



Coaching & Officials Newsletter

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The SSAA
(Vic) likes to
keep
individuals
informed and
by doing this
we have our
website you
can visit at
www.ssaavic.com.au

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Happy New Year and welcome to our 2nd edition of the Coaching and Officials Newsletter for SSAA (Vic) coaches and range officers.

This month there is information on coaching children and including their parents and also a very important article on the Code of Ethics within coaching.

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



Coaching code of ethics

Dealing with ethical issues is becoming a regular part of a coach's duties. Increasingly, coaches are being required to face issues such as sportsmanship, drugs in sport, cheating, bullying, eating disorders, respect for officials, abuse of power, harassment and judging when an athlete should return to sport after an injury.

Given the important role that coaches play, the way a coach responds to these types of issues has an enormous impact on athletes. The coach's actions can influence the athlete's enjoyment of sport, their attitude towards others in the sport, their self-esteem and whether they continue to stay involved in sport.

There is no question that most coaches are encouraging, supportive, competent and ethical in their activities. However, some coaches may be uncertain about ethical aspects of their role, or may encounter situations where they are unclear regarding their responsibilities. The coach's code of ethics is a useful guide to coaches on behaviour that is expected of them.

The coach's code of ethics is a positive document for all coaches. It affirms a coach's support for the concepts of responsibility, trust, competence, respect, safety, honesty, professionalism, equity and sportsmanship. The code also provides a reference point for clubs, parents, athletes, schools and employers to expect that a coach will demonstrate appropriate standards of behaviour.

Coaches should... * be treated with respect & openness. * have access to self-improvement opportunities. * be matched with a level of coaching appropriate to their level of competence.

Respect the rights, dignity and worth of every human being. * Within the context of the activity, treat everyone equally regardless of sex, disability, ethnic origin or religion.

Ensure the athlete's time spent with you is a positive experience. * All athletes are deserving of equal attention & opportunities.

Treat each athlete as an individual. * Respect the talent, developmental stage & goals of each individual athlete. * Help each athlete reach their full potential.

Be fair, considerate & honest with athletes.

Be professional & accept responsibility for your actions. * Display high standards in your language, manner, punctuality, preparation & presentation. * Display control, respect, dignity & professionalism to all involved with the sport. * Encourage your athletes to demonstrate the same qualities.

Make a commitment to providing a quality service to your athletes. * Provide a training program which is planned and sequential.

Operate within the rules & spirit of your sport.

(Article from the Australian Sports Commission Website)



Coaching individuals with a disability.

Coaching an athlete with a disability is not a difficult task if the coach is able to accept each participant as an individual. As with coaching all athletes, coaches need to:

- * Assess individual strengths and weaknesses
 - * Set challenging and realistic goals
 - * Communicate clearly
 - * Provide positive feedback
- Generally, the greater the age of the individual prior to the onset of their condition the greater their advantage in relation to their previous experiences.



Consequently, coaching strategies may vary slightly according to the athletes age at the onset of their condition.

GENERAL GUIDELINES...
Coaches should:

- * Treat people with disabilities who participate in sport as an athlete.
- * Focus on what the athlete can do and has the potential to do and not what they cannot do.
- * Be adaptive and creative, and think laterally in relation to how best to apply their sport-specific knowledge to the functional ability of the athlete.

- * Find out what the athletes objectives are and establish goals that are challenging yet achievable.
- * Ask the athlete to explain instructions that have been given to them. This is a good way to determine whether an explanation has been clearly understood.
- * Make no allowances. Athletes should be encouraged to meet the requirements of the sport to the best of their ability.
- * Encourage joint decisions. The coach should be approachable, patient and concerned for the athlete as a person whose comments are valued.

OUR JUNIORS NEED YOUR HELP!

Newcomers to the sport of shooting are fantastic but we don't have enough helpers. You don't have to commit to every weekend, just once every 2 or 3 months is needed. If you can give some time please contact the State Office on (03) 88922777.

Remember many hands make light work!

Do you know someone that might like to take up coaching?

Coaching is about assisting an athlete in closing the gap between where they are & where they want to be. It's about working with someone who wants to achieve more in their sporting career. A coach will assist their athlete to discover what is important to them, what is missing from their ability & what outcomes they are looking for. They will then ask questions, listen, reflect back what they hear, & challenge their client's thinking in such a way that the client can think about new ways to create the transformation they are seeking.

Through working with a coach, athletes achieve the outcomes they are looking for faster & more effortlessly. Coaching clients report great levels of confidence, self esteem, passion for life, enhanced relationships & a far more focused approach to their life and to their business.

If you do know of someone that is interested in wanting to participate as a coach at either our Springvale or Eagle Park Range please contact the State Office on (03) 88922777 or via email to state_office@ssaavic.com.au.

On October 8th 2005 the Annual Awards Night was held in honor of our volunteers and the time they contribute to the sport of shooting.

