

# Professional Coaching Structure & Professional Coaches Association



*ASCA Inc*

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## About the ASCA

The ASCA is the Peak Body for Strength and Conditioning Professionals in Australia and is the only Strength and Conditioning Association that has programs registered with the National Coach Accreditation Scheme administered by the Australian Sports Commission.

The ASCA aims to provide high-level professional support, development and research opportunities while continuing to enhance the educational opportunities for S and C Coaches.

The ASCA is recognized internationally as an industry leader via international affiliates in USA/UK/ASIA/NZ.

## Overview of the ASCA Professional Coaching Structure:

- To provide a professional accreditation & recognition structure for S and C Coaches within the ASCA that distinguishes the professional coach from the “week-end warriors and the fly by night” S and C Coaches and personal trainers.
- Encourages a high level of competencies and raises the quality of strength and conditioning programs
- Members of the ASCA Professional Coaches Association continually strive to improve their education and knowledge by staying on top of new technologies and sports performance techniques.

## The Application Process

### Step 1: Application

- Complete the application form and send to the National Office together with all relevant supporting information and application fee

### Step 2: Assessment

- Applications will be reviewed by the Assessment Panel which will compare the evidence provided with the competencies required. The Assessment Panel will decide whether the applicant has partially or wholly met the requirements of the level applied for.

### Step 3: Notification

- The National Office will notify the applicant as soon as practicable the outcome of the decision of the Assessment Panel.
- Once approved the applicant will receive the appropriate certification and will be included in the ASCA Professional Coaches Association and listed on the ASCA Website. Have access to all benefits of the Professional Coaches Association including: (Provided ASCA Membership is current)
  - Reductions on registration to the ASCA National Conference
  - Reduction on ASCA Annual Membership fees
  - Reduced registration to ASCA Updating Seminars
  - Discount on ASCA Products
  - Access to ASCA Member Benefits Partnership Discounts.

## What Level to Apply for?

***All Applicants must be Current Members of the ASCA.***

It is the responsibility of the applicant to provide sufficient evidence to support their application and must cover all areas of competencies of the level they are applying for, as set out in the criteria below. All applicants must have their application verified by a higher Level Pro Structure Registered Coach with the exception for Master Level Coach applicants who must have their application verified by a Pro Structure Master Coach.

<b>INTERN (ASCA PSI Level)</b>	
<b>Criteria</b>	<b>Evidence Provided (please summarise evidence provided here)</b>
1) Accredited Level 1 ASCA Coach	
2) Assistant within a HP or High School S and C program	
3) Completed 100 hours of Volunteer S and C Coaching	
4) Involved in the mentoring process with a Graduate or High Level ASCA Professional Coach	

## **GRADUATE (ASCA PSG Level)**

<b>Criteria</b>	<b>Evidence Provided (please summarise evidence provided here)</b>
1) Attended and completing Level 2 ASCA Coach Accreditation	
2) Completed 1 year in a HP or High School S and C Program	
3) Completed 100 hours of Practical S and C Coaching	
4) Physically taken a program through a 6 month preparation	
5) Provide a 6-month training program for a given sport/individual	
6) Demonstrated ability to teach core lifts	
7) Mentoring an ASCA Intern Level Coach	

## PROFESSIONAL (ASCA PSP Level)

Criteria	Evidence Provided (please summarise evidence provided here)
1) Accredited Level 2 ASCA Coach	
2) Completed a minimum of 2 years in a HP or High School S & C Program	
3) Completed 1000 hours of Practical S and C Work	
4) Competent in a practical setting delivering a training session to inexperienced and experienced athletes (evidence to be submitted via DVD)	
5) Presented in a workshop setting a plan of attack for a given training scenario to a panel and/or open forum	
6) Provide a program showing 2 preparation cycles (2 x 6 months) which includes the initial and actual plan	
7) Demonstrated ability to utilize sport specific exercises within programs	
8) Provide evidence of ongoing competencies in flexibility, conditioning, core lifts, speed and recovery (E.g. workshops/courses/seminars)	
9) Mentor an ASCA Graduate Coach	

## ELITE (ASCA PSE Level)

Criteria	Evidence Provided (please summarise evidence provided here)
1) Attended and completing the Level 3 ASCA Coaching Course	
2) Completed a minimum of four (4) years in a HP S and C Program (E.g. working with professional athletes who derive their income from sport)	
3) Provide multiple 12 month preparations, demonstrating quantitative and qualitative changes in performance	
4) Provide a program showing 2 preparation cycles including initial and actual plan	
5) Completed 1000 hours of Practical S and C work	
6) Delivered a presentation on any S and C topic at the ASCA National Conference	
7) Hold or has held a S and C Management role in a HP S and C Organisation	
8) Mentor an ASCA Professional Level Coach	

## MASTER (ASCA PSM Level)

Criteria	Evidence Provided (please summarise evidence provided here)
1) Accredited Level 3 ASCA Coach	
2) Completed a minimum of eight (8) years in a HP S and C Program (E.g. working with professional athletes who derive their income from sport)	
3) Evidence provided in relation to education/mentoring/leadership abilities in S and C	
4) Coached multiple medal/potential elite athletes to highest competition level. (E.g. Olympic/Commonwealth Games, World Championships and/or Professional Teams) across different sports	
5) Significant contribution to S and C field in a practical, educational and structural setting	
6) Delivered a Major Presentation on any S and C topic at the ASCA National Conference	
7) Provide evidence of ongoing competencies in the areas of flexibility, conditioning, core lifts, speed and recovery	
8) Mentor an ASCA Elite Level Coach	

I hereby verify that \_\_\_\_\_

Has met the criteria for ASCA Pro-structure Level \_\_\_\_\_ as set out in the information above.

Print Name - \_\_\_\_\_ Pro-structure Level - \_\_\_\_\_

Signed - \_\_\_\_\_ Date - \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

# Application Form

## Section 1: Personal Information:

Name: \_\_\_\_\_

Organisation : \_\_\_\_\_

Position: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (M) \_\_\_\_\_

Email: \_\_\_\_\_

## Section 2: Level Applying For (please tick only 1 level)

Intern (PSI)  Graduate (PSG)  Professional (PSP)

Elite (PSE)  Master (PSM)

## Section 3: Complimentary Polo Shirt Size

Small  Medium  Large

X-large  XX-Large

## Section 4: Application Fee and Payment Details

Fee: \$55.00

### Method of Payment:

Cheque  Money Order  Visa  MasterCard

Credit Card No: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

***Please note a 2.5% Surcharge Applies to all Credit Card Payments***



## Membership Renewal/Application Form

*All Applicants for the Pro Structure must hold current membership in the ASCA. To renew or join please complete the Membership Form Below.*

I would like to join / renew membership in the Australian Strength and Conditioning Association.

My details are as outlined above in my Professional Coach Structure Application Form

### Do you wish to be listed on the ASCA website under 'find a coach'?

*(You must be a current member of the ASCA and hold a minimum of Level 1 Coach Accreditation with the ASCA)*

YES  NO

### Membership Subscription Fees:

New Individual Membership:	\$95.50 Inc gst
Renewal Individual Membership:	\$88.50 Inc gst
New Student Membership:	\$82.50 Inc gst
Renewing Student Membership:	\$72.50 inc gst

(Copy of student ID must be provided each year to be eligible for student membership fees)

### Method Of Payment:

Cheque  Money Order  Visa  MasterCard

Credit Card No: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

***Please note a 2.5% Surcharge Applies to all Credit Card Payments***



