



Level 2 Flatwater Coach

Level 2 Flatwater Coaching Course: The National Coach Accreditation Scheme (NCAS) Level 2 Flatwater Racing Coaching Course has been designed to provide experienced coaches with Specific knowledge and complements the Coaching General Principles Level 2 course.

The course aims to educate coaches to improve the sports performance of a Flatwater or Marathon Athlete. When assessment criteria is completed, coaches will be nationally recognised NCAS Level 2 Flatwater Coach. Level Two Sprint Coaches are qualified to coach Sprint Canoeing on flatwater. To obtain the accreditation, candidates must fulfil the assessment requirements, maintain a coaching diary for a period of twelve months under the guidance and supervision of a mentor, attend an ACC Level 2 General Principles Coaching Course (approx - 30 hours) and a Sport Specific Coaching course (approx - 28 hours).

Enrolment Prerequisites:

- Completed the NCAS Flatwater specific Level 1 Coaching Course
- Completed the NCAS Level 2 Coaching Principles Course
- Logged 2 years of coaching experience after obtaining a Level 1
- Signed Coaches Code of Conduct
- Current Senior First Aid Certificate or equivalent and CPR certificate
- Current AC coach registration

Study Topics / Course Content:

- Equipment
- The Racing Stroke
- Technique Coaching
- Kayak Training Program
- Strength Training
- Sports Psychology
- Advanced Racing
- Advanced Marathon Racing
- Administration and Racing Rules
- Drugs in Sport
- Coach Effectiveness

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

- Written Assignment
- Conduct a Technique Analysis
- Write a 12 month periodised training plan
- Research Project
- Coaching Diary that reflects the 12 month plan

What to Bring:

- Copy of Qualifications (not already submitted)

- Pen and notebook
- Wet Weather/coaching gear to go on the water
- If you should require further details about the NCAS Level 2 Coaching Course please contact Australian Canoeing.