

COACHING  
THE FUTURE



The SSAA  
(Vic) likes to  
keep  
individuals  
informed and  
by doing this  
we have our  
website you  
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HEALTH THROUGH SPORT



# Coaching & Officials Newsletter

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## Introduction

Welcome to our latest information Newsletter for SSAA (Vic) coaches and range officers.

This newsletter will be distributed twice a year and will provide information of interest to both range officers and coaches and those who are interested in becoming a coach or range officer.

If you have any ideas or contributions for this publication please contact the State Office on (03)8892 2777 and speak to Lisa or Julie.



## Do we make Coaching Children Difficult?

We learn to do 2 of the most difficult things we ever do in our lives with no formal instruction, walk & talk. If this is the case why then do we make coaching so difficult? How do we learn to walk & talk? We copy or mimic, through observation & listening to role models. We practice a lot, & fail often, but no one tells us we can't do it. Failure never enters our head because we are given plenty of encouragement.

### The "Walk & talk" Environment

Coaching is simply the provision of this "walk & talk" environment and where appropriate, (based on the skill & experience of the coach) provision of little crumbs of information that elicits positive responses from the athlete.

### An ounce of information & a tonne of practice

In sport, we learn by doing therefore coaches need to provide the minimum amount of information & plenty of practice. The coaches job is predominantly observing, so stand back & watch your athletes perform, positive reinforcement should be provided & corrections implemented in a discrete & supportive manner.

### Disabling helpers

Well intentioned coaches can be a barrier to learning by constantly trying to help the athlete accelerate their development rather than allowing them to discover for themselves. If the coaches role is seen mainly as error detection & correction, then what will the coach look for, errors, and therefore what will they see, errors! There is potential for inexperienced coaches to provide most feedback based on error correction rather than reinforcing the positive performances. This may lead to lowering of self esteem & eventually drop out.

"Learning is directly proportional to the amount of fun you are having"

What makes it fun for kids?

- \* Plan time for social interaction as well as physical activity in your sessions.
- \* Encourage participants to set their own challenges in activities
- \* Recognise they may not want to learn what you have planned
- \* Allow for free play for the largest part of THEIR session
- \* Play games as much as possible—these should ensure maximum

participation.

Learning should definitely not be dull & boring!

Les Bee,  
SportEd

**Editors Note:** *The sport of shooting needs to pay particular attention to this article. Unlike other sports the development of juniors in a structured, but fun environment with their peers is not a common sight! The best junior development programs are not based around "Little Johnny" tagging along with Dad to visit the range and interact with people 40-50 years their senior. Like anything the social aspect of the sport is crucial to continued involvement. If your club does not offer structured programs specifically for juniors on a regular basis, the future of your sport is under threat!*

*Think about it, what is the average age of members in your club? What are you actually doing about it to prevent your sport disappearing in 20 years?*

*Call the State Office if you would like more information, or advice.*



## Kids...Women...Where do they all come from?

Springvale Youth Training Scheme has been inundated with young people wanting to take up shooting, or at least have a go. As we meet only once a month & shooters have to book in, it is obvious that numbers are swelling. In February 18 new shooters lined up for introduction & coaching. In March, 12 of those returned to continue their learning & have consequently all booked in for April. At the March shoot we had 8 new ones book in for April. We still have 8 from last year who are learning Rapid Fire & Off Hand & 19 who

shoot full FR comps & postal shoots. Our range is not big enough: we don't have enough coaches or firearms. We have a waiting list for the next few months. These kids have filtered into the Monday night Practical rifle competition. A short Offhand comp where the d...targets move & face away every so many seconds. They shoot Field Rifle & 3P or 4P comps at Springvale & add to that FR & Silhouette at Little River & become members of teams in the ODMRA comp shoot at Springvale range. Maybe the people of Australia

are not as gun shy & frightened as we are led to believe by our government & media. We have kids who use shooting as a sport for their Duke of Edinburgh Awards, Queen Scouts, parents who want to take their kids to the farm, kids who think they're great on computer games. Not only kids, the women now they have been offered special coaching at Springvale & the SSAA Women's Group Sub Club are enjoying shooting & mixing with the blokes. 4 Week courses are organized by Julie (State Office).



