

NEW ZEALAND ARTISTIC ROLLER SPORTS COMMITTEE

ARTISTIC COACHING ACCREDITATION

SPORTS SPECIFIC LEVEL ONE COACH

Workbook and Assessment

PRECISION

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This Workbook contains all the necessary paperwork to be assessed and submit an Artistic Sport Specific Level One Coach accreditation 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>Coach Accreditation Certificate. Copy of certificate must be submitted if attained.</p>
<input type="checkbox"/>	<p>Workbook completed and signed Workbook questions must all be answered and signed by examiner Forward to e-mail : nzartisticpcc@gmail.com</p>
<input type="checkbox"/>	<p>Sport NZ Code of Ethics Signed (can be found on nzartisticrollersports.co.nz/resources/coaches corner/coaches code of ethics) Copy of signed Sport NZ code of ethics must be submitted with each page initialled. Must be dated at time of submission.</p>
<input type="checkbox"/>	<p>Accreditation Registration Fee Paid Registration fee - \$20 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>
<input type="checkbox"/>	<p>4 Week Lesson Plan Must be completed and attached.</p>
<input type="checkbox"/>	<p>Practical Coaching Assessment Completed Within six months of completing the written exam the Practical Coaching Recording Form must be completed by the applicant and Mentor. The Administrator of the Coaching Commission will appoint a mentor once the written exam has been assessed and advise the Club who the mentor is. Once signed off by the Secretary the completed Practical Coaching Assessment is to be forwarded to the Administrator, High Performance Coaching Commission through the Club Secretary. This is the final step towards becoming a fully-accredited Sports Specific Level One Precision Coach.</p>

SECTION 2: Sports Specific Level One Coach Application

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

Address:- _____

Suburb/City: _____ Postal
Code: _____

Email: _____ NZFRS No: _____

Current First Aid Certificate held (copy attached) Yes/No (circle)

Club : _____

DISCIPLINE: PRECISION

Club Secretary _____ e-mail _____
(Signed)

Examiner _____

Examiner _____

Accreditation Expiry ____/____/____

Approved by Administrator Coaching Commission

Name _____

Signed _____ Date ____/____/____

Competency Achieved Expiry Date ____/____/____

NZ Artistic Roller Sports Committee
Ratification received
Date ____/____/____

<p>Entered on database Date ____/____/____</p>

SECTION 3: Workbook

This is an open book assessment, all manuals, rules and schedules may be available during the examination.

The following questions for the Precision Skating Coaching Sports Specific Level One examination refer to the **FIRS – ATC (CIPA Precision Manual, the NZFRS Artistic Roller Sports Rules and the NZFRS Artistic Medal Test Schedule, NZFRS Artistic Roller Sports Policies**, as well as general coaching principals and knowledge. This paper relates primarily to the practice of coaching a team of new skaters, e.g. skaters who are working towards medal tests 1-3.

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.

NAME: _____

DATE: _____

SPORTS SPECIFIC LEVEL ONE PRECISION EXAM

Identify (by circling) the letter of the choice which best completes the statement or answers the question.

- 1 Which of the following would be a well-balanced Precision routine?
 - a A routine with a wide variety of formations and transitions and covers the entire skating surface.
 - b A routine during which nobody falls.
 - c A routine that the **coach** really likes.
 - d A routine that covers the entire skating surface and uses a wide variety of formations, transitions, music, footwork and choreography that is appropriate for the grade and age of the skaters.

- 2 A kickline, or single line, is a formation in which?
 - a The team skates side-by-side whilst performing high kicks.
 - b The team skates side-by-side or one behind the other across or down the skating surface.
 - c The team skates in single file across or down the skating surface.
 - d The team skates in a line whilst performing high kicks.

- 3 Footwork that would be suitable for a team of **beginner** skaters in a circle could be
- a Forward pump steps, chair, bunny hop.
 - b Plain skating with strong outside and inside edges.
 - c Pump steps, three turn, pump steps backwards.
 - d Backward pump steps, chair, bunny hop.
- 4 The most secure arm hold for new Precision skaters would be
- a Shoulder hold.
 - b Hand hold.
 - c Basket weave (crossed arms) hold.
 - c No contact at all.
- 5 A skater in a team is **always** last to move from one formation to another. This could be because
- a They don't know the routine well enough.
 - b A team member is pulling them off balance before the break.
 - c Another skater is getting in their way.
 - d Any/all of the above.
- 6 When a Precision team skates a **splice** manoeuvre, it is important that
- a Lines are straight
 - b Every skater intersects at the same point on the skating surface
 - c Spectators applaud such a difficult manoeuvre
 - d A and b – c is great, if the skaters can achieve it.
- 7 Which is the applicable costume rule for Precision?
- a Ballet tights are not allowed.
 - b Girls must wear skirts.
 - c All skaters have matching costumes.
 - d Headdress of any sort is not allowed.
- 8 A step-in wheel manoeuvre is one where, e.g.
- a Two spokes become one.
 - b Three spokes split into six.
 - c Four spokes become two as the centre people step from one spoke to the adjacent spokes.
 - d Four spokes become six as the centre people split off and make new spokes.
- 9 What is the current warm-up/skate on rule?
- a 1 minute 30 seconds and finish in starting position.
 - b 2 rounds of the floor first.
 - c 30 seconds from the marshalling are to get into start position.
 - d A full routine practice without music.

