



NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE

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NRCLAC COACHING POLICY

Introduction:

The purpose of this policy is to ensure that athletes at NRCLAC are provided with a quality coaching program that assists them to develop their skills and have fun at Little Athletics.

NRCLAC believes that providing a well-organised coaching program attracts and retains athletes to our centre through creating a positive, professional, and well-organised image.

Aim:

NRCLAC aims to provide a coaching program for our members that is:

- Well-organised
- Relevant to the age, experience, and developmental stage of the athletes
- Accessible
- Sustainable long term

Philosophy:

NRCLAC believes that:

- All young athletes should be encouraged to enjoy their training and have fun, while striving to achieve personal improvement.
- A multi-event, broad-based, all-round training approach that promotes sustained long-term development should be emphasised.
- Early specialisation should be avoided.

Immediate Goals:

- Attracting coaches to coach at NRCLAC.
- Getting athletes to attend the coaching once it is made available.
- Retaining coaches at NRCLAC.
- Getting coaches to attend coaching courses to gain more knowledge and become accredited.

Coaches' Qualifications:

NRCLAC believes that our members should have access to quality coaching. Therefore:

- All coaches who assist with coaching at NRCLAC must have at least attended an ITC (Introduction to Coaching) course.
- All coaches will be encouraged to gain accreditation with Athletics Australia and be provided with the necessary support to do so.

Benefits to Coaches:

NRCLAC is committed to supporting the development of our coaches. Therefore:

- NRCLAC will consider funding coaching accreditation for those coaches who commit to coach at the centre.
- NRCLAC will pay the cost of a coach's Athletics Australia membership for that season.
- NRCLAC may also financially support a coach's attendance at further coaching and professional development workshops and courses.
- NRCLAC will provide all equipment necessary for training.

Cost to Participants:

NRCLAC believes that athletes and parents should value the service provided by our coaches. We also recognize that that a quality coaching program requires some kind of funding. Therefore:

- Athletes attending NRCLAC coaching sessions will be required to pay a nominal gold-coin fee.
- The coaching fees collected will be put directly back into the coaching program.