TRIATHLON SG-COACH LEVEL 1 COURSE

Coach education is a priority for the Triathlon Association of Singapore in the support of the structure of our athlete development pipeline.

Objectives

SG-Coach Level 1 is a development coaching course aimed at coaches, teachers and community leaders working with beginners, children and youth in sport. This course will provide a broad perspective of coaching, roles and responsibilities, teaching methodologies and sport-specific skills for triathlon. The work of coaches at this level will be vital in supporting the development of new and existing triathletes.

Duration / Schedule

24-hours covered over 6-week nights and 1 Saturday, of both theory and practical sessions

- Monday 26th March 6:30pm to 9:30pm
- Wednesday 28th March 7:00pm to 9:30pm
- Monday 2nd April 7:00pm to 9:30pm
- Wednesday 4th April 7:00pm to 9:30pm
- Monday 9th April 7:00pm to 9:30pm
- Thursday 12th April 7:00pm to 9:30pm
- Saturday 14th April 8:30am to 5:00pm

Eligibility

- Minimum 18 years old (as of 31st December 2018)
- Have no criminal conviction
- A strong desire to coach triathlon
- Hold or have the intention to possess the following* certifications and accreditations:
  - Valid TAS Membership
  - Valid Standard First Aid Certificate with AED +CPR
  - VPS
  - Life-Saving Level 1,2,3 or higher
  - Endorsed TAS Coaches' Code of Conduct

Evaluation

- 80% attendance is required for the course
- Candidates are expected to participate in ***all*** sessions, discussions and practical activities
- Candidates will be evaluated on class performance and participation
- Candidates must pass both the practical assessment and written examination in order to be eligible for the SG-Coach Level 1 certification

Certification

In order to obtain the complete SG-Coach Level 1 certification, candidates must obtain the above mentioned*certifications and accreditations and fulfill all the evaluation criteria mentioned above.

Cost

SGD $490.00 per candidate

Applications

Complete the attached Applicant Information Form and return it via email to:
Omar Bakar at omar@triathlonsingapore.org before 5pm on Thursday, 22nd March 2018

Your course attendance will only be confirmed upon full payment of the course fees.

We regret to inform you that the course has only a minimum of 10 participants to run and a maximum capacity of 16 participants, based on a first come first serve basis.

TRIATHLON SG-COACH LEVEL 1 APPLICANT INFORMATION

Personal Details		
Complete the all of the following details clearly. Do not leave any blanks. Indicate a 'NA' for non-applicable information.		
Full Name (as in NRIC)		
Gender (circle the required) Male / Female	Nationality	NRIC / Passport No.
Date of Birth (dd/mm/yyyy)	Highest Education	Occupation
Residential Address		Postal Code
Email		Contact No.
Food requirements (vegetarian etc.)	T-Shirt Size	Allergies
Medical Conditions (including past injuries that will prevent you from participating in the activities)		

Emergency Contact Details	
Name of Next of Kin	Relationship
Contact No.	Medical Insurance Details (plan and insurance no.)

Coaching Education		
Circle one of the following options (Yes / No) and state the required information accurately. Do not leave any blanks. Indicate a 'NA' for non-applicable information.		
SG – Coach / NCAP Theory	Yes / No	Highest Level Attained
NROC Registered	Yes / No	Indicate Sport(s) and Level
VPS / NSYS	Yes / No	Indicate date of attainment
MOE Registered	Yes / No	Indicate date of attainment
First Aid	Yes / No	Indicate expiry date
CPR + AED	Yes / No	Indicate expiry date
LS 123 and/or BM	Yes / No	Indicate date of attainment
BSS	Yes /No	Indicate date of attainment
Other Sports SG Certifications e.g. BEC, FIC etc.	1. 2. 3. 4.	
International Coaching Accreditations e.g. ITU, FINA, UCI, IAAF etc.	1. 2. 3. 4.	
Other Coaching Accreditations e.g. TA, Tri NZ, STA, Austswim etc.	1. 2. 3. 4.	
Other Professional / Specialist Accreditations e.g. ACE, NSCA, ASCA, ACSM, NASM etc.	1. 2. 3. 4.	

Current Coaching Experience	
Complete the all of the following details accurately and circle the required options. Do not leave any blanks. Indicate a 'NA' for non- applicable information.	
Coaching status	Full-time / Part-time / Volunteer / Not coaching
Years of Coaching	
Hours of Coaching per Week	
Sport(s) currently coaching	1. 2. 3. 4.
Level of Play	Learn to play / Schools / Recreational / Competitive
Age Group	<7 years old / 7 to 12 years old / 13 to 19 years old / > 20 years old

Course Objectives
What is your coaching philosophy?
What are your objectives for attending this Level 1 course?
What area of triathlon coaching are you interested in? (tick your selection, you may tick more than one) □ Learn to play □ Youth Development (11 to 15) □ Junior Development (16 to 19) □ Adult Age-Group Sprint and Standard Distance □ Long Course □ Not planning to coach triathlon

Forms emailed to: omar@triathlonsingapore.org
Closing date for applications: before 5pm on Thursday, 22nd March 2018