

NEW ZEALAND ARTISTIC ROLLER SPORTS COMMITTEE

ARTISTIC COACHING ACCREDITATION

COACH ACCREDITATION CERTIFICATE

Workbook 2015

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This Workbook contains all the necessary paperwork to be assessed and submit an Artistic Coach Accreditation Certificate application through the Club Secretary to the Administrator NZ High Performance Coaching Commission. In order to submit a new Artistic Development accreditation, **ALL** elements in this checklist **MUST** be completed when submitting the completed Workbook.

SECTION 1: Assessment Check List

<input type="checkbox"/>	<p>Application completed All accreditation details must be recorded on the application and it must be signed by the Club Secretary, hence confirming D.O.B and NZFRS Registration. Artistic Coach Registration must ALSO be completed and signed.</p>
<input type="checkbox"/>	<p>NZFRS Registration Fee Paid and current Applicant must be a current registered member of New Zealand Federation of Roller Sports Inc (SkateNZ) and a member of an affiliated Club. (Club Secretary signing Application form will confirm the above.)</p>
<input type="checkbox"/>	<p>Workbook completed and signed Workbook questions must all be answered. . Forward to NZ High Performance Coaching Commission, C/o 12 Foxbridge Lane, Conifer Grove, Takanini Auckland 2112 e-mail : nzartisticpcc@gmail.com</p>
<input type="checkbox"/>	<p>Sport NZ Code of Ethics Signed Copy of signed code of ethics must be submitted with each page initialled. Must be dated at time of submission. Can be found on website nzartisticrollersports.co.nz</p>
<input type="checkbox"/>	<p>Accreditation Registration Fee Paid Registration fee - \$10 Paid to NZ Artistic Roller Sports Committee Treasurer by cheque, or, internet banked to the Committees" Bank A/c 01 0625 0115668 00. Details of payment (Name of Coach and amount) are to be advised to the Treasurer of the NZ Artistic Roller Sports Committee by e-mail joan.blackler@xtra.co.nz</p>

SECTION 2: COACH ACCREDITATION CERTIFICATE APPLICATION

Name:- _____ - Surname: _____ Date of Birth : _____

Address:- _____

Suburb/City: _____ Postal
Code: _____

Email: _____ NZFRS No: _____

Club : _____

Club Secretary _____ e-mail _____
(Signed)

Examiner _____

Examiner _____

Accreditation Expiry ____/____/____

Approved by NZ High Performance Coaching Commission

Name _____

Signed _____ Date ____/____/____

Competency Achieved

Expiry Date ____/____/____

NZ Artistic Roller Sports Committee

Ratification received

Date ____/____/____

Entered on database

Date ____/____/____

WORKBOOK

This is an open book assessment. Refer to Sport New Zealand “Getting Started in Coaching” publication. Can be found on SportNZ Website.

<http://www.sportnz.org.nz/assets/Uploads/attachments/About-us/Getting-started-in-coaching.pdf>

All questions **MUST** be completed and answered correctly in order to pass this workbook. Any incorrect answers should be reviewed with examiner and then re-answered by the applicant.

Applicant may make as many attempts as required to pass the workbook

As per Policy 12 the requirements (as listed in Appendix A of Policy 12) are :

- Must be mentored as part of the class environment
- Teaching groups through to proficiency.
- If under 16 years of age cannot coach a group on their own.
- Cannot coach individual skaters.

NAME : _____

DATE : _____

1. What is the role of the Coach?

2. Why do you want to be a Coach and what do you want to achieve in this role?

3. What makes an effective Coach – name 4?

1.

2.

3.

4.

4. What are the Principles or meaning of Fair Play – name 3?

1.

2.

3.

5. How would you manager skaters' behavior?

6. How would you go about coaching of young skaters?

7. Communication – name 4 ways of communicating effectively with your skaters. Include ways to establish communications with parents, caregivers. etc.

1.

2.

3.

4.

8. Name tasks that Parents, Caregivers could do to assist you as the Coach.

9. What would you consider before teaching a new skill to your skaters and how would you approach this?

10. Feedback – What kind of Feedback at the end of the lesson would you give to your skater or skaters?

What are some typical feedback comments?

11. What are some of the risks in Roller Skating?

A. How would you minimize these risks as a Coach?

B. How would you deal with a sprained ankle or pulled hamstring?

C. What does R.I.C.E. stand for?

12. How do you create Self Esteem in your skaters?

13. How would you go about Planning your lessons etc for your skaters?

14. How long should the skater warm up and cool down?

15. Competition : How would you prepare your skaters for Competition or Medal Tests?