level 1 Strength and Conditioning Courses**
4 courses throughout the year
Cost: \$275
Contact Australian Strength and Conditioning Association (ASCA) on (07) 3800 8890
- **Level 2 Strength and Conditioning Courses**
1 course, normally held in about August
Cost: \$495
Contact ASCA on (07) 3800 8890
- **Coaching Athletes with a Disability Courses**
Contact: Dusty Macgraw, Coordinator —
Disability Education Program (02) 6207 2356
Cost \$120 (4 modules) or \$30 per module

New South Wales

- **Level 2 Correspondence Course**
Academy of Sport, Narrabeen
Start 5 February 2000 – finish December
- **Level 2 Lecture Course**
Academy of Sport, Narrabeen
24–25 February, 24–25 March, 22–23 September, 20–21 October,
9am to 4.30pm
- **Coaches update courses (all courses 6.30–9.30pm)**
 - Endurance, 26 March, Homebush
 - Speed, Flexibility, Agility, 5 April, 5 July, Penrith and Gosford
 - Strength and Power, 2 May, 20 September, Penrith and Liverpool
 - Planning and Principles, 15 May, Homebush
 - Nutrition, 4 June, Narrabeen
 - Communication, Teaching Methods, 21 June, Glebe
 - Sports Psychology, 30 July, Chatswood
 - Anatomy and Sports Medicine, 13 August, Chatswood
 - Speed and Biomechanics (Technique Analysis), 23 August, Sutherland
 - The Female Triad — Female Athletes, 3 September, Academy of Sport, Narrabeen
 - Skill Acquisition, 18 October, Homebush
 - Resistance Training — Young Athletes, 29 October, Eastern Suburbs
 - Risk Management, 5 December, Academy of Sport, Narrabeen
- **Workshops**
 - Conditioning for Football Codes
20 February, 15 March, 6.30–9.30pm, Parramatta and Cronulla
 - Sports Vision and Reaction Time
19 November, 6.30–9.30pm, Homebush

Northern Territory

The Northern Territory Coaching Centre, in conjunction with the Northern Territory University, is offering the following short courses or coaching updates. Participants who complete the requirements for any of the short courses will be issued with dual accreditation.

- **Coaches Update**
10 February, Katherine; 16–17 June, Alice
- **Level 1 Coaching Athletes with a Disability (CAD) Course**
24–25 February, Alice; 1, 8, 15, 22 March, Darwin
- **CAD Coaching Update**
15 March, Katherine
- **Arafura Sport 2001 Conference**
13–15 May, Darwin

Water Based Training Coaching Update

25 May, Darwin

Training for Recovery

30 May, 6 June, Darwin

Note: All of the above courses can be tailor made for groups of 10 or more. Most courses can also be done by correspondence at any time.

Queensland

Outside consultants and providers will deliver related topics for the coach and official on demand. Details are available through the Queensland regional offices.

South Australia

- **Level 1 Coaching Principles**
3 March, 17 June, 9.30am–5.30pm. Cost: \$70
- **Level 2 Coaching Principles, 7–9 or 7–10pm.** Cost: \$180
 - 16 March, Planning
 - 19 March, Teaching Methods
 - 21 March, Principles of Training
 - 28 March, Speed, Strength, Power and Flexibility
 - 2 April, Risk Management
 - 4 April, Endurance
 - 9 April, Biomechanics/Functional Anatomy
 - 11 April, Nutrition
 - 30 April, Development and Maturation
 - 2 May, Sports Psychology
 - 7 May, Skill Acquisition
 - 9 May, Communication
 - 14 May, Self Reflection/Resource Management
 - 16 May, Sports Medicine and Drugs in Sport
- **Update courses, include all Level 2 courses as stand-alone update courses.** Cost: \$16.50 or any 6 for \$85, 9.30am–12.30pm unless otherwise stated
 - 18 March, Sideline Help for Coaches
 - 1 April, Swiss and Medicine Ball Training
 - 15 April, Speed and Agility Training
 - 29 April, Plyometrics Training
 - 27 May, Growth and Development Adolescent Years
 - 17 June, 9.30am–5:30pm, Female Coaches Forum

Tasmania

- **Level 1 Coaching Principles**
14 January, Skill Centre, Hobart, Launceston and Burnie
4 February, Launceston
4 March, Skill Centre, Hobart and Devonport
13 May, Skill Centre, Hobart, Launceston and Ulverstone
- **Sports Trainer Level 2**
27–28 January, Hobart

Victoria

The Victorian Coaching Centre will be conducting Level 2 coaching principles courses as lecture-based courses held over 10 evenings or three weekends. Lecture courses will be offered in country centres if enough coaches enrol. The same course is available by correspondence and can be commenced at any stage.

Cost: \$175

Please contact the Victorian Coaching Centre for the 2001 seminar schedule

Western Australia

- **Community Coaching Seminar**
17 January and 16 May, 7pm, Rugby Union Centre.
Cost: nil
- **Elite Coaches Luncheon**
13 February and 5 June, 12– 2pm, Challenge Stadium.
Cost: \$25
- **Level 1 Coaching Principles**
18 February, 8 April and 17 June, 8.30am–4.30pm, Trinity College.
Cost \$30
- **Coaching female athletes workshop**
7 March, WA Rowing Club, 7pm.
Cost: \$5