

All levels of Coaching accreditation require a minimum number of practical Coaching hours (accumulated over a 4-year period) as well as professional development credit earned by attending or participating in activities from one or more of the elective categories listed below.

Minimum Required Coaching Hours:

Bronze Coach – 180 hours

Silver Coach 250 hours

Gold Coach – 400 hours

Please attach documentation – i.e. supporting letter from Swim Club President or Secretary, Pool Manager or State Swimming Association to verify Coaching hours accumulated during the previous 4 years.

Elective Categories – Professional Development Credit:

BRONZE Coach Minimum 15 points from elective categories	SILVER Coach Minimum 35 points from elective categories	GOLD Coach Minimum 85 points from elective categories
1.1 Mentoring session of at least 2 hours with a more experienced Coach, Silver or Gold 2 points per session – max 10 points from 1.1	2.1 Mentoring session of 2 hrs (as the Mentor) with a less experienced Coach 2 points per /session – max 20 points from 2.1	3.1 Mentoring session of 2 hrs (as the Mentor) with another Coach at any accreditation level 2 points per session – max 30 points from 3.1
1.2 Attend a State/National/International Swim Coaches Conference 5 points / day – max 15 points from 1.2	2.2 Attend a State/National/International Swim Coaches Conference 5 points / day – max 25 points from 2.2	3.2 Attend a State/National/International Swim Coaches Conference 5 points / day – max 50 points from 3.2
1.3 Attend a Workshop session on stroke technique or training methodology under the supervision of a Silver or Gold Coach 5 points per 2 hr block – max 10 points from 1.3	2.3 Attend or Conduct a Workshop session on stroke technique or training methodology 5 points per 2 hr block – max 25 points from 2.3	3.3 Attend or Conduct a Workshop session on stroke technique or training methodology 5 points per 2 hr block – max 50 points from 3.3
1.4 Attend (as a practicing Coach) a State or National Championship Meet 2 points / day – max 15 points from 1.4	2.4 Attend (as a practicing Coach) a State or National Championship Meet 2 points / day – max 25 points from 2.4	3.4 Attend (as a practicing Coach) a State or National Championship Meet 2 points / day – max 50 points from 3.4
1.5 Attend a Lecture or Seminar (min 2 hr duration) on a Swimming Coaching topic 2 points per session – max 10 points from 1.5	2.5 Attend or Present a Lecture or Seminar (min 2 hr duration) on a Swimming Coaching topic 2 points per session (attending) 5 points per session (presenting) – max 25 points from 2.5	3.5 Attend or Present a Lecture or Seminar (min 2 hr duration) on a Swimming Coaching topic 2 points per session (attending) 5 points per session (presenting) – max 50 points from 3.5
1.6 Assist in Coaching a Regional, State, or National Development Squad 5 points per day – max 15 points from 1.6	2.6 Coach at a Regional, State or National Development Squad Training Camp 5 points per day – max 35 points from 2.6	3.6 Coach at a Regional, State or National Development Squad Training Camp 5 points per day – max 50 points from 3.6
1.7 Present one or more topics at a Swim Australia Teacher of Competitive Strokes course 5 points per lecture session – max 15 points from 1.7	2.7 Present one or more topics at a Bronze or accreditation course 5 points per lecture session – max 35 points from 2.7	3.7 Present one or more topics at a Silver or Bronze accreditation course 5 points per lecture session – max 50 points from 3.7
1.8 Attend a current Bronze course as a refresher 15 points	2.8 Attend a current Silver course as a refresher or complete an advanced course of study in sport science or Coaching 35 points	3.8 Complete an advanced course of study in sport science or Coaching 85 points
1.9 Complete an ASCTA ‘Home Study’ course module, or a ‘Coaching Swimmers with a Disability’ or Coaching Open Water Swimmers’ specialist course 15 points per course	2.9 Complete a ‘Coaching Swimmers with a Disability’ or ‘Coaching Open Water Swimmers’ specialist course 25 points per course	3.9 Complete a ‘Coaching Swimmers with a Disability’ or ‘Coaching Open Water Swimmers’ specialist course 25 points per course
1.10 Maintain ASCTA Membership for 4 consecutive years between Update periods max 10 points from 1.10	2.10 Maintain ASCTA Membership for 4 consecutive years between Update periods max 10 points from 2.10	3.10 Maintain ASCTA Membership for 4 consecutive years between Update periods max 10 points from 3.10

Checklist: Coaches must ensure that all items listed below are complete – forward completed Update document with administration fee to:

ASCTA P.O. Box 158, BEERWAH, QLD 4519

Practical Coaching Hours are complete and documentation is attached to verify Coaching hours

Professional Development Credit complete and verified (or documents attached)

The Coach must comply with applicable State legislation for ‘working with children’ (evidence provided to ASCTA) **ASCTA Membership is current (ASCTA Premium or General membership may be processed concurrently with update)** **\$30**

Update registration Payment to ASCTA

For further information or clarification on any of the above criteria please contact ASCTA (07) 5494 6255.

Information provided on this form may be used by ASCTA, Swimming Australia and the National Coaching Accreditation Scheme where required. Information regarding a Coach’s accreditation status (i.e. active or inactive) may be released to the public. ASCTA’s ‘privacy policy’ does not allow personal information to be given without the member’s consent. Visit www.ascta.com for the full Privacy Policy