



Coaching Open Water Swimming (COWS)

Recognition of Current Competency (RCC)

APPLICATION KIT

Swimming Australia Ltd.

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SAL RCC Application Form

COWS – Coach Extension Program

PART A – Personal Information

Name:

Association / Club / Other:

Position:

Address:

Post Code: _____

Phone: _____

Fax: _____

Mobile: _____

Email: _____

PART B – Experience Gained

This section will provide your assessors with an **overview** of the experience you have gained. *(In Part C you will be asked to focus on experience that relates to the learning outcomes of the SAL COWS – Coach Extension Program and to present evidence of your experience).*

1. Practical Experience (if applicable)

Please complete the following in relation to your coaching experience.

Begin with your present role followed by the next most recent role, and so on (see over page).

Present Role:

Association / Club / Other:

Position:

Duties:

Previous Roles:

Association / Club / Other:

Position:

Duties:

Association / Club / Other:

Position:

Duties:

(If you can't fit all of your work in the spaces provided above, please insert extra sheets)

2. Education and Training

List any relevant education and training you have undertaken, including formal courses, adult education courses, etc.

Education / Training Program Name	Year Completed

(If you can't fit everything into the spaces provided above, please insert extra sheets)

3. Life Experience


List any other activities you have undertaken and/or are currently involved with, which have given you skills and knowledge with could be relevant to the SAL COWS – Coach Extension Program (for example, general sport coaching / leadership roles). Please use the table below.

Activity Description	Year

(If you can't fit everything into the spaces provided above, please insert extra sheets)

PART C – Modules Claimed

I intend to apply for RCC in the **SAL Coaching Open Water Swimming – Coach Extension Program**, in the following modules (please tick):

Modules	RCC Applied For 
Module One: Key OWS Rules for Coaches	
Module Two: Introduction to the Tactics of OWS	
Module Three: Environmental Considerations for OWS	
Module Four: Mental Skills Training for OWS	
Module Five: Recovery Strategies for OWS	
Module Six: Programming for OWS	
Module Seven: The OWS Coach in Action	

PART D – Module Applications

This section contains separate tables for each module. Tables (contained on the following pages) are intended for use as both a self-assessment form and as a checklist to be included in your application. The completed Module Tables, *along with attached evidence (examples)*, will make up your portfolio for assessment.

Organising and Labeling Your Evidence

Please insert any evidence that you wish to submit after the applicable Module Application Form. This might include copies of certificates, evaluation reports, etc. This will form your portfolio of evidence.

For each item of evidence, you need to work out which of the learning outcomes it relates to. This should be indicated in the appropriate place on the Module Application Form, as well as on the evidence. Each evidence document should be numbered (i.e. 1, 2, 3 and so on). When completing the RCC Application Form, applicants should then place the number relating to each piece of evidence against the corresponding learning outcome (i.e. the learning outcome for which that piece of evidence is demonstrating the applicant's competence).

If you don't have primary evidence (certificates, letters, reports, etc) that you can submit to substantiate your claim, but consider that you could practically demonstrate your competence to assessors, please make a note to that effect.

PART E – Other Requirements to gain SAL Coach Licence Accreditation

1. Provide evidence of current ASCTA Coach Membership (attach a copy if you are already a coach member). If you are not a coach member, go to www.ascta.com to download the ASCTA Membership Registration. Complete the ASCTA Membership Registration and send with payment attached payable to ASCTA **as part of this application**.
2. Submit proof of an acceptable current nationwide police check (sometimes called a criminal history check or suitability for working with children check within the last three years). This could be an employer statement on letterhead, copy of your approval, "blue card"
3. Complete payment details on the attached tax invoice.

The RCC process may take up to 4 weeks to process.

You may be contacted by an Assessor/s as part of the review process should any clarification be required.

SAL COWS – Coach Extension Program

RCC Module Application Form

(Please complete the form for **all Modules** that you wish to apply for RCC for).

