

DUTY STATEMENT

Coaching Manager

Objectives

To provide a coaching program for registered athletes

To engage athletes in training

To give athletes the opportunity to practice and learn the skills and techniques for athletics

To provide support and education to athletes and parents in regards to athletics

Responsibilities

- Must hold or obtain a current Working With Children Check
- Will obtain a minimum Certificate of Introduction to Coaching and will have the opportunity to pursue further coaching qualifications.
- Will endeavour to enlist support from others to assist with coaching, preferably those with some training or those willing to do the course
- Will liaise with assistant coaches with regards to training structure, coaching objectives and management
- Will organise the day and time on at which training will take place. This will be set prior to the start of the season in order for details to be available to athletes, parents and committee.
- Will inform committee of the details to ensure ground allocation for the day and time is possible and so information can be added to the website and to club emails
- Will be responsible for informing parents, athletes, Centre President and website manager of any change or cancellation
- Will maintain a register of athletes attending and will obtain contact details for any athletes at training with no parent present

Structuring training sessions

How you structure your training session will be dependent on

- The time you have for the session
- The number and age of the athletes participating
- The number of assistants you have
- Your preferred training structure

Some options for the way to structure training sessions:

- All athletes attend the training session at the same time
- Athletes attend at different times according to the time slot for their age group
- Athletes attend at different times according to the event they want to practice
- Athletes are grouped according to age and focus on the events they have coming up in the next day of competition

- Athletes are grouped in age groups and focus on events determined by the coach
- Coaches and assistants specialise in a particular field and are responsible for coaching athletes in this area

Training session format

A training session should consist of:

- A role call/sign in
- A warm up
- Specialised coaching
- Cool down
- Sign out

Athletes should be educated in:

- the importance of warm up and cool down
- Safety aspects of Athletics
- Appropriate technique and skills

Accountability

The coaching manager will report to the Centre committee