# Recognition of Current Competency (RCC)

## Gold Licence Accreditation Application

Australian Government
**Australian Sports Commission**

**COACH ACCREDITATION**

# SAL Gold Licence Accreditation Application

If you require assistance completing this application please contact the provider on the listing provided with the cover letter.

## PART A – Personal Information

Name: _____

Swim club/team: _____

Position: _____

Postal Address: _____

City: _____ State: _____ Postcode: _____

Phone: _____ Fax: _____

Mobile: _____ Date of Birth _____/_____/_____

Email: _____

Are you Aboriginal or Torres Strait Islander?   ☐ Yes        ☐ No

**PART B – Experience Gained**

This section will provide your assessor/s with an overview of the experience you have gained. In Part C you will be asked to focus in on experience that relates to the learning outcomes of the Gold Licence Accreditation Course and to present evidence of your experience.

**1. Work experience (if applicable)**

Please complete the following in relation to your work experience, either full-time or part-time, including any voluntary or unpaid work.

Begin with your present position followed by the next most recent job and so on.

*Present work:*                                    *From ____/_____/____*

Present employer: _____

Current position: _____

Duties:

_____

_____

_____

_____

_____

_____

_____


*Previous work:*                          *From ____/____/_____ to ____/____/____*

Name of employer: _____

Your position: _____

Duties:

_____

_____

_____

_____

_____

_____

_____

(Please provide extra sheets if the space provided is insufficient)

1 July 2006

## 2. Education and training

Indicate any education and training you have undertaken, including formal courses, adult education courses, training undertaken at work, etc.

| Education/Training | Length | Year |
|---|---|---|
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

## 3. Life experience

Note 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 units for which you are claiming RCC.  Leisure, sport, recreation, hobby, or other activities could be noted, for instance.

## PART C – Modules Claimed

I intend to apply for RCC in the following units of the GOLD Licence Accreditation Course:

| Unit: | RCC Claimed YES/NO |
|---|---|
| **Unit 1:** Certificate IV in Training and Assessment (or equivalent or higher qualification). | |
| **Unit 2:** Personal and Professional Welfare and Management. | |
| **Unit 3:** The Swimming Australia Sport Model. | |
| **Unit 4:** Race Modelling and Preparation. | |
| **Unit 5:** Scientific Principles of Elite Swimming Performance. | |
| **Unit 6:** Individual Project-Based Task. | |

## PART D – Unit Applications

This section contains separate applications for each unit. The applications are intended for use as both a self-assessment tool and as a cover page(s) for the required evidence.

The completed unit applications as outlined below, ***with attached evidence*** will make up your portfolio of assessment.

**Organising and labelling evidence**.

Please insert any evidence that you wish to submit after the applicable unit application.

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, as well as on the evidence.

For some items of evidence it may be appropriate to indicate which part of the item is relevant to which learning outcome. Make sure that you have clear references in each of your applications to any relevant evidence (see unit application form over the page), so that assessors can easily locate it.

If you don't have primary evidence (certificates, letters, examples of sessions etc) that you can submit to substantiate your claim, but consider that you could demonstrate your competence to assessor/s, please make a note to that effect.

# SWIMMING AUSTRALIA LTD – GOLD COACHING ACCREDITATION

# RCC UNIT APPLICATION

(Please complete the application for **all units** that you have outlined you are applying for RCC for).

| Unit 1 | Certificate IV in Training and Assessment |
|---|---|
| **Learning Outcomes:** | **Summary of Evidence** |
| Upon successful completion of this unit, the coach will be able to: | *Follow the procedure below for all learning outcomes* |
| At the completion of this unit coaches will be able to: | Place a number in this column that relates to the piece(s) of evidence relevant to this learning outcome. <br><br> For example, if you have gathered evidence, which includes a level 2 NCAS qualification in another sport and a sports coaching degree, you may have labeled them items 1 and 3. In this instance, write 1 and 3 in this column to allow the assessors to check this evidence against the learning outcome. If you hold a Certificate IV in Training and Assessment please attach a copy. |
| Develop assessment tools | |
| Plan and organise assessment | |
| Assess competence | |
| Participate in assessment validation | |
| Review assessment | |
| Facilitate individual learning | |
| Facilitate work-based learning | |
| Plan and organise group-based delivery | |
| Foster and promote an inclusive learning culture | |
| Ensure a healthy and safe learning environment | |
| Work effectively in vocational education and training | |
| Use Training Packages to meet client needs | |

