

# The Royal Caledonian Curling Club

## Level 1 Coach Course



### Accreditation process for Level 1 Coaches.

Once the candidate has attended the Level 1 Coach course, a minimum 10hrs practical coaching experience is required.

During the 10hrs experience, candidates should

- shadow another qualified coach – min x2 sessions.
- deliver part of a session supervised by another qualified coach – min x2 sessions.

Candidates will need to complete their accreditation paperwork to create a portfolio of evidence. This will include;

1. Current Contact details
2. The *Practical Coaching Record* completed for a minimum of 10 hours. A minimum of x4, session plans should be submitted with the *Practical Coaching Record*. The session plans that are submitted, should have been created in partnership by the lead coach.
- 3 Session review– shadow.
  - Candidate shadows another qualified coach (Level 1, Accrediting Level 2 Coach or Level 2 Coach), identify some good practice that they would like to adopt and complete the relevant form. The candidate and qualified coach should work together, in the same area with the same group of players, giving the candidate the opportunity to listen and observe.
- 4 Session review – supervised.
  - Candidate delivers part of the session being supervised, and their performance evaluated, by a level 2 coach (Accrediting Level 2 Coach or Level 2 Coach) and both complete the relevant form.

Candidates will be required to submit their completed accreditation paperwork to the RCCC within **one year** of attendance at the course.



## Accreditation Paperwork

### 1 Current Contact Details

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Ice Rink \_\_\_\_\_

Course Date \_\_\_\_\_

### 2 Practical Coaching Record

Date	Venue	Activity	Duration	Session Plan Submitted	Lead Coach Signature

### Declaration

I, \_\_\_\_\_ certify that the information detailed above and attached is a true record of my coaching practice and I have now completed the requirements for the RCCC Level 1 Coach qualification.

Signed  
(Candidate)

Date: \_\_\_\_\_

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### 3 Session Review – Shadow (1 of 2)

To be completed by trainee Level 1 Coach and signed by the qualified coach.  
Attach relevant session plan.

Session	
Venue:	
Session outcome / goal	
What went well during session?	
Did anything not go according to plan during the session?	
While shadowing your qualified Coach identify, & provide details on, good coaching practice that you would adopt?	
Name of qualified Coach	Name of trainee Level 1 Coach
Date	Date
Signature	Signature

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<p><b>3 Session Review – Shadow (2 of 2)</b>          To be completed by trainee Level 1 Coach and signed by the qualified coach.          Attach relevant session plan.</p>	
Session	
Venue:	
Session outcome / goal	
<p>What went well during session?</p>	
<p>Did anything not go according to plan during the session?</p>	
<p>While shadowing your qualified Coach identify, &amp; provide details on, good coaching practice that you would adopt?</p>	
Name of qualified Coach	Name of trainee Level 1 Coach
Date	Date
Signature	Signature

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<p><b>4 Session review – Supervised coaching delivery (1 of 2)</b> To be completed by trainee Level 1 Coach and supervising qualified coach. Attach relevant session plan.</p>															
Session															
Venue:															
Session outcome / goal															
What element / part of the session plan did the trainee Level 1 Coach deliver?															
What went well during session?															
Did anything not go according to plan during the session?															
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