



# Recognition of Current Competency (RCC)

## Silver Licence Accreditation Application



Australian Government  
Australian Sports Commission



## SAL RCC Application Form – SILVER

If you require assistance completing this form please contact us on the details listed in the application covering 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 assessors 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 **SILVER** Coaching 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:

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*Previous work:* \_\_\_\_\_ *From* \_\_\_\_/\_\_\_\_/\_\_\_\_ *to* \_\_\_\_/\_\_\_\_/\_\_\_\_

Name of employer: \_\_\_\_\_

Your position: \_\_\_\_\_

Duties:

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

**2. Education and training**

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

<b>Education/Training</b>	<b>Length</b>	<b>Year</b>
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**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.

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**PART C – Modules Claimed**

I intend to apply for RCC in the **SILVER** Licence Accreditation in the following units:

<b>Unit:</b>	<b>RCC Claimed YES/NO</b>
<b>Unit One:</b> Talent Identification and Development.	
<b>Unit Two:</b> Mechanics of Swimming	
<b>Unit Three:</b> Application of Training Principles	
<b>Unit Four:</b> Drills and Performance Enhancing Skills	
<b>Unit Five:</b> Mental Skills Training	
<b>Unit Six:</b> Nutrition and Health	
<b>Unit 7:</b> Coaching Professionalism and Welfare	

**PART D – Unit Applications**

This section contains separate application forms for each unit. The application forms are intended for use as both a self-assessment form 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 form.

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.

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 assessors, please make a note to that effect.

**SAL Silver Licence Accreditation****RCC UNIT APPLICATION FORM**

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

<b>Unit 1</b>	<b>Talent Identification &amp; Development</b>
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<b>Learning Outcomes:</b>	<b>Summary of Evidence</b>
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Upon successful completion of this unit, the coach will be able to:	<i>Follow the procedure below for all learning outcomes</i>
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	<p>Place a number in this column that relates to the piece(s) of evidence relevant to this learning outcome.</p> <p>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.</p>
<p><b>Learning Outcome 1:</b></p> <p>Utilise the key principles of talent identification and implement assessment strategies</p>	

<b>Unit 2</b>	<b>Mechanics of Swimming</b>
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<b>Learning Outcomes:</b>	<b>Summary of Evidence</b>
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<p><b>Learning Outcome 1:</b></p> <p>Apply the mechanical principles underlying the development of efficient stroke technique and conduct training sessions to develop efficient competitive strokes including starts, turns and finishes.</p>	
<p><b>Learning Outcome 2:</b></p> <p>Analyse stroke technique in the performance of state level swimmers during competition, with attention to the components of each stroke, and implement improvement strategies.</p>	

**Unit 3****Application of Training Principles**

<b>Learning Outcomes:</b>	<b>Summary of Evidence</b>
<b>Learning Outcome 1:</b> Apply the principles of training to the conditioning of swimmers (Progressive overload, stress, recovery, adaptation to training, and periodisation).	
<b>Learning Outcome 2:</b> Implement techniques to improve flexibility, power, endurance, speed and agility.	
<b>Learning Outcome 3:</b> Promote recovery through improved techniques in the adaptation to training.	
<b>Learning Outcome 4:</b> Adapt training sessions to suit prevailing conditions.	
<b>Learning Outcome 5:</b> Implement training programs for different swimming events - sprinting, middle distance and distance (including open water).	

**Unit 4****Drills & Performance Enhancing Skills**

<b>Learning Outcomes</b>	<b>Summary of Evidence</b>
<b>Learning Outcome 1:</b> Plan and conduct training sessions for state level swimmers.	
<b>Learning Outcome 2:</b> Implement appropriate race performance strategies.	

**Unit 5****Mental Skills Training****Learning outcomes:****Summary of Evidence**

<b>Learning Outcome 1:</b> Identify the specific needs of various age groups while participating in competitive swimming.	
<b>Learning Outcome 2:</b> Understand that each swimmer is different and implement strategies to cater for individual psychological needs including age, maturation levels and gender.	
<b>Learning Outcome 3:</b> Implement goal setting strategies for the various stages of a swimming season.	
<b>Learning Outcome 4:</b> Utilise psychological skills to enhance performance.	
<b>Learning Outcome 5:</b> Acknowledge when there may be a need to access a professional psychologist and know where to go to access it.	

**Unit 6****Nutrition & Health****Learning outcomes:****Summary of Evidence**

<b>Learning Outcome 1:</b> Implement drug educational strategies with their swimmers.	
<b>Learning Outcome 2:</b> Implement nutrition and dietary educational programs for swimmers in training and competition.	

**Unit 7****Coaching Professionalism & Welfare****Learning outcomes:****Summary of Evidence**

<b>Learning Outcome 1:</b> Identify the means of gaining professional assistance appropriate to the needs of the competitive swimmers.	
<b>Learning Outcome 2:</b> Establish a personal career and lifestyle management pathway.	



## **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](http://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.

