

## LEVEL 1 COACHING ACCREDITATION

Time: 10:00pm – 2:00pm

Date: Thursday 11 April 2019

Location: Brimbank Park,

Keilor Park Dr. East Keilor



The Level 1 course is ideal for orienteering coaches intending to work with beginner and intermediate participants. Coaches focus on preparing athletes to progress through moderate toward hard navigation skills. Coaches learn to develop a friendly, supportive and social coaching environment.

### Activity

This is a single session coaching accreditation course that will involve an initial indoor seminar followed by practical activities in the adjacent parklands.

At the completion of the course, participants will:

- Organising and setting practical navigation training activities
- Developing and progressively challenging athletes
- Building success through self-awareness and analyses.
- Developing and monitoring physical and mental frameworks for athlete progression as well as the confidence to approach and engage orienteers of all abilities.
- Knowledge of resources available for conducting such exercises.

This course can be recognized for credit toward achieving a level 2 coaching accreditation.

### Course Requirements

In addition to attending this course you will need to:

- Complete the free online "[Community Coaching General Principles Certificate](#)".  
*Teachers do not need to complete the online course.*
- Possess a current Working with Children Check (or teacher registration)
- Be a member of Orienteering Victoria (or another state orienteering association)

### Course Fees

- Free for Orienteering Victoria Members

You can sign up for the event through [Eventor](#) or contacting [the office](#) directly (best for school-invoicing).

All course materials will be provided by Orienteering Victoria.

Please bring appropriate clothing for both the seminar and practical orienteering activities.

Be prepared for both hot or wet weather and bring ample water and food. The park café may not be open.

### Directions

We will be meeting at the Leaping Lizard Café. The café is located at the north-eastern end of Car Park A (adjacent to the Visitor Information Centre). Enter the park on "Brimbank Road", off Keilor Park Drive.

The venue is 4km from Keilor Plains train station. The park is accessible via a number of bus routes including the 421 and 476; visit [ptv.vic.gov.au](http://ptv.vic.gov.au) for more info. If you need assistance with transport please contact the activity organizer.

Who will your coach be?

Rob Fell (Level 2 Coach)

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