10. What should a coach advise skaters to do should a skater fall during a competition routine?
- a Stop what they're doing and get the skater up and into position.
 - b Keep going with the routine and the skater is to catch up as soon as possible.
 - c Immediately go to see the referee.
 - d Fall down with the skater so the team gets a chance to re-skate.
11. When skating in a block
- a All skaters must be in a line.
 - b All skaters must be connected.
 - c Only square shapes are allowed.
 - d Skaters must maintain equal distance from every the skaters around them at all times.
12. The most important aspect of a wheel manoeuvre is
- a The lines rotate around a fixed point.
 - b The lines must connect.
 - c The lines must be straight.
 - d All heads must be to the centre.
13. What single option can **most** increase the level of difficulty of a routine
- a Having a less secure handhold.
 - b Including more skaters in the team.
 - c Putting in some more backwards skating.
 - d Adding original moves to your choreography.
14. What is the number of the medal test that is required for Oceania qualification that does **not** have an additional skater requirement .
- a 3
 - b 4
 - c 2
 - d 6
15. In the best transitions
- a All skaters do the same thing.
 - b Speed and flow of the routine is not disrupted.
 - c It takes a long time to get from one formation to another.
 - d You can change hand hold.
16. Which of the following manoeuvres would **not** be suitable for an inexperienced Precision team?
- a 2 spoke pass through
 - b A forward-skated block down the long axis
 - c Forward footwork or dance steps
 - d S Pinwheel

- 17 In a 3 spoke pinwheel, the angle between the lines should be
- a 20°
 - b 60°
 - c 180°
 - d 120°
- 18 During a competition, one skater has a problem with a shoulder strap on her costume coming undone. There is a strap on the other shoulder that is still secure. She should:
- a Immediately skate off the floor.
 - b Tuck it away and continue with the routine.
 - c Continue skating with the strap hanging loose.
 - d Try to tie it back in place while continuing with the routine.
- 19 When a Precision team skates a medal test, which skaters must wear their Artistic numbers?
- a The whole team.
 - b Those who are skating the test.
 - c Only the team leader.
 - d None of the team.
- 20 Which of the following apply to the choice of music for a Precision team?
- a Music must be suitable for Precision skating.
 - b The music must be suitable for the age of the skaters.
 - c The music must be suitable for the ability of the skaters.
 - d All of the above.
- 21 While your team is skating in an event, one skater loses a toe stop. The team leader calls a halt to the routine and should then.
- a Lead the team back to the marshalling area.
 - b Tell the team to leave the floor while the leader reports to the referee.
 - c Hold the team on the floor while reporting to the referee.
 - d Continue skating and hoping to avoid the toe stop.
- 22 Which of the following is **not** considered by the judges for the Technical Merit mark
- a Variety of elements and formations.
 - b Placement of formation and manoeuvres in the utilisation of the skating surface.
 - c Neatness of appearance, including costume.
 - d Difficulty of programme.

- 23 Why is it important for everyone to skate their best during a medal test, even if some of the team have already passed the test?
- a So that the judges remember and give them a better competition mark next time the team competes.
 - b Because it is a team situation and it is important that everyone always does their best.
 - c Because the skaters taking the test are disadvantaged if the other team members don't perform well.
 - d Both B and C.
- 24 In a Precision event, the accepted signal that the team is ready to skate their routine in a competition is:
- a The whole team bows to the judges
 - b One member of the team raises an arm
 - c The event referee blows their whistle
 - d The music controller announces the music is on
- 25 The Interruption of skating (Broken Skate Rule) covers which of the following?
- a Outside interference
 - b Mechanical Failure
 - c Official Error
 - d All of the above

Name _____

Please use extra sheets of paper if required. Make sure your name and discipline is on the extra sheets

Short answer questions.

- 1** Describe how you would teach a **new** team to perform a line (kickline) manoeuvre

- 2** Draw and/or describe a routine suitable for a team of 10 skaters, aged from 9-13, to skate for their Number One Medal Test

Use the next page to draw your diagram if you choose that option.

- 3** Your team of eight skaters has a block formation in their routine. Explain, using a diagram and numbered steps, **one** way that the team can skate the block around a corner. Include in your answer whether the block is changing **direction** or **configuration**.

Use this space to draw your diagram.

- 4 From the **NZFRS Artistic Rules**, quote the rule and its number that determines the grade of a team where there is a wide age range.

- 5 List the judging points in a Precision routine.

- 6 Choose **one** of the options below. Describe a transition you could get your team to do and how you would explain this to the team
- a kickline to circle, or
 - b 2 spoke to a block, or
 - c pinwheel to pass-through, or
 - d S-wheel to a 3-spoke.

- 7 From the diagram and notes on **3B Forward Perimeter Power Crossover Stroking**, what could be one of the common faults with performing this exercise?

8 You are coaching a new team and the first manoeuvre you want them to learn is a circle. Explain how you would go about this, including possible holds, the ideal shoulder and body positions as well as any issues that could arise in this situation regarding shape and speed of rotation.

9 In a team situation it is not unusual to find one skater who has difficulty complying with the standards that the rest of the team follow. This can create problems within the team if allowed to continue. Give an example of this (e.g. someone who is always arriving late and disrupting the coaching session) and a possible solution to the issue.

- 10** Explain and/or diagram how you would coach a team to perform a splice manoeuvre. Assume that this is either the first time the team has done this, or they have been unsuccessful with this manoeuvre in the past and need a new approach to it.

Use this space to draw your diagram

ASSESSOR ONLY (A mark of 85% is required for a pass of this test)

PASS / FAIL

EXAMINER: _____
Signature

Print Name: _____