

Coaching

The Department of Sport and Recreation supports the active involvement of well-trained, skilled and informed people delivering coaching services at community level through to supporting elite athletes. Good quality coaching will ensure that participants' experience in sport and recreation is positive, safe and fun.

Background

As at May 2005, WA has 78,314 accredited coaches through the National Coach Accreditation Scheme listed on the Australian Sports Commission's coaching database; they are distributed as follows:

		<i>Level 1</i>	<i>Level 2</i>	<i>Level 3</i>	<i>High Performance</i>
Males	52 661	47 531	4 168	958	4
Females	25 653	24 118	1 394	141	0

In 2004, 30.1 per cent of adult Western Australians were involved in organised sport or physical activity, in either a playing or non-playing role. Of these, 64,900 (4.2 per cent) were involved as a coach, instructor or teacher. Of those involved as a coach, instructor or teacher, 14,200 (21.9 per cent) received some remuneration and 50,700 (78.1 per cent) were voluntary.¹

Coaches are role models in their communities and therefore play a crucial role in the development of players, sport and general participation. Furthermore, it has been shown that coaches have a dramatic impact on participants' decisions in regards to life-long involvement in physical activity.

Coaches have the responsibility to:

- access best practice strategies and information in relation to their sport;
- deliver material that is relevant and appropriate to players' development level; and
- deliver material that aids in the sequential learning of the participant.

Coaches must also ensure that their behaviour is beyond reproach and that they act as good role models. This also pertains to the behaviour of spectators and parents who are supporting the players. The aim is to promote and reflect positive behaviour in support of coaches.

It is the role of DSR, in association with SSAs and local government, to provide opportunities to allow coaches to further their education and experience.

¹ Australian Bureau of Statistics. (2004). *Involvement in organised sport and physical activity*. (No. 6285.0) Canberra, Australian Capital Territory: ABS p.17.

Training should be a balance of nationally accredited courses, workshops, access to the latest research and mentoring opportunities. These educational opportunities should be delivered in a variety of ways (e.g. face to face, electronic and print) to ensure access for all Western Australians.

Definitions

Trained Coaches – those coaches who possess appropriate skills to develop sporting skills in a safe and positive environment.³ Accreditation can be achieved through previous experience, completion of a National Coaching Accreditation Scheme course or other educational opportunities such as Vocational Education and Training and tertiary courses.

National Coaching Accreditation Scheme – a national framework for the development and delivery of accredited coaching courses.

High performance coaches – those above level three; definition varies from sport to sport.

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Resources

Australian Bureau of Statistics. (2004). *Involvement in organised sport and physical activity*. (No. 6285.0) Canberra, Australian Capital Territory: ABS.

Useful Websites

Department of Sport and Recreation – Coaching information
<http://www.dsr.wa.gov.au/programs/coaching/courses.asp>

³Australian Sports Commission – Coaching information
<http://www.ausport.gov.au/coaches.asp>