

# AUSTRALIAN PROFESSIONAL SKATERS' ASSOCIATION INCORPORATED



## APSA RETURN TO COACHING POLICY

### PART A - INTRODUCTION

### PART B - POLICY

### PART C - APPLICATION

## PART A INTRODUCTION

Australian Professional Skaters' Association Incorporated (APSA Inc.) will welcome coaches returning to coaching. After a term away from Figure Skating, you will be expected to update your current knowledge of the sport, as changes are annually made to techniques used within each discipline, rules, divisions and judging. This updating will depend on your level of accreditation and whether it has expired with the Australian Sports Commission, as well as how long you have been away from the sport.

## PART B POLICY

### COACHES INACTIVE FOR A PERIOD OF UP TO 2 YEARS:

- **Level 0** must attain 5 points **in the first year of returning to coaching.**
- **Level 1** must attain 10 points ***in the first year of returning to coaching.***
- **Level 2 or 3** must attain 15 points ***in the first year of returning to coaching.***

### COACHES INACTIVE FOR MORE THAN 2 YEARS AND LESS THAN 4 YEARS:

- **Level 0** must retake the Level 0 Sports Specific course and assessment ***before resuming coaching.***
- **Level 1** must attain 15 points ***before resuming coaching.***
- **Level 2 and 3** must attain 20 points ***before resuming coaching.***

## COACHES INACTIVE FOR MORE THAN 4 YEARS:

- **Level 0** must retake the Level 0 Sports Specific course and assessment ***before resuming coaching.***
- **Level 1** must complete the following before resuming coaching:
  - Level 1 Sports Specific Course
  - Level 1 Written Assessments
  - Level 1 Practical Assessment
- **Level 2** must make application to APSA for requirements to be completed ***before returning to coaching.*** The minimum requirements will be:
  - A Strength and Conditioning Course
  - Level 2 IJS Questionnaire
  - Level 2 Choreography Assignment (Including DVD) - for each of your nominated disciplines.
  - Level 2 Practical Coaching Assessment – for each of your nominated discipline/s
- **Level 3** must make application to APSA for requirements to be completed ***before returning to coaching.***

## **PART C APPLICATION**

Please contact APSA for the current costs and application forms required for courses and assessments.

APSA by email: [info@apsa.net.au](mailto:info@apsa.net.au)  
APSA by mail: PO Box 4138, Macquarie Centre. NSW 2113