

APSA MENTORING COACH POLICY

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**Responsible person(s): Accreditation Officer
APSA Committee Members**

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PART A - INTRODUCTION

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PART A - INTRODUCTION

The APSA Coach Connect mentoring program has been designed to enhance and build further development opportunities and to foster positive and professional relationships across the Australian coaching community. Mentors can be valuable at any stage of a person's coaching career whether someone is just starting out, looking to move up through the accreditation rankings, exploring new disciplines, progressing with their students through the competitive pathway.

It is not just about mentoring those who require mentoring hours to gain an accreditation level, but also to provide ongoing support and development for all levels of coaches. It is an opportunity to bring coaches together to learn, share, grow, develop and ultimately to coach more effectively.

The full list of APSA approved mentor coaches will be displayed on the APSA website. It is important to check that you use the correct level mentor for your accreditation requirements.

PART B - POLICY

1. How is mentoring conducted

Mentoring can take place in a number of different formats:

- Face to face (standing in on lessons or spending time one on one going through coaching techniques)
- Phone
- Email
- Zoom
- Video sharing

Mentees may be assigned a mentor Coach by APSA or the mentee may approach a mentor directly.

It is important the mentee show a desire to learn and for continued professional and personal growth. Information regarding the roles and responsibilities of the Mentor and Mentee can be found in the information documents on the APSA website: www.apsa.net.au

2. How to find a Mentor coach

The list of APSA approved mentor coaches can be found on the APSA website. If contact details are not available on the list you may contact the APSA accreditation officer via email accreditation@apsa.net.au and ask them to contact the mentor on your behalf.

3. How do I become a Mentor coach

Applications to become a Mentor coach must be submitted in writing on the Mentor Coach application form to APSA through the accreditation officer. The application will be presented to the Committee for consideration. Appointment as a Mentor coach is at the sole discretion of the APSA Committee, the Committee's decision is final.

4. Requirements to become a Mentor coach

Mentoring requires experience and in depth knowledge of the sport. The requirements vary depending on the level of which you wish to mentor.

Mentors are divided into various Tiers.

Tier 4

Minimum 15 years coaching experience

Must hold Elite or Master Coach performance pathway accreditation

International Competitive Coaching experience at the ISU Senior Championship level.

Be in good standing with APSA and / or its Members (i.e no serious complaints*, suspension or probation period on record for the past 10 years).

Have a thorough knowledge and understanding both theoretically and practically of:

- Knowing when their athletes are ready to take responsibility for their training and how to work with them to develop those skills further;
- Strategic planning for short and long term goals;
- Injury prevention and recovery and the psychological effects injury can have on an athlete;
- Importance of selecting international competitions that fit within their strategic plan;
- the ISU IJS;
- strategic planning to obtain ISU minimum TES scores for Championship events;
- athlete development;
- ISA rules and regulations etc.

Tier 3

Minimum 10 years coaching experience

Must hold Senior or High Performance Coach accreditation as a minimum

International Competitive Coaching experience at the Junior level

Be in good standing with APSA and / or its Members (i.e no serious complaints*, suspension or probation period on record for the past 10 years).

Have a thorough knowledge and understanding both theoretically and practically of:

- the ISU IJS;
- ISA rules and regulations etc;
- Developing a pathway for their athletes to achieve ISU TES Championships scores in the future;
- Developing a team both on and off the ice to assist athletes;
- ISA benchmark scores;
- Developing athletes from the national competitive pathway through to the ISU international competition circuit.

Tier 2

Minimum 10 years coaching experience;

Must hold Intermediate or Advanced Coaching accreditation;

National coaching experience at the Advanced Novice level;

Be in good standing with APSA and / or its Members (i.e no serious complaints*, suspension or probation period on record for the past 10 years);

Have a thorough knowledge and understanding both theoretically and practically of:

- The ISU IJS
- ISA rules and regulations
- Athlete development
- The competitive environment at a State Level
- Sporting and professional ethics
- Mental preparation and off ice training appropriate to the age and skill of the athlete.

Tier 1

Minimum 10 years coaching experience;

Hold Development Coach accreditation;

Be in good standing with APSA and / or its Members (i.e no serious complaints*, suspension or probation period on record for the past 5 years).;

Demonstrated in depth knowledge and practical coaching ability for the area in which they are approved to mentor.

*A serious complaint is one that has been substantiated and relates to but is not limited to:

- Child abuse
- Professional misconduct
- Alcohol and / or drug abuse

PART C - PROCEDURES

During the initial phase of the implementation of the Coach Connect program the APSA Committee will recommend and approve the first round of mentor coaches. These coaches will receive an official invitation via email from APSA inviting them to be a part of this program.

Stage 2 of the implementation will provide an opportunity for coaches to lodge an application to the APSA accreditation officer for consideration by the Committee.

Coaches who accept the initial invitation and those who lodge successful applications will be sent a copy of the 'Mentoring Makes a Difference' information for Mentors and Mentees.

A zoom meeting will be held to discuss the standards and expectations set by APSA for Mentors.

If you have any questions please contact the accreditation officer: accreditation@apsa.net.au