

*Australian  
Professional Skaters'  
Association*

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*Coaching Update Programme*



## APSA UPDATE PROGRAMME

### What is Updating?

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

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

**AND**

- 2) Be a current financial member of APSA, or a State amateur association.

### 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.

2.

### If there is any doubt as to the number of points to be allocated for any activity, the following list MUST be used.

1. Association Administration Meetings  
This includes any rink meetings, rink coaches meetings, APSA rink representative meetings..... 1 point per Meeting
2. Seminar/Workshop held in conjunction with 1 above... 1 per hour max. 3
3. Seminars or Workshops  
1 to 2 hours..... 1 per hour  
3 hours..... 3 points  
4 to 5 hours..... 5 points  
6+ hours/day..... 7 points
4. Levels 2 Course Modules..... 7 points/module
5. Level 2 & 3 Residential Courses..... 7 per day
6. Attendance at International Competitions,  
ISU Championships & Olympic Winter Games ..... 3 points/  
(Effective from the **1<sup>st</sup> January 2002**) event
7. Training/working on the Technical  
panel at competitions.....3 pts/per section called
8. APSA annual general meeting ( AGM) .....5 points per meeting  
(effective 2010)

**NOTE: Under special circumstances bonus points can be allocated.**

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

7.

<b>LEVELS 1, 2 &amp; 3</b>	<b>Points</b>
* Overseas Lecturer/Coach or equivalent (minimum 5 hours).....	7
* APSA approved/organised, can be "rink specific" (i.e. covering the needs of coaches at certain rinks). <b>Conductor</b> - either qualified course conductor or Senior/Master/International coach or Coaching Director (minimum 3 hours).....	3
4 to 5 hours.....	5
sessions below 3 hours.....	1 per hour
* Judges/Coaches (minimum 3 hours).....	5
Sessions below 3 hours.....	1 per hour
* Any sport related subject conducted by the ACC, AIS or Department of Sport Recreation & Racing.....	1 per hour 3 (max. per session)

- \* First Aid or Sports Medicine Course or Update of same.  
(If taken over 5 days at 4 hrs/day, 5pts per 4 hours)..... 25 total  
(If taken over a long weekend (i.e. 3 days at 7-8 hrs per day then 7 points per day or major part thereof)..... 25 max.
- \* APSA/ISA organised discussions/sessions - official state organised activities, (e.g. WA coaches/judges meetings, NSW Elite Training Squad sessions)..... 1 /meeting  
7 (max/year)

4.

<b>ACCREDITATION</b>	<b>POINTS</b>
* Level 1 - General Principles.....	7
* Level 2 - General Principles.....	7/ day, max 35
* Level 1 - Sports Specific.....	7
* 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

5.

**RECORDING OF UPDATE:**

Each coach will receive an Australian Coaching Council Update Log-Book. The details of each updating activity/ workshop/event attended are to be recorded in this booklet.

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

Rink Management are 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 APSA.

**PLEASE NOTE:**

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

6.

**SUGGESTED UPDATE ACTIVITIES:**

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

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

**REQUIREMENTS IF LEAVE IS TAKEN FROM COACHING:**

Coaches inactive for a period of up to 2 years must attain 15 points (non-accruable) in the *first year of returning* to coaching.

Coaches inactive for more than 2 years and less than 4 years must attain 10 points *before resuming* coaching.

Accredited coaches inactive for more than 4 years must complete Level 1B *before resuming* coaching, plus attain 15 points (non-accruable) in the first year.

**NOTE:**

Coaches who are in the process of attaining Level 2 status, will be required to attain 10 points per year.

**REGISTERED LEVEL 2 and 3 COACHES** need a minimum of 15 points per year - 30 points per 2 years.