

SPORTS CREDENTIALS PTY LTD

COACHING POLICIES

Sports Credentials Pty Ltd has several Coaching Policies of which all athletes and parents should be aware. All athletes wishing to join the Sports Credentials training squads should first contact one of the Principals, Peter or Sharon Hannan, to determine whether places are currently available in the squads.

All Athletes

- MUST be registered with an Athletics Club or they cannot be coached by Sports Credentials.
- will be on 'probation' for up to four weeks when they first join a squad.
- are required to participate in the group warm-up, including DRILLS at the beginning of each session.
- should endeavour to arrive at the venue at least 5 minutes before the scheduled starting time.
- are required to report any injuries or "niggles" to the coach.
- should have joggers, water, towel, hat, sunscreen and another layer of clothing at EVERY session.
- should endeavour to have a high GI food or a sports drink immediately following training.
- are required to pay "monthly" fees by the second session of each calendar month.
- should notify us of any change in contact details (particularly for parents and for emails).
- must pay the Gold Coast Performance Centre facility fee upon arrival at the venue (or check-in at reception with their swipe card if they are GCPC members).
- should respect **all** users of the track, not just their fellow squad members.
- are encouraged to wear suitable footwear. For track and jumps athletes this means spikes with a small heel, not moulded bottoms, which are more suitable for elite level competition.
- will advise the coach if they will be away for more than one or two sessions.
- will advise the coach of their other physical activities, such as other sports or dance or work, so that this can be taken into consideration when designing sessions.
- will have a break of at least 3 to 6 weeks a year, usually in April/May (Juniors will have another break in December/January). **Resumption dates will be determined by the coaches.**

All Coaches

- will hold current "Positive Notice Blue Card for Child Related Employment".
- will hold current coaching accreditation with Athletics Australia.
- will hold current Professional Indemnity and Public Liability Insurance.
- will be available before or after sessions to discuss issues with parents.

All Parents

- are welcome to observe training sessions. However please leave questions until the end of the session.
- are asked to advise the coaches if they have objections to their child being video taped.
- are advised that GCPC is an all-weather facility and sessions are rarely cancelled. However, the decision to train, or not, is left entirely to the athlete and parent. On some occasions High Jump or Hurdles may be replaced by sprints or conditioning activities if weather conditions render it unsafe to carry on.
- are encouraged to discuss their child's progress with the coaches.
- are advised that a full month of coaching fees is payable for athletes making the Australian Championships, in the month of those Championships.

Sports Credentials

- will endeavour to ensure the attendance of at least one coach at all State and National Championships for athletes in the senior and junior squads, and State and National Schools Championships for athletes in the secondary squad.
- maintains the right to refuse to coach any athlete due to obvious injury, disruptive behaviour, disrespect, bad sportsmanship or other appropriate reasons. This may include athletes whose parents organize extra sessions for their children without advising Sports Credentials coaches – athlete safety, and prevention of overtraining and/or athlete burnout, are of paramount importance.
- will employ extra coaches if the squad sizes get too large.
- may review and alter session times and/or days if necessary.
- will NOT accept new athletes into squad training sessions for a 2-week period before Districts/Zones/Regionals, for a 3-week period before State Championships, or for a 4-week period before National or other major Championships. This is for the best interests of those athletes who have been training consistently with the squad. New athletes require extra time and effort from the coaches. This time and effort is best directed to those athletes who have already shown dedication to training.
- will ensure all coaches are furthering their knowledge and updating their skills regularly.
- will advise of competition opportunities available to the athletes in the squads.
- will ensure that any changes to session times or availability of coaches, etc., will be advised immediately via an agreed medium (possibly by What's App, or by text).

Junior and Senior Squad Athletes

- are strongly urged to participate in Sprints if attending Hurdles or Jumps sessions.
- should avail themselves of regular competition opportunities (under the advice of the coaches)
- are expected to set a good example to younger athletes in their behaviour, their use of language and their treatment of officials and other athletes.
- are expected to provide their coach with a copy of their gym program if it has not been designed by their Sports Credentials coach.
- Senior squad athletes are expected to compete at least to State level of Clubs Championships (there is no qualifying performance required – State Championships are open to all registered athletes) and in State Relays etc.