



## **AUSTRALIAN PROFESSIONAL SKATERS' ASSOCIATION INC. LEVEL 1 ACCREDITATION**

**PURPOSE** - To equip coaches with the skills and knowledge necessary to coach through to Novice A.

### **1. Level 0 Accreditation - Pre-Requisite**

In order to be accepted into the NCAS Level 1 Figure Skating Coach accreditation program, participants are required to have completed all requirements of the NCAS Level 0 Figure Skating coach accreditation program, including the ASC's Beginning Coaching General Principles course.

### **2. Sports Specific Course**

APSA is the course provider of the Sports Specific course and it covers the basics of coaching figure skating. Its purpose is to equip and enable coaches with the skill and knowledge necessary for the ISA Preliminary Level through to the Novice A Level. It is hosted by APSA Affiliated State Member Associations (QPSA, NSWPSA, VAPSA and WAPSA).

The cost of the course will include:

- Presentation of the modules necessary to complete the course
- Ice Rink and classroom entry
- Required text for the course – NCAS Level 1 Figure Skating Coaching Manual
- Registration Fee with the Australian Sports Commission.

### **3. Age**

It is a requirement that all participants have attained the age of 18 years.

To be eligible for Sports Liability Insurance and Professional Indemnity Insurance for Professional Coaching of Private lessons, members must be Level 1 accredited and 18 years of age and over. This is due to the complex nature of the sport.

#### **4. Minimum test level:**

- **ISA Novice B Pattern Test AND**
- **ISA Elementary Technical Test (Free Skating),**  
**AND EITHER**
- **ISA Novice B Technical Test OR ISA Novice B Ice Dance**

You will need to supply a copy of your ISA Test Certificate/s with your application form, showing a minimum level of Novice B Pattern Test and Elementary Technical Test (Free Skating), as well as either Novice B Technical Test or Novice B Ice Dance.

If you have completed your own skating in another country, or in Australia prior to the current test system, you will need to prove equivalency at this level.

#### **5. APSA Affiliated Membership/ ISA Membership**

Participants must be current financial members of either Ice Skating Australia, through their affiliated State Member, or an APSA Affiliated State Association (QPSA, NSWPSA, VPSA or WAPSA). A photocopy of your State membership card / receipt must accompany this application form.

#### **6. Working With Children Police Check**

Participants must supply a copy of your certificate / card showing a police check has been conducted for the purposes of Working with Children, according to the laws of the state in which you live. The cost and procedures to obtain a certificate will vary between each state in Australia.

#### **7. 40 Hours of Apprentice Coaching.**

You will be required to stand in on skating lessons conducted by an APSA approved trainer coach, for a minimum of 40 hours.

These lessons must be both group classes and private lessons with at least 3 different trainer coaches, and must only cover coaching students from beginners through to Novice A level.

You should not interfere with the lesson, but rather listen and learn from the experience of the Trainer Coach.

The list of approved trainer coaches can be found on the APSA website at [www.apsa.net.au](http://www.apsa.net.au) .

#### **8. Written Assessments**

You will receive by email and / or hard copy a written technical exam paper and a written assignment to complete. You will have 3 weeks to complete both written assessments and return them to your course administrator. They are both open book assessments (you may use your Manual that you received at the Sports Specific Course).

On passing the exam (95% is required) and completing the assignment, you will receive email notification, which should be printed ready to be sent to the accreditation officer on completion of all accreditation requirements.

## **9. Practical Assessment**

You will be required to conduct a practical coaching session of approximately 45 minutes, made up of 3 lessons, for a Preliminary, Elementary and Pre-Primary Singles skater.

This assessment task will enable the coach to demonstrate competency in Foundational Coaching and Technical Elements covering Preliminary through to Pre-Primary level. The criteria for the competency assessment will be issued to the candidate on receipt of their application for the course.

On passing the practical assessment you will receive notification, which should be printed ready to be sent to the accreditation officer on completion of all accreditation requirements.