Module 1

Key OWS Rules for Coaches

Learning Outcomes:

Upon successful completion of this Module, the coach will be able to:

Summary of Evidence

Follow the procedure below for all learning outcomes:

Place a number in this column that relates to the piece/s of evidence in your *Portfolio of Evidence* that is relevant to this learning outcome. For example, if you have evidence, which includes an OWS official's certificate and a reference / testimonial relating to your role as an OWS official, you may have labeled these items 1 and 2. In this instance, write 1 and 2 in this column for each learning outcome they relate to. This allows the assessors to check your evidence against the relevant learning outcome.

<p>Learning Outcome 1: Understand the definition of an OWS event</p>	
<p>Learning Outcome 2: Identify and describe the commonly appointed OWS official roles and responsibilities</p>	
<p>Learning Outcome 3: Discuss the key rules associated with the start of an OWS race</p>	
<p>Learning Outcome 4: Understand the FINA venue requirements for an OWS event</p>	
<p>Learning Outcome 5: Understand the key FINA rules and regulations associated with an OWS Race</p>	

Module 2

Introduction to the Tactics of OWS

Learning Outcomes:	Summary of Evidence
Learning Outcome 1: Understand the importance of race skills and race plans in the performance of OWSs	
Learning Outcome 2: Discuss the role that navigational skills play in performance	
Learning Outcome 3: Discuss the role that surging skills play in performance	
Learning Outcome 4: Discuss the role that effective pack swimming skills play in performance	
Learning Outcome 5: Understand the role of support personnel (handlers) and their importance for effective high level performance	

Module 3

Environmental Considerations for OWS

Learning Outcomes:	Summary of Evidence
Learning Outcome 1: Identify commonly experienced environmental conditions which may affect the performance of OWSs	
Learning Outcome 2: Understand how commonly experienced environmental conditions can affect the performance of OWSs	
Learning Outcome 3: Know which environmental conditions should stop any training or competition due to their inherent danger Develop coaching strategies to assist OWSs to effectively deal with commonly experienced environmental conditions	

Module 4

Mental Skills Training for OWS

Learning Outcomes:	Summary of Evidence
Learning Outcome 1: Establish long and short term goals with OWSs	
Learning Outcome 2: Recognise the need for and apply stress management, arousal control and mental rehearsal techniques with OWSs	
Learning Outcome 3: Identify the motivational needs of OWSs by fostering intrinsic motivation methods	
Learning Outcome 4: Identify factors affecting the ideal performance state of OWSs	
Learning Outcome 5: Develop daily practice / training / competition strategies for use in OWS programs	

Module 5

Recovery Strategies for OWS

Learning Outcomes:	Summary of Evidence
Learning Outcome 1: Understand the benefits of recovery training for OWSs	
Learning Outcome 2: Identify recovery training methodologies relevant to coaching OWSs	
Learning Outcome 3: Develop a recovery training session designed specifically to assist OWSs to recover during a week training block	
Learning Outcome 4: Identify components of a well balanced diet	
Learning Outcome 5: Provide athletes with information regarding appropriate training and competition diets	
Learning Outcome 6: Recognise and instigate a suitable fluid replacement regime	
Learning Outcome 7: Identify possible nutritional deficiencies / eating problems affecting athletes	
Learning Outcome 8: Discuss the role of nutritional supplements	

Module 6

Programming for OWS

Learning Outcomes:	Summary of Evidence
Learning Outcome 1: Understand and implement specific programming strategies in OWS programs	
Learning Outcome 2: Provide advice to OWSs in relation to pre-race preparation	

Module 7

The OWS Coach in Action

Learning Outcomes:	Summary of Evidence
Learning Outcome 1: Practically implement relevant tactical training activities in an open water environment	
Learning Outcome 2: Practically implement appropriate coaching strategies to assist the OWS to more effectively deal with open water environmental conditions	
Learning Outcome 3: Practically implement identified mental skills training activities with an OWS in training in an open water environment	
Learning Outcome 4: Practically implement appropriate technical adjustments to stroke based on the open water conditions faced	
Learning Outcome 5: Perform the role of the Handler in a training or race environment	

