



**SURF LIFE SAVING**



*In it for life*

# Coach Development

**From nippers to world champions, surf athletes need great coaches. Coaching is a rewarding way to contribute to your community, stay involved and give back to your surf club and to meet others who share a common passion for our sport.**

As a coach you help make surf sport happen locally and succeed on the world stage. The Surf Life Saving New Zealand (SLSNZ) coaching courses have been designed by the experts from SLSNZ and Sport and Recreation New Zealand (SPARC). Whether you're new to coaching or have many years experience, our courses will develop your skills and set you up to be a great coach at whatever level you choose.

**Please read on to find out all you need to know about our coach courses and thanks for your interest in being a surf coach - we look forward to seeing you at our courses and out on the beach!**

## SLSNZ Coach Pathway

SLSNZ currently offers three coaching courses throughout the country. Courses are delivered by trained facilitators who are also experienced coaches. Courses are designed to meet the need of coaches at each level. Over the following pages you can find information on Introduction to Surf Coaching, Developing Surf Coach and Competitive Surf Coach courses. The Performance Surf Coach course is under development for 2011.

## Start Coaching Now

To start coaching all you need to do is contact your Club Development Officer or Regional Programmes and Services Manager and they'll take care of the rest.

For more information visit the coach section of our website [www.surflifesaving.org.nz](http://www.surflifesaving.org.nz)

# Introduction to Surf Coaching Course

## Course Overview

The Introduction to Surf Coaching Course provides an entry level coaching course for parents and clubbies new to coaching.

The course aims to provide the knowledge and skills needed to coach at entry level at a Surf Life Saving Club. It covers the full range of surf life saving activities with a special emphasis on Junior Surf. The Introduction to Surf Coaching course is the first step on the Surf Life Saving New Zealand coaching pathway. Coaches interested in further developing their coaching skills can then progress to the Developing Surf Coach Course.

## Course Information

<b>Course Duration</b>	One day
<b>Course Facilitator(s)</b>	All SLSNZ courses are delivered by approved facilitators
<b>Who should attend</b>	Any Surf Life Saving Club members interested in getting started in surf coaching, new junior surf coaches, or existing coaches with no formal training.
<b>Participant requirements</b>	To successfully complete the Introduction to Surf Coaching Course participants need to attend the full course and participate in its activities.

## Topics covered

1. Introduction to the athlete centred approach to coaching
2. Skill progressions for young athletes
3. Rules and guidelines for Junior Surf competitions, including Ocean Athletes
4. Communication in the Junior Surf environment
5. Management and effective coaching strategies

## Outcomes

At the completion of this course coaches will be able to:

1. Identify and describe the roles of a Junior Surf Coach
2. Demonstrate knowledge of effective communication
3. Describe how surf activities can be modified for Junior Surf athletes
4. Demonstrate knowledge of the rules of Junior Surf sports
5. Identify how to provide a safe learning environment for a Junior Surf session
6. Plan a Junior Surf session

For course bookings and further information please contact your SLSNZ Club Development Officer or SLSNZ Regional Programmes and Services Manager.

# Developing Surf Coach Course

## Course Overview

The Developing Surf Coach course is designed to help coaches develop the necessary skills and knowledge to enable them to plan and deliver an effective coaching session.

The target audience for this course are coaches of developing athletes of all ages and abilities that are starting to develop fundamental surf lifesaving skills. This course is a prerequisite for the Competitive Surf Coach Course.

## Course Information

<b>Course Duration</b>	Two days
<b>Course Facilitator(s)</b>	All SLSNZ courses are delivered by approved facilitators
<b>Who should attend</b>	Any Surf Life Saving Club members interested in gaining basic knowledge and skills in surf coaching including new surf coaches, or existing coaches with no formal training.
<b>Participant requirements</b>	To successfully complete the Developing Surf Coach course candidates need to attend the full two days of the course, participate in its activities and successfully complete and submit the post course assessment activity to SLSNZ.

## Topics covered

- |   |   |                    |
|---|---|--------------------|
| 1. Athlete centred approach to coaching | 2. Communication                        | 3. Risk management |
| 4. Knowing your athletes motivation     | 5. Rules of Surf Sports                 | 6. Nutrition       |
| 7. Introduction to sports science       | 8. Skill analysis and skill acquisition | 9. Planning        |

## Outcomes

At the completion of this workshop coaches will be able to:

- |  |   |
|--|---|
| 1. Identify and describe the roles of a Surf Coach                                       | 7. Identify and explain the relevance of nutrition principles to physical activity                        |
| 2. Demonstrate knowledge of effective communication                                      | 8. Plan a coaching session for Surf Life Saving   |
| 3. Select and apply appropriate questioning techniques                                   | 9. Teach to develop a fundamental Skill in Surf Life Saving   |
| 4. Identify and apply athlete motivations to sports participation                        | 10. Describe the structure and function of the major physiological systems important in physical activity |
| 5. Demonstrate knowledge of the rules of surf life saving sports                         | 11. Conduct and review a coaching session in Surf Life Saving   |
| 6. Demonstrate knowledge of health and safety issues relevant to Surf Lifesaving members |   |

For course bookings and further information please contact your SLSNZ Club Development Officer or SLSNZ Regional Programmes and Services Manager.

# Competitive Surf Coach Course

## Course Overview

The Competitive Surf Coach course is designed to help coaches develop the necessary skills and knowledge to enable them to plan, implement and evaluate a structured sequence of developmental coaching sessions.

The target audience for this course is coaches of competitive athletes who are on the developmental pathway and are starting to engage in more competition. This course will be a prerequisite for the Performance Surf Coach Course.

## Course Information

<b>Course Duration</b>	Two days
<b>Course Facilitator(s)</b>	All SLSNZ courses are delivered by approved facilitators
<b>Who should attend</b>	Coaches interested in wanting to gain knowledge and skills to be able to effectively coach athletes interested in competition.
<b>Participant requirements</b>	To successfully complete the Competitive Surf Coach course candidates need to attend the full two days of the course, participate in its activities and successfully complete and submit the post course assessment activity to SLSNZ.

## Topics covered

- |                             |  |                        |
|-----------------------------|--|------------------------|
| 1. Athlete centred coaching | 2. Communication   | 3. Risk management     |
| 4. Goal setting             | 5. Competitive racing  | 6. Exercise physiology |
| 7. Nutrition                | 8. Planning and delivering a structured sequence of sessions |                        |

## Outcomes

At the completion of this workshop coaches will be able to:

1. Identify and explain your own coaching philosophy
2. Use communication strategies
3. Identify the risk assessment process
4. Treat risk
5. Identify and explain the application of goal setting
6. Apply and explain the general principles of training and designing a season training programme
7. Explain nutritional factors that affect performance in physical activity on race day
8. Identify and compare the component parts of races in surf life saving
9. Plan, implement and evaluate a structured sequence of developmental coaching sessions

For course bookings and further information please contact your SLSNZ Club Development Officer or SLSNZ Regional Programmes and Services Manager.