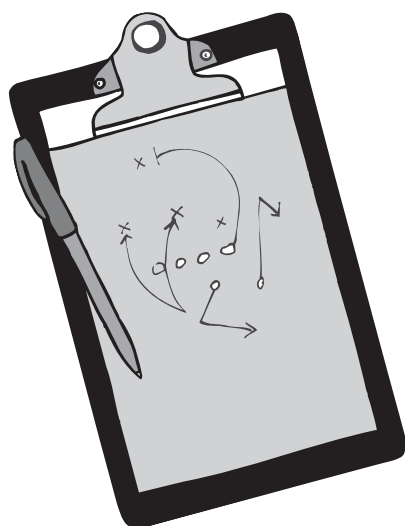


Level 1 General Principles coaching course



Effective coaching requires specialist skills. Help your athletes and teams get the most out of their sport with this Level 1 General Principles coaching course.

Ideal for coaches of any sports, parents, teachers and students of PE/PD/Health.

This Level 1 course provides a basic guide to coaching and equips coaches with the confidence, skills and knowledge to coach at the beginner level.

The course covers coaching principles common to all sports, including:

- the role of the coach
- communication
- drugs in sport
- planning
- physical conditioning
- sports psychology
- teaching skills
- sports safety
- development of the athlete
- group management
- nutrition

This course satisfies the theoretical side of a Level 1 coaching course. In order to gain a full Level 1 accreditation a sport-specific component must be undertaken. Contact your state sport body for more details.

This is an Australian Sports Commission accredited course.

Details

Four separate courses are available

Dates	Mondays 6 and 13 August, 2007 Monday 12 and Tuesday 13 November, 2007 Mondays 4 and 11 February, 2008 Monday 5 and Tuesday 6 May, 2008
Time	6pm to 9pm each day
Venue	NSW Sport and Recreation, Centenary Room 1, Level 2, 6b Figtree Drive, Sydney Olympic Park
Cost	\$88 (incl. GST) per person. Cost includes Beginning Coaching manual, Beginning Coaching workbook, course delivery and certificate
Bring	Pens, paper and wear comfortable clothing

How to enrol

By phone Call **13 13 02** and have your credit card details ready (Visa, Mastercard).
For deaf, hearing and speech impaired people only, **TTY (02) 9006 3701**.

By fax Complete the enrolment form, include your credit card details and fax to
(02) 9006 3888.

By mail Complete the enrolment form, include either your credit card details,
a cheque or a money order, and mail to: NSW Sport and Recreation,
Client Service Centre, Locked Bag 1422, Silverwater NSW 2128

In person Complete the enrolment form and visit: NSW Sport and Recreation,
Client Service Centre, Level 3, 6b Figtree Drive, Sydney Olympic Park

For more information call

13 13 02

www.dsr.nsw.gov.au



