

Senior Club Rugby League (SCC)

(Level 2)

Coaching Course

18th - 21st January 2010

All Participants Receive:

Top class tuition from High Quality presenters

Shared Motel Room accommodation

All meals

All Course Texts and handouts

National Accreditation (*upon successful completion*)



The Course fee of \$475.00 covers everything.

The SCC Course is ideal for coaches of Junior Representative team's and Grade coaches as it not only takes the coach into advanced coaching methods, but also the sports science side of coaching. Topics covered include:

Movement Analysis		Conditioning for Rugby League
Advanced Ball Skills		Analysing Performance
Legal responsibilities		Sports Safety
Scrummaging		Food, Nutrition/Lifestyle
Performance Psychology		Planning the Whole Program
Principles & Patterns of attack and defence and more		

Eligibility:

All candidates must be over 18 years and have had a minimum of 2 seasons coaching with the Club Coach (*Level 1*) Coaching Certificate, have or gain a LeagueSafe (*or equivalent*) First Aid certificate and be coaching in 2010 a team of 15 years of age or older.

Applicants:

Applications for the Senior Club Coaching (*Level 2*) Course must be received by the NSWRL Academy by no later than **20th November 2009**. The course has a maximum of 30 participants and a deposit of \$50.00 is required to secure a position in the course.

Location:

Sydney Academy of Sport, Wakehurst Parkway, Narrabeen.

For further information, contact:

NSW Rugby League Academy

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Narrabeen NSW 2101

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Australian Government

Australian Sports Commission