### Newly accredited

### Range Officers

Stawell - 6

East Gippsland - 6

Maryborough -3

### **CONGRATULATIONS!**

Allen Bingham after receiving the Volunteer Coach of the Year Award



Allen Bingham has a strong history of coaching service to the shooting sports & recently received the volunteer coach of the year award. Allen received the award for his work on the Youth Training Scheme, Shooting for All & Women Give it a Shot Programs.

## SSAA (Vic) Range Officers

SSAA (Vic) makes use of qualified Range Officers to control the firing lines at their many ranges throughout Victoria. This allows us to maintain a high level of safety. The Range Officer training has been standardized throughout Victoria to produce consistency in the use of range commands & procedures. This also means that members attending other SSAA (Vic) ranges will be familiar with the expected procedures & behaviour. Before opening

the range for use, the Range Officer is responsible for checking that the range is safe to use & that all warning devices such as flags & lights are in place & working.

The Range Officer is there to control the firing line, making sure everything is running smoothly & safely. They are there to call regular cease-fires & make sure no-one approaches any firearms when not allowed to. The use of Range Officers is especially important when non-members, junior members or

corporate groups are attending the range for the first time. These people will be new to the sport & therefore require guidance & correct instruction on the safe handling of firearms. The service provided by the Range Officer is on a voluntary basis, & as such the more people that become Range Officers, the less work each of them has to do. SSAA (Vic) runs regular Range Officer courses. If you are interested please phone the State Office on 03 88922777.

### New Range Officer Cards

Has your club submitted a list of their range officers to Ian Farrar via State Office? New Range Officer cards are being issued and if you are not included on the list you will not be receiving a new card.

*If you are still an active Range Officer, or want to get involved again, speak to your branch or club and make sure your name is on their list.*

# Dates for your Diary



Sport Education Victoria (SEV) and SSAA (Vic) formed a working partnership just over 12 months ago. SSAA (Vic) pay a membership to SEV and in turn we are able to offer any of our interested coaches free attendance at any of the below workshops. In turn SEV also sponsor our Volunteer Coach of the Year and Volunteer Administrator of the Year which are presented at our Annual Awards Night. This year the Awards Night will be held at the Box Hill Town Hall on Saturday 8th October 2005. Tickets will be available from the State Office shortly, (limited supply).

**Sharpen up your coaching skills and attend one of these courses. Contact State Office for more information.**

Date	Time	Event	Venue
2/06/2005	6:00pm-9:00pm	Sport Education Victoria - Seminar Series	TBA
27/07/2005	6:00pm-9:00pm	Sport Education Victoria - Seminar Series	TBA
31/08/2005	6:00pm-9:00pm	Sport Education Victoria - Seminar Series	TBA
11/10/2005	6:00pm-9:00pm	Sport Education Victoria - Seminar Series	TBA
28/10/2005	6:00pm-9:00pm	Level 2 General Principles Course	Victorian Institute of Sport
29/10/2005	8:30am-5:00pm		
12/11/2005	8:30am-5:00pm		
17/11/2005	6:30pm-9:00pm	Sport Education Victoria - Seminar Series	TBA

**EAGLE PARK JUNIOR PROGRAM is on the 3rd Sunday of every month. New juniors and parents are welcome.**

**Starting Time: 1:30pm**

**Cost: \$10 each**

**Everyone will be under the supervision of accredited coaches. Coaches, Volunteers, Range Officers are all encouraged to assist. Many hands make light work!**

**If you can volunteer 1 day per year that would be great!!**

**Contact the State Office to register your interest.**



## Want to get involved?

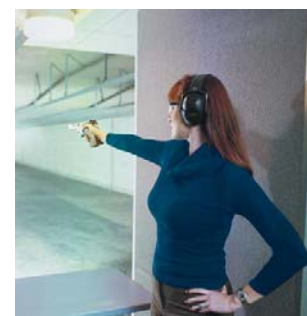
Would you like to assist in the training of new and junior shooters but don't have the time to complete a Level 1 shooting course?

