



AUSTRALIAN ICE RACING

Australian Ice Racing Inc

Level 1 Coaching course
11th and 12th December, 2017



AUSTRALIAN ICE RACING

Date	From Monday Dec 11 th to Tuesday Dec 12 th (participants are welcome to stay on for more practical sessions at the open development camp ending Dec 15 th)
Venue	Both the theory and practical sessions will be held at O'Brien Group Arena, 105 Pearl River Road, Docklands
Cost	\$50 per participant (details of payment will be provided upon registration), excluding travel and accommodation which is to be organised by participants.
Accommodation	For interstate participants, please refer to attachment for options
Eligibility	All financial members of AIR State Association members or financial members of ISU members who are 16 years or above on the date of the course
Program Instructor	Gordon Church
Registration	Registration is now open via email to generalsecretary@australianiceracing.org and will close on Sunday, 3 rd December 2017
Materials to bring	<ul style="list-style-type: none">- Writing Material- Suitable training gear for practical activity sessions- Skating, safety & sharpening equipments (skates, jig, stone, helmet, neck guard, shin guard, knee guard, gloves, water bottle)

Program outline

Module 1 (Equipment)

- Safely and effectively sharpen short track speed skates

Module 2 (Basic Principles)

- Safely teach the basic skating skills when instructing beginner skaters

Module 3 (Games)

- Identify skill faults and correct technique for the basic skills of Short Track Speed Skating

Module 4 (Lesson Planning)

- Maximise opportunities for successful participation using games and activities
- Plan and review a coaching session appropriate for beginner skaters

Module 5 (Rules in Action)

- Demonstrate an understanding of the rules of Short Tack in relation to beginner skaters



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PROGRAM SCHEDULE (DRAFT)

DAY 1 (Mon Dec 11)

9am Welcome & Course outline etc. (30 min)
9.30am to 2.30pm Course in classroom
3pm to 5pm Practical session on ice with the Open Development camp

DAY 2 (Tues Dec 12)

7am to 10am Practical session on ice with the Open Development camp
10am to TBA Off ice session with the Open Development camp
2pm to 4pm Practical session on ice with the Open Development camp

Day 3 – optional (Wed Dec 13)

7am to 10am Practical session on ice with the Open Development camp
10am to TBA Off ice session with the Open Development camp
2pm to 4pm Practical session on ice with the Open Development camp

Day 4 – optional (Thur Dec 14)

7am to 10am Practical session on ice with the Open Development camp
10am to TBA Off ice session with the Open Development camp
3pm to 5pm Practical session on ice with the Open Development camp

Accreditation

Full Level 1 accreditation requires that you also successfully complete:

- The ASC Beginning Coaching General Principles course. This program is free online. <http://www.ausport.gov.au/participating/coachofficial/generalprinciples>
- A minimum of 5 hours observation or coaching practice. This may include observation (in person or through video) or assisting an accredited coach of ice racing skaters at any level. All hours must be recorded and signed by a current Short Track Speed Skating Accredited coach.
- Your competency is assessed during the course. Less emphasis is placed on a pass/fail grading.
- A candidate who 'fails' will be advised which learning outcomes require additional work to meet the comp



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Accommodation options

Four Points Sheraton Melbourne Docklands

443 Docklands Drive, Docklands, Melbourne VIC 3008

www.fourpointsmelbournedocklands.com

Atlantis Hotel

300 Spencer St, Melbourne 3000. Ph: (03) 9600 2900

<http://www.atlantishotel.com.au>

Travelodge Hotel Melbourne Docklands

66 Aurora Lane, Docklands 3008. Ph: 1300 886886

<http://www.travelodge.com.au>

Miami Hotel

13 Hawke St, West Melbourne 3003. Ph (03) 9321 2444

<http://www.themiami.com.au>

The Sebel Docklands Apartments

<http://www.sebeldocklands.com.au/>

Quest Docklands

<http://www.questapartments.com.au/properties/vic/docklands/quest-docklands/overview>

Holiday Inn Flinders

<http://www.ihg.com/holidayinn/hotels/us/en/melbourne/melsf/hoteldetail>

Melbourne Metro Youth Hostel

<https://www.yha.com.au/hostels/vic/melbourne-hostels/>

Docklands Private Collections of Apartments

<http://www.docklandsprivatecollection.com.au/>