| Unit 2 | Personal and Professional Welfare and Management |
|---|---|
| **Learning Outcomes:** | **Summary of Evidence** |
| **Learning Outcome 1:** Demonstrate the ability to conduct a needs analysis of their coaching program, reflecting its human resource requirements. | |
| **Learning Outcome 2:** List the roles and responsibilities of support staff within their program. | |
| **Learning Outcome 3:** Demonstrate the ability to effectively delegate tasks. | |
| **Learning Outcome 4:** Demonstrate the ability to provide constructive feedback and support to all support staff, through documented performance appraisals. | |
| **Learning Outcome 5:** Identify relevant human resource requirements that would assist their coaching program and how these may be realistically attained. | |
| **Learning Outcome 6:** Demonstrate an understanding of the need for elite Swim coaches to physiologically and psychologically recover between training sessions. | |
| **Learning Outcome 7:** Demonstrate the ability to develop and implement a recovery training outline, designed to suit their specific needs. | |

| Unit 3 | The Australian Swimming Sport Model |
|---|---|
| **Learning Outcomes:** | **Summary of Evidence** |
| **Learning Outcome 1:**<br><br>Demonstrate an understanding of the current SAL Coach Education and Accreditation Pathway and how it is designed to meet the needs of all categories of swim teachers and coaches. | |
| **Learning Outcome 2:**<br><br>Demonstrate an understanding of SAL's 4 key strategic priorities for the period 2004-2009 and the role high performance coaching plays in this process. | |
| **Learning Outcome 3:**<br><br>Demonstrate an understanding of SAL's Member Protection Policy and discuss its implications for them as elite coaches and business operators. | |
| **Learning Outcome 4:**<br><br>Use their knowledge of SAL's Anti Doping Policy to inform their elite athletes of its content and use this information in their high performance planning. | |
| **Learning Outcome 5:**<br><br>Demonstrate an understanding of SAL's Junior Sport Guidelines and discuss the implications these have on the development of swimmers from beginner to elite level. | |
| **Learning Outcome 6:**<br><br>Demonstrate an awareness of the core organisation structure of SAL and its delivery arms and be able to collect information from SAL in areas relevant to their role. | |

| Unit 4 Learning Outcomes | Race Modelling and Preparation Summary of evidence provided |
|---|---|
| **Learning Outcome 1:** Construct a pre-competition training focus (i.e. taper) to maximise physiological capacities. This includes the desired structure of the training stress (physical and psychological) during the lead-up period; the design of optimal race plans, and evaluation methods used at every stage of this process. | |
| **Learning Outcome 2:** Demonstrate the ability to evaluate the impact of external factors (such as travel, venue specific issues and performance required at lead-up intervals) on elite competition performance and then develop strategies relevant to the athlete's optimal preparation. | |
| **Learning Outcome 3:** Demonstrate that training plans have addressed all aspects of race performance demands. The coach must be able to assess specific race demands that include (but are may not be limited to):<br>- Energy requirements<br>- Speed/power output<br>- Technical demands (i.e. starts, turns, stroke parameters of length and frequency). | |
| **Learning Outcome 4:** Be able to interpret competition analysis information. | |
| **Learning Outcome 5:** Be able to implement both short-term and long-term strategies to affect performance, based upon competition analysis data. | |
| **Learning Outcome 6:** Prepare a situational analysis (i.e. strengths, weakness, opportunities, threats) specific to individual elite swimmers, based upon competition results and training history. | |

