



AUSTRALIAN ICE RACING

# Australian Ice Racing Inc

Level 1 Coaching course  
10<sup>th</sup> and 11<sup>th</sup> December, 2017



AUSTRALIAN ICE RACING

<b>Date</b>	From Monday Dec 10 <sup>th</sup> to Tuesday Dec 11 <sup>th</sup> (participants are welcome to stay on for more practical sessions at the open development camp ending Dec 15 <sup>th</sup> )
<b>Venue</b>	Both the theory and practical sessions will be held at O'Brien Group Arena, 105 Pearl River Road, Docklands
<b>Cost</b>	\$50 per participant (details of payment will be provided upon registration), excluding travel and accommodation which is to be organised by participants.
<b>Accommodation</b>	For interstate participants, please refer to attachment for options
<b>Eligibility</b>	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
<b>Program Instructor</b>	Gordon Church
<b>Registration</b>	Registration is now open via email to <a href="mailto:generalsecretary@australianiceracing.org">generalsecretary@australianiceracing.org</a> and will close on Sunday, 3 <sup>rd</sup> December 2017
<b>Materials to bring</b>	<ul style="list-style-type: none"><li>- Writing Material</li><li>- Suitable training gear for practical activity sessions</li><li>- Skating, safety &amp; sharpening equipments (skates, jig, stone, helmet, neck guard, shin guard, knee guard, gloves, water bottle)</li></ul>

## 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 (Wed 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](http://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/>