

# *Fast Track* for Female Coaches

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



**Sport NSW**  
*The Voice of Sport*



**ACPE**  
AUSTRALIAN COLLEGE OF  
PHYSICAL EDUCATION

**Community Coach Program**

## UNDERSTANDING YOUR COACHING PHILOSOPHY

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

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

*This session will be a combined session of both participants of the Community/Schools coaches course and the Pathway/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

## UNDERSTANDING COACHING BEHAVIOURS AND COMMUNICATION

### **Week two - 6pm - 8pm, Tuesday, 7 May 2024**

ONLINE

Presenter: Gareth Long, Director Program Innovation, ACPE

Guest Speaker: Amanda Marino, Forest Rangers Football Club

### **Understanding coaching behaviours and communication**

- Identify skills to communicate with diverse groups of participants and stakeholders
- Emotional intelligence and conflict resolution
- Leadership and communication training

## UNDERSTANDING YOUR ATHLETES

**Week three - 6pm - 8pm, Tuesday, 14 May 2024**

ONLINE

Presenter: Gareth Long, Director Program Innovation, ACPE

Guest Speaker: Razzearne Muir, Basketball Coach (Bathurst) and Chrystal O'Brien  
Basketball Coach (Dubbo)

### Understanding your athletes

- Physical literacy
- Child and youth development
- Building relationships with players to get results

## SESSION PLANNING AND GROUP MANAGEMENT

**Week four - 6pm - 8pm, Tuesday, 21 May 2024**

ONLINE

Presenter: Kelly Parry, Lecturer, ACPE

Guest Speaker: Kelly Nolan, 2023 AFL Community Coach of the Year

### Session planning and group management

- Build a toolkit of coaching strategies to manage groups with diverse needs and experience.
- Engaging positive behaviour and role modelling
- Learn how to plan training sessions and identify ways to adapt sessions.
- Prioritising coaching strategy for development stage
- Strategies to engage participants

## AWAY FROM THE TRAINING SESSION

**Week five - 6pm - 8pm, Tuesday, 28 May 2024**

ONLINE

Presenter: Mike Girven, Senior Coordinator, Education Projects, NSWIS

Guest Speaker: TBA

### **Away from the training session**

- Parent and volunteer engagement
- Setting standards
- Player rotation strategies
- Everything that supports the coaching

## NETWORKING EVENT

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

*(note: this is a Thursday evening event)*

FACE TO FACE - Location TBA

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

Panel Speakers:

TBA