| Unit 5 | Scientific Principles |
|---|---|

| Learning outcomes: | Summary of evidence provided |
|---|---|
| **Learning Outcome 1:** Demonstrate knowledge, through practical application of training design, of the principle of Physiological Adaptation (i.e. stress – recovery cycle). | |
| **Learning Outcome 2:** Demonstrate knowledge, through practical application of training design, of the principle of Training Load (i.e. progressive overload). This includes the assessment techniques used to monitor training loads and the integration of loads (or stress factors) from a number of different sources. | |
| **Learning Outcome 3:** Demonstrate knowledge, through practical application of training design, of the principle of Specificity of Training. | |
| **Learning Outcome 4:** Translate the knowledge of Specificity of Training into event specific training plans. | |
| **Learning Outcome 5:** Demonstrate knowledge, through practical application of training design, of the principle of Training Diversity (including the transfer of training effects). | |
| **Learning Outcome 6:** Demonstrate knowledge, through practical application of training design, of the principle of Periodisation of Training | |
| **Learning Outcome 7:** Show how the development of layered and periodised training and race preparation programs fits into the Integrated Training Model concept. | |
| **Learning Outcome 8:** Demonstrate knowledge, through practical application of training design, of the principle of Readiness. | |

| | |
|---|---|
| **Learning Outcome 9:**<br>Identify stages of maturation and appropriately introduce training methods directed toward long-term swimmer development | |
| **Learning Outcome 10:**<br>Demonstrate knowledge of fluid mechanics (i.e. propulsion & resistance factors) and stroke dynamics (i.e. individual style variations) by being able to assess a swimmer's technique and model that technique to produce optimum propulsion for that individual. | |
| **Learning Outcome 11:**<br>Demonstrate knowledge of communication principles (with associated implementation strategies) in dealing with elite athletes. | |
| **Learning Outcome 6:**<br>Demonstrate the ability to know how the individual processes information and what strategies / methods of communication are most effective for their swimmers. | |

## PART D – 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.

# TAX INVOICE
## ABN 72 239 429 765

Please submit the RCC application with copies of all evidence and RCC determination payment to:

**ascta**ACCREDITATION
PO Box 158
BEERWAH  QLD  4519
Phone   07 5494 6255
Fax      07 5494 6785
Email    coaching@ascta.com

Amount payable:

❏ $40 RCC determination

❏ $100 processing and accreditation (only charged if/when your RCC is fully successful)

Optional resources: (costs quoted include postage within Australia)

❏ $44 Swim Australia™ Teacher of Competitive Swimming CD ROM

❏ $55 Bronze Licence textbook

❏ $55 Silver Licence textbook

❏ $44 Swim Australia Teacher of Competitive Strokes CD ROM

❏ $15 Bronze License CD ROM

❏ $50 Home Study Professional Development (8 options available

❏ $330 Pool Plant Operations Program correspondence course

❏ $44 Swim Australia™ Teacher of Learner with a Disability CD ROM

Download the **ascta**SHOP order form from the ASCTA Website for latest full product range.

$_____ Total.

**Payment is by:**   ο Cheque        ο Money Order    - *payable to "ASCTA" and attached*

ο Bank Transfer ANZ        BSB 014-507        Account 402512252
- for the reference use your surname and "RCC" in italics, then advise ASCTA

Or charge my credit card:              ο Visa              ο MasterCard

Card Number  _|_|_|_|  _|_|_|_|  _|_|_|_|  _|_|_|_|   Expiry Date  _|_| / _|_|

CCV number (last three digits on the card signature panel) _|_|_|     Amount $_____

Cardholder's Name _____

Signature _____ Date _____/_____/_____

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If payment is not received, the application will not be considered.

If further evidence is required to gain competency you will have 12 months in which to provide this, otherwise you will have to resubmit your RCC application.

A further authority will be required for $100 should your RCC application be fully successful unless you pre approve this transaction by ticking the second tick box above.

A copy of this Tax Invoice should be retained for your records.