



Level 1 Flatwater Coach

Level 1 Flatwater Coaching Course: The National Coach Accreditation Scheme (NCAS) Level 1 Flatwater Coaching Course is an introductory course for beginner coaches. It provides the expertise to coach at school, club and State level. This is the most important area for the development of any sport.

It aims to develop practical coaching knowledge and skills for the beginner coach. The course also complements the Coaching General Principles Level 1 course.

The course aims to educate coaches to improve the sports performance of a Flatwater Athlete / Team. When assessment criteria is completed, a coach will be a nationally recognised NCAS Level 1 Flatwater Coach.

Level 1 Flatwater Coaches are qualified to coach Sprint or Marathon Canoeing on flatwater

To obtain the accreditation, candidates must fulfil the assessment requirements, attend a two day Level One Course incorporating General Principles of Coaching and Sport Specific Coaching, maintain a coaching diary for a minimum of twelve weeks and be assessed by a Level 2 accredited canoe coach.

Enrolment Prerequisites: Completed the NCAS Level 1 Coaching Principles Course

Be able to apply simple kayaking skills in any craft on Flatwater or have achieved a ACAS Basic Skills Award

Signed Coaches Code of Conduct

Current Senior First Aid Certificate or equivalent and CPR certificate

Current AC Coach Membership

The candidate must provide the Course Coordinator with evidence of achieving the Level One Coaching Principles Award and simple kayaking skills before the commencement of the course.

No previous coaching experience is required.

Candidates must obtain a recognised first aid qualification before being eligible for Level 1 Accreditation. This can be obtained post course.

Study Topics / Course Content:

- Flatwater Safety
- Physical Conditioning
- Basic Paddling Skills
- Teaching Sports Skills and Coach Communication Techniques
- Planning
- Stroke Analysis
- Coaching Tools
- Equipment
- Team Boats
- Introduction to Racing
- Drugs in Sport

Assessment: Each candidate must display competence in each unit of assessment criteria. Following is a list of assessment methods.

Practical Observation: Maintain a Coaching Diary for 12 weeks

What to Bring:

- Copy of Qualifications (not already submitted)
- Pen and notebook
- Paddling equipment /coaching gear to go on the water
- If you should require further details about the NCAS Level 1 Coaching Course please contact your State Association.

Resources

Sprint Canoe Coaching [\[More Info\]](#)

This excellent instructional program includes discussion on psychological, physiological and technical aspects. Also outlined are common faults, team boats, talent ID and competition. Available in PAL (Australia) and NTSC (USA) versions.

\$45.00