



Australian  
Calisthenic  
Federation



## APPLICATION FOR ASCA CADET COURSE

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Applicants should forward an extensive Curriculum Vitae (CV) to the ASCA Cadet Coordinator (if their State has an ASCA Branch); alternatively this should be forwarded to the ACF Director of Adjudicating.

The CV should outline:

- Personal details including a recent photograph
- Calisthenic pupil history including club/college attended, years attended (e.g. 1990-1996), division of class and Coaches for teams/solos
- Calisthenic coaching experience including years coached (e.g. 2001-2006), division and age groups. Please include the year you attained your official coaching qualification
- Calisthenic experience of coaching Calisthenic Solos/Duos and Graceful Solos including age of soloists and grading
- Experience with Pupil Skills as a pupil and a coach. List levels achieved as a pupil and those taught as a Coach
- Any further Calisthenic coaching experience i.e. State Team, recreational, specialist coaching
- List seminars attended and relevance to Calisthenics including the timing course or Writers' seminar if applicable
- Experience on committees for Calisthenic associations, presentation of seminars etc.
- Outline any experience with the adjudication process – timing, writing for panels/single
- Provide evidence of a high level of commitment, strong communication skills, developed interpersonal skills, experience in public speaking
- List 3 referees, at least one should be of a Calisthenic nature

Your application must be supported by one Adjudicator and one other person with a Calisthenic background. In submitting your application you give the AAB/ASCA permission to contact your referees as well as persons involved in Calisthenics, to discuss your suitability and potential to become an Adjudicator.

Applications for South Australian, Victorian and Western Australian based applicants are to be directed to the ASCA Cadet Coordinator in your state (if it has an ASCA Branch), or alternatively the ACF Director of Adjudicating.

Applications are due by the **31<sup>st</sup> August** in States with an ASCA Branch for commencement the following year; or the **30<sup>th</sup> June** for applicants located in a State without an ASCA Branch.

After an application is received it is discussed at an ASCA Committee meeting or AAB meeting.

The selection process may include an interview. 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.



The ASCA Cadet Course takes a minimum of 3 years to complete.

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

Year 1

TIMING (minimum 3 sessions)

OBSERVATION (minimum 3 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

Year 2

WRITING

SHADOW ADJUDICATION (minimum 3 sessions)

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

Year 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

A final examination is undertaken at the completion of the 3<sup>rd</sup> year. On the successful completion of the 3<sup>rd</sup> year exam, a report is presented to the ASCA Annual General Meeting.

During the 3 year period, it is expected that Cadets will attend 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 ASCA meetings. These topics vary as determined by the AAB and the NOAS Accreditation Cycle.

Should you have any enquiries regarding the Cadet Program please contact the ASCA Cadet Coordinator in your state (if it has an ASCA branch), or alternatively please contact the ACF Director of Adjudicating.



## ASCA CADET CRITERIA

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Applicants must have been 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 (where available)

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

- Coached at least 2 different age groups (e.g. Tinies, Juniors)
- Progression of team/s coached through the divisions, including years and age of team/s (e.g. 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 i.e. State Team, recreational, specialist coaching, mentor, assisting as a volunteer
- 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 (e.g. 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 (e.g. State Coaching Committee, Competition Committee, volunteer at State Championships. List position held, e.g. 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, e.g. Writer's seminar or Timing course Presenter of Calisthenic related seminars, list name of seminar/s and years.