



## ASCA CADET CRITERIA

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Applicants must be an ACF Level 1 Coach with a minimum of 5 years experience as a senior coach of a section/age group.

Applications must be supported by a minimum of 3 references, 1 of which must be from a current adjudicator/ASCA member. References from relatives will not be accepted.

A prerequisite to submitting an application is the completion of the ASCA Writers' Course (or commitment to attend)

Cadet applicants must submit an extensive Curriculum Vitae listing details personal details, including a recent photograph, and evidence they meet **8** of the following desirable criteria and.

- Coached at least 2 different age groups (eg. Tinies, Juniors)
- Progression of team coached through the division, including years and age of team/s, (eg. 1993 – 1998 Intermediates Div 5 – Div 2)
- Years coaching Calisthenic Solos/Duos and/or Graceful solos including age of soloists/duos and grading
- Further calisthenic coaching experience ie. State Team, recreational, specialist coaching, mentor / assistant
- Experience Coaching ACF Pupil Skills, list grades/medals taught and results achieved
- ACF Grades/Medals achieved as a pupil, including years attained
- Calisthenic pupil history including club/college attended, years attended (eg 1990-1996), division of class and coaches for teams/solos
- Competed in Calisthenic Solo/Duo and/or Graceful solo, including years and grading
- Experience on committees for calisthenic associations (eg. State Coaching / competition committees/volunteer. List position held, eg. MC/ Timer, and years)
- Experience as a writer for an ASCA Adjudicator, list Adjudicator's name, panels/single adjudication and years
- List seminars attended and relevance to calisthenics, eg. Writer's seminar or Timing course
- Presenter of calisthenic related seminars, list name of seminar/s and years.

In submitting your application you give ASCA permission to contact your referees as well as persons involved in calisthenics to discuss your suitability and potential to become an adjudicator.

Applications are due by the August 31<sup>st</sup> to ASCA in one year for commencement the following year.

After an application is received it is discussed at an ASCA committee meeting.

The application process may include an interview. Successful applicants are required to complete an Entrance Exam and attain a minimum of 80%.

Applicants will then be advised whether they have been accepted into the ASCA Cadet Program for the following year. Cadets are not permitted to perform in a team after the completion of Workbook 1 (which may be completed over 2 years) Pan Pacs excluded.

The ASCA Cadet Course takes at least 3 years to complete.

All applications to be sent to [info@ascavic.com.au](mailto:info@ascavic.com.au)

# ASCA CADET COURSE

Listed below are the required Modules and training sessions undertaken in each year:

## Workbook 1

TIMING (minimum 3 sessions)

OBSERVATION (minimum 4 sessions)

WRITING

Module 1	Timing Experience
Module 2	Observation of the Adjudication Process
Module 3	Writing Experience
Module 4	Review of Rules
Module 5	Banned and Dangerous Movements
Module 6	Video Adjudication

## Workbook 2

WRITING

SHADOW ADJUDICATION (minimum 4 sessions)

Module 7	Free Exercises - Interpretation of Mark Up
Module 8	Ballet Terminology and Technique
Module 9	Video Adjudication - Fancy Items

## Workbook 3

WRITING

SHADOW ADJUDICATION (minimum 4 sessions)

ADJUDICATION (2 sessions)

Module 10	Legal Liability and Risk Management
Module 11	Jazz Dance in Calisthenics
Module 12	People Management
Module 13	Video Adjudication

The final examination is undertaken at the end of the 3<sup>rd</sup> workbook.

At the successful completion of the training a report is presented at the ASCA AGM.

During the 3 year period it is expected that cadets will attend all ASCA General Meetings. There are 6 meetings held each year. Generally these meetings are on a Sunday except during the competition season when they may be held on a week night.

Seminars are conducted either before or after 4 of the meetings. These topics vary as determined by the AAB.

Should you have any enquiries regarding the Cadet Program please contact [info@ascavic.com.au](mailto:info@ascavic.com.au)



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