If so SSAA (Vic) will run a one day Shooting Fundamentals and Field Rifle Coaching session at the Springvale Range, subject to demand.

This is a good way to help the shooting sports to develop & gain some extra shooting knowledge for yourself at the same time.

Contact Mike or Julie at the Sate Office (03)88922777 or Allen Bingham on (03)95802166 or [allen@thebings.net](mailto:allen@thebings.net)

**Coaches Note: Have you renewed your Level 1 accreditation? Would you like to get involved again & help promote the sport of shooting, Call Allen Bingham.**



# Coaching

## The Future

A session at the recently held “Our sporting future” conference presented some interesting and perhaps disturbing facts; according to Australian Bureau of Statistics approximately two thirds of coaches and officials working in sport are not accredited. (**Editors Note:** Shooting has long been taught by Dads, Uncles and Granddads and not coaches. WE need to change our thinking somewhat on this and get more accredited shooting coaches. Public perception is demanding it! The future of the sport relies upon it. Perhaps you are a Range Officer already, why not become a Level 1 Coach too? We sure could help introducing new people to the sport!)

Would you take your car to be fixed by a dentist, have your house painted by a nurse or have your wedding conducted by the school caretaker? All may be very capable of completing these tasks, however I would suggest for our first choice would be for each task to be completed by someone who had some form of recognition in the desired area.

Why then do we not support a similar approach when children get involved in sport? The ABS survey highlights the lack of awareness and value we place on recognising quality people in the sporting community.

Coaching accreditation has long been promoted to coaches however this evidence suggests that the wrong group has been targeted. Many administrators either do not understand what accreditation involves or do not value the process or outcome. Perhaps they should be the target for future promotion.

Officials are often assessed more regularly than coaches, however they are the most under valued group in sport. Without them competition would become a lottery and yet they too struggle to get accreditation numbers. Many parents adopt the officiating role but generally as a last resort and with much, if any, training.

### **What is most important?**

*Accreditation* does not guarantee quality; it merely states a minimum standard has been achieved. Most of us watched in horror as the program “Australia’s Worst Drivers” was aired. All participants had a drivers licence but we would prefer not to meet them on the road, particularly head on.

*Training* or “Up-skilling” is a term often used in today’s workplace, however in sport this means an additional commitment in terms of time, effort and money. People need to see the real benefits of training to make that commitment and until they have experienced the downside of coaching/officiating (i.e. the yoghurt hits the fan) these benefits are not valued.

*Recognition* of what the coaches/officials are capable of requires an “on-the-job” assessment prior to any recommended training. Training may not be necessary in any aspects of their chosen role, as life skills and experience may have assisted in developing them to the minimum standard. This recognition may take the form of accreditation or may simply fast track the training process.

All coaching and officiating programs recognized by the Australian Sports Commission are submitted using a competency based training format. This provides sport the opportunity to recognize current skills (competencies) and therefore offers a fast tracking approach wherever necessary. Training and assessment can be resource intensive, look at optional methods when providing access to information and skill development (e.g. what can coaches learn by themselves?) Use recognition of current competence (i.e. assess them prior to training and encourage them to be responsible for their own learning).

Groups that require training need it to be offered at a time and place that matches their commitment, therefore options such as “Coaches day in the roster”, a method of combining training at a time already committed to sport, should be considered.

Whichever path your sport takes there are benefits and barriers. The decision should be based on the desired outcome, what do you want to have at the end? (e.g. A desired ratio between coaches/officials and participants of 1 coach per 18 participants or 1 coach per 18 participants or 3 officials per game).

Do they need to be accredited? Are they well trained? How do you know? How can this be easily achieved? Many questions to be answered and some can be confronting. The ABS survey would indicate that much is to still be done to ensure participants have quality experiences in sport. Coaches are often the shop front of your sport, how are they viewed? Is accreditation in your sport seen as an imposition or an investment? How many coaches/officials do you really need and at what level? How does your sport stack up?