

Fast Track for Female Coaches

*An intensive coaching and leadership
course for females on a coaching career path*



Sport NSW
The Voice of Sport



Pathway to Elite Coach Program

UNDERSTANDING YOUR COACHING PHILOSOPHY

Week one - 6pm - 8pm, Tuesday, 30 April 2024

(Note: week 1 only will take place on a Tuesday evening)

Face to Face - ACPE, 10 Parkview Drive, Sydney Olympic Park

This session will be a combined session of both participants of the Community coaches course and the Pathway to Elite Coaches course

Presenter: Gareth Long, Director Program Innovation, ACPE

Guest Speaker: Amber Cross, Head Coach NSW U19 State Team, Netball NSW

Understanding your coaching philosophy

- Identifying and articulating your coaching philosophy
- Integrity, culture, and values – what makes a great coach

COACHING FOR PERFORMANCE (FTEM)

Week two - 6pm - 8pm, Thursday, 9 May 2024

ONLINE

Presenter: Juanita Weissensteiner, Principal Advisor of Talent Pathways for the NSW Office of Sport

Guest Speaker: TBA

Coaching for Performance (FTEM)

- Understanding the FTEM framework and how it relates to elite player development.
- Ability to articulate key player development milestones
- Transitioning athletes through career stages

EFFECTIVE USE OF SPORT PSYCHOLOGY

Week three - 6pm - 8pm, Thursday, 16 May 2024

FACE to FACE - West Tigers Centre of Excellence, Concord Oval, Loftus St, Concord

Presenter: Karen Haddad, Performance Psychologist

Guest Speaker: Brett Kimmorley, West Tigers NRLW Head Coach

Effective use of Sport Psychology

- Understanding sport psychology and the role it plays
- How to build player motivation and autonomy
- Understanding the role of psychology in your own coaching and performance
- Mental health and building resilience as a player and a coach.
- How to build positive relationships that enable influence.

IMPROVING PERFORMANCE

Week four - 6pm - 8pm, Thursday, 23 May 2024

FACE to FACE - NSW Rugby League, 12 Dawn Fraser Ave, Sydney Olympic Park

Presenter: Craig Whelan, Head of Performance Analysis, Wallabies, and Fraser Thurlow, Strength & Condition Coach, Swifts

Guest Speaker: Kylie Hilder, NSW State of Origin NRLW Head Coach

Improving Performance

- The role of analysis and athlete development
- Working with sport performance staff for best results
- Accessible analysis data
- What should you be focusing on
- Positive use of analysis data

MAXIMISING YOUR IMPACT AS A COACH - LEADERSHIP AND INFLUENCE

Week five - 6pm - 8pm, Thursday, 30 May 2024

FACE TO FACE - NSWIS, 6B Figtree Drive, Sydney Olympic Park

Presenter: Alan McConnell, Coach Development Lead, NSWIS

Guest Speaker: TBA

Maximising your impact as a coach – leadership and influence

- Knowing your own values proposition and being able to articulate what you bring to the table.
- Leadership styles – recognising strengths and weaknesses.
- How to maximise impact as a coach through team culture and values
- Visioning and goalsetting
- Conversational intelligence

NETWORKING EVENT

Week six - 6pm - 8pm Thursday, 6 June 2024

FACE TO FACE - venue TBA

This Network event will include participants of both the Pathway to Elite Coach course together with the participants of the Community Coach Course.

Panel Speakers:

TBA