

POLICIES

Sports Credentials Pty Ltd has several Coaching Policies of which all athletes and parents should be aware. All athletes wishing to join the Sports Credentials training squads should first contact the Principals, Peter or Sharon Hannan, to determine whether places are currently available in the squads.

All Athletes

- MUST be registered with an Athletics Club or they cannot be coached by Sports Credentials.
- will be on 'probation' for up to four weeks when they first join a squad.
- are required to participate in the group warm-up, including DRILLS at the beginning of each session.
- should endeavour to arrive at the venue at least 5 minutes before the scheduled session starting time.
- are required to report any injuries or “niggles” to the coach.
- should have joggers, water, towel, hat, sunscreen and another layer of clothing at EVERY session.
- **should endeavour to have a high GI food or a sports drink immediately following training.**
- are required to pay “monthly” fees by the second session of each calendar month.
- should notify us of any change in contact details (particularly for parents and for emails).
- must pay the GCCC facility fee upon arrival at the venue and MUST NOT start their warm-up until the GCCC band is attached to their wrist or ankle.
- should respect **all** users of the track, not just their fellow squad members.
- are encouraged to wear suitable footwear. For track and jumps athletes this means spikes with a small heel, not moulded bottoms, which are more suitable for elite level competition.
- will advise the coach if they will be away for more than one or two sessions
- will advise the coach of their other physical activities, such as other sports or dance or work so that this can be taken into consideration when designing sessions
- will have a break of at least 3 to 6 weeks a year usually in April/May (Junior athletes will have another break in December/January). **Resumption dates will be determined by the coaches.**

All coaches

- will hold current “Positive Notice Blue Card for Child Related Employment”.
- will hold current coaching accreditation with Athletics Australia.
- will hold current Professional Indemnity and Public Liability Insurance.
- will be available before or after sessions to discuss issues with parents.

Parents

- are welcome to observe training sessions. However please leave questions until the end of session.
- are asked to advise the coaches if they have objections to their child being video taped
- are advised this is an all-weather facility and sessions are rarely cancelled. However, the decision to train, or not, is left entirely to the athlete and parent. On some occasions High Jump or Hurdles may be replaced by sprints or conditioning activities if weather conditions render it unsafe to carry on.
- are encouraged to discuss their child’s progress with the coaches.
- are asked to volunteer their services at the competitions here at the track. They are conducted for the benefit of local athletes but we need local officials. *We will attempt a roster system this year.*
- are advised that a full month of coaching fees is payable for athletes making Australian Champs, in the month of the Champs.

Sports Credentials

- will endeavour to ensure the attendance of at least one coach at all State and National Championships for athletes in the senior squad, and State and National Schools Championships for athletes in the secondary squad. To support our squad athletes we will also endeavour where possible to have coaches attend Little Athletics State Championships, Little As Nationals and Zone/District/Regional Championships.
- maintains the right to refuse to coach any athlete due to obvious injury, disruptive behaviour, disrespect, bad sportsmanship or other appropriate reasons. This may also include athletes whose parents organise extra sessions for their children without advising Sports Credentials coaches - athlete safety, and prevention of overtraining and/or athlete burnout, are of paramount importance.
- will employ extra coaches if squads get too large.
- may review and alter session times and/or days if necessary.
- will NOT accept new athletes into squad training sessions for a 2-week period before Districts/Zones/ Regionals, for a 3-week period before State Championships, or for a 4-week period before National, or other major Championships. This is for the best interests of those athletes who have been training consistently with the squad. New athletes require extra time and effort from the coaches. This time and effort is best directed to those athletes who already have shown dedication to training.
- will ensure all coaches are furthering their knowledge and updating their skills regularly.
- will provide regular competition opportunities, for athletes aged 13 and over.
- will ensure that any changes to session times or availability of coaches etc will be advised immediately on the website (www.sportscredentials.com.au).

Junior & Senior Squad Athletes

- are strongly urged to participate in Sprints if attending Hurdles or Jumps sessions.
- should avail themselves of the competition opportunities offered at the facility.
- are expected to set a good example to younger athletes in their behaviour, their use of language and their treatment of officials and other athletes.
- are expected to provide their coach with a copy of their gym program if it has not been designed by their Sports Credentials coach.
- following Qld All Schools Championships, there will be only one session of Flop high jump on both Mondays and Wednesdays for the Junior squad athletes. This will be at 4pm.
- Senior squad athletes are expected to compete at least to State level of Clubs Championships (there is no qualifying performance required - State Champs are open to all registered athletes) and in relays etc.