John Payne won the Awards for Coach of the Year. He has been involved with handgun and rifle training for many years. As President of the Springvale Pistol Club he adopted the role of chief coach, and although coaching has meant that his own shooting time has been limited, he has ensured that all new members of the SPC achieve their goals and enjoy the sport as much as he does.



John Payne after receiving the Volunteer Coach of the Year Award

Sports Education Victoria

A handy reference for all official, coaches and administrators is the Sports Education website. The site provides further information regarding details of courses, updating seminars, industry conferences and other relevant information and events for coaches officials and administrators of all sport. To visit the website go to www.sported.vis.org.au

Dates for your Diary



Sport Education Victoria (SEV) and SSAA (Vic) formed a working partnership just over 2 years 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..

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

Date	Time	Event	Venue
13/02/2006	6:00pm-9:00pm	Sport Education Victoria - Seminar Series #1 Topic: Group Dynamics	VIS
15/05/2006	6:00pm-9:00pm	Sport Education Victoria - Seminar Series #2	VIS
25/02/2006	8:30pm-5pm	Level Two General Principles Coaching Course Topic: TBA	VIS
7/04/2006	6pm-9pm		
8/04/2006	8:30pm-5pm		
2/02/2006	6:00pm-8:15pm	Come out to Play Workshop	Equal Opportunity Commission Victoria Training Centre
22/02/2006	1:30pm-4:30pm	Level Two General Principles Coaching Course Topic: TBA	Equal Opportunity Commission Victoria Training Centre

Your roles and responsibilities as a coach or official are:

Coaches, officials and others...

- Have a responsibility to provide a safe environment for players and participants that is free from any form of discrimination, harassment and abuse.**
- Have the right to be treated respectfully and fairly in carrying out their duties.**
- Should also take care not to be placed in a situation where you could be accused of discrimination, harassment or child abuse.**
- Try not to lose your temper**
- Ensure physical contact is appropriate and to adopt a positive language and behaviour.**

Working With Children Regulations

The Victorian Government has passed the *Working With Children Act*, which requires that anyone who works with children, paid or unpaid, must undergo checks to obtain a card stating that they are "not unsuitable". The document itself can be found at www.justice.vic.gov.au/workinwithchildren If you would like to discuss this matter contact Shane Oliver at the State Office.

New Range Officer Cards

Has your club submitted a list of their range officers to Lisa McInnes via State Office? New Range Officer cards have been 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.

Coaching Children - Communicating with Parents

Coaching children can be a very challenging and personally rewarding experience.

The coach plays a critical role in children's sport and can have a significant and long-lasting influence on the player's social and personal development.

Parents too have a virtual role to play. The environment in which children learn to play sport is largely determined by adults.

Parental expectations have a significant bearing on the attitudes of children towards participating in sport, on behaviour, levels of performance and enjoyment.

Family back-up is essential if children are to take full part in a wide range of sporting activities, whether it be a school or with community clubs.

The athletic triangle

The coach, the athlete and the parent form a very important athletic triangle. Through a cooperative effort, parents can contribute productively to a child's sporting experience.

The coach can play a role in ensuring that the athletic triangle functions properly.

Establishing communication with parents is important. The time spent on developing effective two-way communications will be time well spent.

Involving Parents

There are many things that can be done to involve parents and to improve parents and to improve the athletic triangle.

The coach should serve as a valuable source of sport information. Offer to help any parent to better understand the game, especially parents who are new to the sport.

Many won't have played the various modified versions and some might not fully understand the aims of the junior sport so be prepared to 'educate' them.

You could try -

- Answering questions
- Lending resources or referring parents to suitable publications
- Explaining things during matches
- Holding a demonstration early in the season

Handling difficulties

Establish a routine where parents can feel comfortable to approach you with concerns. They need to know when is best to do so.

If you are having difficulties with a parent, the answer is to tackle the problem as soon as possible. Delaying it will not help.

Talk calmly to the offending parent(s) and point out how they behave is detrimental to the individual or the team.

Team Newsletter

Coaches are busy people and the suggestion that you produce a regular newsletter may seem like a last straw. However, a simple single-page team newsletter can be a valuable communication tool and is certainly worth the effort.

A parent or team player may be happy to take on the role of editor.

Not all parents will be able to get to every match. Some will have other commitments such as watching other children play at different venues. The newsletter is to always keep them informed of what's going on.

Whether your newsletter is written for the players or for the parents becomes a matter of personal choice. Whatever you decide, encourage both players and parents to read it.

A Successful Newsletter

Your newsletter should include:

- * A competition report—don't dwell on the score. Keep it positive, highlighting not just the star performers but also the individual's efforts. If you're going to mention names, try to give every team member at least 1 mention.
 - * Information on the next training and competition times and venues
 - * Information on your players
- * A 'thank you' for parents who have assisted at training or those who attend the competitions regularly.
- * Basic rules and skills which may help parents. Copy small pieces from coaching manuals. If the sport is modified, highlight a rule each week so that parents can better appreciate what goes on during the competition.
 - * Reinforce codes of behaviour.