



A New Pathway to Calisthenics Coaching in Victoria

2016

Where to Begin.

Helpers and Assistants

- There are no specific qualifications required for these positions. However they must always work under the supervision of a fully qualified coach.
- VCCA offers two courses - Beginners and Advanced – early each year. These courses are not compulsory but extremely beneficial for all.

Want Something More?

Cadets

Prerequisites:

Must be 16 years of age.

Achieve Calisthenics Skills Grade 3.

Become a member of VCCA

* New Requirement as of 2016: Prospective Cadets will present for a practical assessment prior to entering the course. This will be a group assessment of terminology and skills assessed by a panel of four – adjudicators, examiners and experienced coaches. Result will be Satisfactory / Not Yet Able to Qualify.

Cadets

- Cadet course will be offered over two days. Active participation in all modules required.
- Two courses per year- March & November.
- Need to be actively involved as a Cadet Coach at club level when you attend the Cadet course.
- Must be active as a Cadet for a minimum of 12 months before applying to do Level 1.
- No maximum time for remaining a Cadet.

Where to next?

Level 1 Coach

Prerequisites:

Maintain your registration as a Cadet Coach with VCCA

First Aid Qualification – Level 2 First Aid

Working With Children Card

Be an active Cadet Coach in the year you undertake the Level 1 course.

Level 1 Coach

- Level 1 course will be offered over three days. Active participation in all modules required.
- Strength and Conditioning is part of the course and will no longer be offered as a 'stand alone' unit.
- 40 hours of practical coaching will now include a compulsory viewing of an assigned class, as far removed as possible to the Cadet's current situation.
- Assessments of cadets who have met all other requirements will be undertaken from February to July.

Level 1 Coach

The First Four Years

- Compulsory attendance at a Music & Choreography seminar within the first two years of accreditation.
- Coaching Effectiveness Self Audit to be reinstated to its previously prescribed format including submitting the DVD of the class that has been analysed with the relevant paperwork.

.....and then

Level 2 Coach

- Level 1 Coaches can enrol to commence Level 2 anytime.
- No prescribed time limit for completion.
- 8 sports specific modules including a coach effectiveness audit.
- General Coaching Principles course.