



# Development Coach Assessment Tool

21/3/2018



# Contents

<b>Development Coach: Assessment Tool</b>	<b>3</b>
Candidate Details.....	3
Module: Introduction to Coaching Surf Sports.....	3
Module: Understanding Your Athletes .....	3
Module: Developing Your Athletes' Skills .....	4
Module: Developing Your Athletes' Physical Capacities.....	4
Module: Managing Your Surf Sport Coaching Program.....	4
Supplementary Assessments .....	5
SLSA Assessor Recommendations: .....	5
<b>Development Coach Elective: Assessment Tool</b>	<b>6</b>
Candidate Details.....	6
Module: Development Coach: Beach Events.....	6
Module: Development Coach: Swim Events.....	6
Module: Development Coach: Ski Events .....	7
Module: Development Coach: Board Events.....	7
Module: Development Coach: IRB Events .....	7
Module: Development Coach: Surf Boats.....	7
Module: Development Coach: R&R.....	7
Module: Development Coach: Iron .....	8
Module: Development Coach: Lifesaving .....	8
Module: Development Coach: Pool Rescue .....	8
Supplementary Assessments .....	8
SLSA Assessor Recommendations: .....	9



# Development Coach: Assessment Tool

## Candidate Details

Name:

Email:

Club:

Assessor Name:

**Modules Being Assessed:**

- Introduction to Surf Sports
- Understanding Your Athletes
- Developing Your Athletes' Skills
- Developing Your Athletes' Physical Capabilities
- Managing Your Surf Sport Coaching Program

**Method of Assessment:**

**Date of Assessment:**

### Module: Introduction to Coaching Surf Sports

Outcomes	C	NYC	Comments
The candidate can describe the broad nature of the SLSA Participant Development Pathway and the implications this has for Foundation Coaches	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe the roles of a Development Coach	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe the basic roles of various Surf Sports Officials and access additional information if required.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can access information relating to the basic Surf Sport Event.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Understanding Your Athletes

Outcomes	C	NYC	Comments
The candidate can describe the key characteristics (physical, social and emotional) of Surf Sports participants in the Learn/Participate phase of development	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe common physical, social and emotional factors which can impact on female surf sports participants	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop coaching strategies designed to effectively motivate Surf Sports participants in the Learn/Participate phase of development, with different learning styles and personality types.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop coaching strategies to ensure my coaching program is inclusive.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop coaching strategies designed to increase the self-awareness, responsibility and belief of those I coach. The candidate can describe the importance of coaching <i>with engagement</i> versus coaching <i>by compliance</i> and identify coaching strategies to implement this philosophy.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Developing Your Athletes' Skills

Outcomes	C	NYC	Comments
The candidate can describe the importance of constraints based coaching and identify coaching strategies to implement this philosophy.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe the relevance of explicit and implicit learning models and identify coaching strategies to implement both approaches.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe the key components of the stages of skill learning and identify coaching strategies relevant to each stage.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Developing Your Athletes' Physical Capacities

Outcomes	C	NYC	Comments
The candidate can describe the principles of training and how these relate to the physical preparation of Surf Sports participants in the Learn / Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe the components of fitness and how they relate to successful participation in my chosen Surf Sport discipline.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe the structures of the body and their role in Surf Sports performance.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe the role of the 3 energy systems utilised by Surf Sports Athletes.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can identify safe and effective coaching strategies designed to develop the physical capacities of Surf Sports participants in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Managing Your Surf Sport Coaching Program

Outcomes	C	NYC	Comments
The candidate can identify effective communication strategies designed to develop a harmonious relationship with other coaches, officials, parents, club volunteers and other relevant program stakeholders.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe strategies to effectively manage my time as a Surf Sports Coach.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate understands the importance of athlete/group involvement in the development of program objectives and goals.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can identify relevant human and physical resource requirements of my coaching program and how these may be realistically attained.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe the core components of a monthly training plan for Surf Sports participants in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can describe the risk management process as it relates to being a Surf Sports Coach and identify SLSA tools I can use to enhance the safety of my program.	<input type="checkbox"/>	<input type="checkbox"/>	

### Supplementary Assessments

Outcomes	C	NYC	Comments
Australian Sports Commission: General Principles Community Coaching	<input type="checkbox"/>	<input type="checkbox"/>	
Evidence of Planning (Assessment Task 1)	<input type="checkbox"/>	<input type="checkbox"/>	
Working with Children Check	<input type="checkbox"/>	<input type="checkbox"/>	
ASADA Level 1	<input type="checkbox"/>	<input type="checkbox"/>	

### SLSA Assessor Recommendations:

The candidate is assessed as competent in the above modules:

Yes

No

Feedback to Candidate:

Summary of feedback provided to the candidate:

Assessors Name:

Assessors Signature:

Date:



# Development Coach Elective: Assessment Tool

## Candidate Details

Name:

Email:

Club:

Assessor Name:

- Modules Being Assessed:**
- Beach Events
  - Swim Events
  - Ski Events
  - Board Events
  - IRB
  - Surf Boats
  - R & R
  - Ironman
  - Lifesaving
  - Pool Rescue

Method of Assessment:

Date of Assessment:

### Module: Development Coach: Beach Events

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective game-based Beach Event coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of Beach Event athletes who are in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Development Coach: Swim Events

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective game-based Swim Event coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of Swim Event athletes who are in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	





### Module: Development Coach: Ski Events

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective game-based Ski Event coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of Ski Event athletes who are in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Development Coach: Board Events

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective game-based Board Event coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of Board Event athletes who are in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Development Coach: IRB Events

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective IRB Driver and Crew coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of IRB athletes (drivers and crews).	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Development Coach: Surf Boats

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective Surf Boat coaching sessions, which develop participants' (crew and sweeps) discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of Surf Boat athletes (crew and sweeps).	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Development Coach: R&R

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective game-based R&R coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of R&R Event athletes who are in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Development Coach: Iron

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective game-based Ironman/Ironwoman Event coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of Ironman/Ironwoman Event athletes who are in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Development Coach: Lifesaving

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective game-based Lifesaving Event coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of Lifesaving Event athletes who are in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	

### Module: Development Coach: Pool Rescue

Outcomes	C	NYC	Comments
The candidate can plan, deliver and review safe and effective game-based Pool Rescue coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.	<input type="checkbox"/>	<input type="checkbox"/>	
The candidate can develop a suitable monthly coaching plan for a number of Pool Rescue athletes who are in the Learn/Participate phase of development.	<input type="checkbox"/>	<input type="checkbox"/>	

### Supplementary Assessments

Outcomes	C	NYC	Comments
Online Elective Completed (If Applicable)	<input type="checkbox"/>	<input type="checkbox"/>	



**SLSA Assessor Recommendations:**

**The candidate is assessed as competent in the above modules:**

Yes

No

**Feedback to Candidate:**

**Summary of feedback provided to the candidate:**

**Assessors Name:**

**Assessors Signature:**

