



AUSTRALIAN PROFESSIONAL SKATERS' ASSOCIATION Inc.

UPDATE PROGRAMME

Published - 1992

1st Revision - August, 1999

2nd Revision - May, 2002

3rd Revision - June 2002

4th Revision- September 2009

What is Updating?

Updating requirements commenced on 1st January 1993. From that date in order to maintain or regain Accreditation and insurance, all coaches must:

Attend either an accreditation course or attain the required number of points of refresher/updating activities relevant to their accreditation level.

How will Updating work?

Points will be awarded for activities undertaken to improve/refresh/update skills and knowledge.

Level 1: A minimum of ten (10) points per calendar year is required. 5 excess points may be carried over to the following year (i.e. an additional 5 points only are required for the second year). **EXCESS POINTS CANNOT BE CARRIED OVER TO YEAR 3.**

Level 2: A minimum of fifteen (15) points per year, 30 points per two (2) years (Excess as per Level 1).

Level 3: As for Level 2.

TOTAL YEARLY POINTS MUST BE GAINED BY MORE THAN ONE ACTIVITY.



ACCREDITATION	POINTS
* Level 1 - General Principles.....	7
* Level 2 - General Principles.....	7/ day, max 35
* Level 1 - Sports Specific.....	5 / day
* Level 2 - Sports Specific 3 External Modules.....	7/ module
6 Home Study Modules.....	7/ module
9 Class Room Subjects..	7/day, max 21
* Level 3 - 5 days at 7 points/day.....	35 max.
5 assignments at 7 points each.....	35 max.
* Conducting a Course or Seminar.....	7
* "Standing In" to gain training and recognition As a course conductor.....	3
* Training an Apprentice Coach.....	1 / hour

RECORDING OF UPDATE:

Each coach should record the details of each updating activity/ workshop/ event attended in either their Australian Sports Commission Update Booklet or the APSA Inc. Update Points Log Sheet .

The co-ordinator of each updating event will be required to sign, where indicated, as verification of attendance.

Rink Management is not able to sign coaches log books.

If no representative of APSA is present, it is the obligation of the participant to obtain the signature from the course presenter.

Coaches are required to send photocopies of receipts/certificates from non skating activities- i.e.- dance classes, first aid courses.

Coaches are required to email/post their log books regularly to the update recorder, to enable APSA's records to be maintained.

Update points must be obtained by the time of yearly renewals to the APSA Update Points Officer.

PLEASE NOTE:

Coaches who do not present their Log Book by the time of their annual renewal will not be entitled to insurance.

SUGGESTED UPDATE ACTIVITIES:

- Workshops or Seminars relating to Body & Edge Control.
- Dance/Mime, Choreography for programme construction.
- Sports Psychology.
- Plyometrics.
- Pilates

Remember- copies of receipts /certificates are required for verification.