

TAEKWONDO AUSTRALIA  
INC. COACHING COURSE  
LEVEL 0 (Development)



## Practical Assistant Coaching Log Book

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

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

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

Practical Experience Location: \_\_\_\_\_

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

**Office Use Only:** Date Received: \_\_\_\_/\_\_\_\_/\_\_\_\_

Result: Competency Achieved/ Competency Not Yet Achieved.

For more information please contact:

**Coach Education and Officiating Manager**

**PO Box 4056 Kogarah Bay, NSW 2217**

**FAX: (02) 9225 9722 Email: ta.ncas@bigpond.com**

**Question: What is required?**

Answer: To attain the Taekwondo Australia Level 0 (Development) Assistant Coach award you are required to, in addition to other course requirements, complete a minimum of 12 hours of practical assistant coaching.

**Question: When does it need to be completed by?**

Answer: You are required to submit the completed Practical Assistant Coaching Recording Log Book to the National Coach Education Administration Officer, enclosed together with all the other course requirements.

**Question: How do I do this?**

Answer: It is the intent that these 12 hours to be spent involved while assisting the Mentor Coach in the training process of taekwondo athletes, as opposed to general members of the public. The athletes can be any age, sex, sport and level of competition. Involvement in the training process as **assistant only** is described as any or all of the following: observation, supervision, program design, and assessment.

**Question: Who should be my supervisor or mentor?**

Answer: It is required that your supervisor or mentor is a person who possesses Taekwondo Australia Level 1 Coach award or higher accreditation. The aim of this is to gain the benefits associated with having a 'mentor', someone to guide you in the attainment of practical skills.

**Question: How much of the 12 hours will I need to be involved with my supervisor or mentor?**

Answer: The practical assistant coaching experience is required to be completed as 12 hrs direct involvement of supervisor or mentor.

**Question: How do I find a mentor coach?**

Answer: Preferably you can complete most of your practical assistant coaching hours through the club that you are member with. For more advance coaching mentoring it is advised to contact your Taekwondo state organisation to see if they can recommend anyone in your area. Alternatively, contact the Coach Education and Officiating Manager.

**Question: What if there are no mentor coaches in my region eg. what if live in a remote area.**

Answer: If you are not able to locate an appropriately qualified supervisor you can negotiate alternative arrangements with the Coach Education and Officiating Manager.

