

The first Beginner Coaches for Tasmania in 2013



Tuesday, 23 April 2013

As one of the pilot states for the roll out of the new coaching framework, Tasmania was one of the first to hold a Beginner Coach face to face course.

Tasmania has held one of the first Beginner Coach courses under the new coaching framework. Sunday 28th April saw 10 coaches attend the course which was held in Launceston.

The day was spent getting to grips with the fundamentals of becoming a coach. Having completed the online course participants had an understanding of the role of a Beginner coach, as well as learnings around a number of areas including coaches code of ethics, duty of care, effective communication, group management, learning styles, athlete development, and safety in the gym. Sunday was spent putting that theory into practice with practical exercises, including hazard identification and lesson planning.

The course presenters are now also assessors and throughout the day assess the course participants as to their competence. By the end of the course the 10 participants were all assessed as competent, some of the country's first Beginner Coaches.

Thanks to Leigh Oswin and Bond Larkin for presenting and assessing these Beginner Coaches