

Level 3 Coaching Course 2013 – Course Information

The Australian Rugby Union Level 3 Coaching Course is designed to provide identified coaches with advanced education and development that will enhance their ability to perform effectively in high level competitions throughout Australia. It is the aim that all accredited Level 3 coaches are creative as well as being knowledgeable, so that the game can benefit from the individual enterprise of both themselves and their players.

Course Structure:

The course is comprised of a pre and post season live in camp, in season assessment tasks and ongoing personal development requirements.

Camp 1: Australian Institute of Sport, Canberra

Thursday 17th January 2013 to Sunday 20th January 2013

Camp 2: Narrabeen Academy of Sport, Sydney

Thursday 24th October 2013 to Sunday 27th October 2013

Course Content:

The course content is aimed at the holistic development of all coaches in attendance and consequentially is comprised of both rugby specific and coaching modules. Delivery will be varied and module topics will include:

Rugby Specific Modules	Coaching Modules
<ul style="list-style-type: none"> • Game and tour analysis • Attacking structures and shape • Defensive structures and patterns • Contact and tackle contest • Individual skills coaching • Restarts • On field peer coach evaluation • Talent Identification & Development • Player welfare – nutrition and recovery • Performance Recovery 	<ul style="list-style-type: none"> • Skill Acquisition • Coach development and lifecycles • Learning Behaviours • People management • Performance analysis • Sport Psychology • Managing High Performance Teams • Biomechanics and movement analysis • Leadership in sport • Developing decision makers in sport

Course Delivery:

Modules will be delivered by content experts comprising of professional coaching staff from the ARU and State Union High Performance Units, elite coaches from other sports, expert technicians from leading sport institutions such as Australian Institute of Sport and academic experts from leading Australian Universities.

Assessment Tasks:

Successful completion of the Level 3 course will require participants to attend fully both live in camps and receive a pass mark on the following ARU assessment items:

- Coaching context analysis
- Annual training plan
- Self-reflection and personal development action plan
- Season review and board report
- Case study problem solving task

For the first time the 2013 Level 3 course will include Continual Professional Development modules delivered and assessed externally by the University of Queensland. The two compulsory CPD modules for 2013 Level 3 course are:

- UQ CPD Module #1 - Talent Identification & Selection
- UQ CPD Module #2 - Long Term Player Development

Course Fees:

A course levy of A\$950.00 (GST incl.) per participant either from successful applicants or their club/school is required by Friday 14th December 2012. The ARU covers all other costs including, where applicable, flight transfers, accommodation, meals, hire fees, consultant costs, assessment and all course materials.

Nomination Details:

For coaches wishing to nominate, they must meet the following criteria:

- SmartRugby compliant
- Possession of a current ARU Level 2 Coaching Accreditation
- Recent completion of professional coach development (e.g. attended an Advance Coach Seminar, relevant tertiary education, formalised mentoring program)
- Experience coaching at Premier Grade, Senior Representative, First division, School Boy representative or equivalent level
- Potential to coach at the elite level
- Intent to keep coaching domestically for the next four year period
- Willingness to continue to develop personal coaching ability
- Preparedness to assist in ARU Player Development Programs
- Commitment to fulfilling a coach mentor role for future Level 3 Coach Accreditation participants

To nominate coaches are required to complete a Level 3 Coaching Course Nomination form, compile a coaching curriculum vitae and submit these documents to their identified State Union Coaching Manager / General Manager no later than **Friday 16th November 2012.** Contacts details of each State Union are provided below:

<p align="center">Queensland Rugby Union</p> <p>Rob Donaghue – Game Development Manager 231 Butterfield St, Herston, QLD 4006 E: Robert.Donaghue@qru.com.au T: 07 3354 9359</p>	<p align="center">New South Wales Rugby Union</p> <p>Michael Doyle – Community Operations Manager IBM Centre, Sydney Football Stadium, Driver Avenue, Moore Park NSW 2021 E: Michael.Doyle@rugby.com.au T: 02 9323 3431</p>
<p align="center">Brumbies Rugby (ACT)</p> <p>Craig Leseberg – Coaching & Development Manager Austin St, Griffith, ACT 2603 E: C.Leseberg@Brumbies.com.au T: 02 6260 8588</p>	<p align="center">Victorian Rugby Union</p> <p>Matt Tink – Rebel Rugby Manager Visy Park Gate 3, Royal Parade, Carlton North VIC 3054 E: matt.tink@melbournerebels.com.au T: 03 9221 0716</p>
<p align="center">RugbyWA (Western Australia)</p> <p>Andrew Hill - Manager Community Rugby 203 Underwood Ave, Floreat, WA 6014 E: Andrew.Hill@rugbywa.com.au T: 08 9387 0705</p>	<p align="center">South Australian Rugby Union</p> <p>Carl Jones – Rugby Manager Memorial Drive Complex, War Memorial Drive North Adelaide, SA 5006 E: carl.jones@sarugby.com.au T: 08 7070 6940</p>
<p align="center">Tasmanian Rugby Union</p> <p>Greg Sawyer Rose Bay High School Kaoota Road Lindisfarne, Tasmania 7015 E: gregory.sawyer@education.tas.gov.au T: 0414 901 034</p>	<p align="center">NTRugby (Northern Territory)</p> <p>Andrew Crozier - Chief Executive Officer Austar Rugby Park, Abala Road, Mararra, NT 0810 E: andrew.crozier@ntrugby.com.au T: 08 8945 1444</p>

Selection Process:

Please be advised there is no quota system for selection into the program. The process to be followed is as follows:

1. Coaches apply through their State Union Coaching Manager / General Manager where their application is checked – *due 16th November 2012.*
2. State Unions prioritise, within their State, their coaches and submit to ARU – *due 23rd November 2012.*
3. The ARU collects all applications from each State Union, and then discusses each application with them. Interviews of potential participants are held if required.
4. In consultation with the State Union, the ARU selects the final candidates. There is an absolute maximum intake of 15 coaches to ensure quality individual development can occur.
5. All applicants who apply are notified by the ARU whether they have been successful or not – *due 10th December 2012.*
6. Participants confirm their attendance through payment of the A\$950 course levy – *due 14th December 2012.*



The Level 3 Consultancy group, made up of Australian Rugby Union Community Rugby and High Performance delegates will select the best age grade (U16 and above) and senior grade coaches and coach educators to attend this course, with a view of ensuring a national development of Rugby.

Level 3 Accreditation:

Level 3 accreditation will be achieved by participants who attend all face-to-face modules of both live in camps and successfully pass all required assessment tasks.

Post Level 3 Development:

Ongoing development opportunities may be made available to selected coaches post completion of their Level 3 accreditation.

More Information:

For more information please visit www.rugby.com.au or contact the Matthew Wilkie, Manager – Coach Development at the Australian Rugby Union.

Matthew Wilkie

Australian Rugby Union, Ground Floor,
29-57 Christie Street, St Leonards NSW 2065

T: 02 8005 5603

E: matthew.wilkie@rugby.com.au