



# INTRODUCTION TO COACHING



## **MOTORSPORT Ireland** NATIONAL COACH EDUCATION PROGRAMME

*MOTORSPORT Ireland, working with Coaching Ireland (formerly the National Coaching and Training Centre, NCTC) developing a national coach education scheme for Irish Motorsport..*

*This is the only National Motorsport Coaching Qualification recognised by MOTORSPORT Ireland, Coaching Ireland and The Irish Sports Council.*

*Here is an outline of how it works.*

### **What is Motorsport Ireland?**

MOTORSPORT Ireland (MI) is the National Governing Body for four-wheeled motorsport in Ireland. MI is affiliated to the supreme authority for world motorsport, which is the "Federation Internationale de l'Automobile" (FIA) based in Geneva. The FIA recognises in each of its affiliated countries, one sole authority that holds the sporting power and in Ireland it recognises MI as that authority.

MOTORSPORT Ireland's jurisdiction covers the 26 counties and has under its umbrella 35 affiliated motor clubs that are the actual organisers of all sporting events. In each year there are approximately 230 events listed in the official calendar and these cover 11 different branches of the sport. Every person wishing to compete in one of these motorsport events must be the holder of a Competition Licence issued by MI or by another national governing body affiliated to the FIA. In a typical year, MI issues over 4,000 Competition Licences to motorsport competitors all over Ireland.

### **What are the Goals of the Coaching Scheme?**

- To establish a practical coach education structure for Motorsport.
- To put in place a recognised certification system for coaches.
- To provide ongoing support for these coaches.
- To increase the number of coaches.
- Establish a national coaching register.
- To establish a system whereby newcomers to Motorsport will be trained by qualified coaches, which will increase their enjoyment and enhance the safety of the sport.
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### **How is Coaching Ireland involved in this?**

Coaching Ireland (formerly The National Coaching and Training Centre, NCTC) was established on the campus of Limerick University in 1991. Coaching Ireland has an all-island remit to lead the development of coaching in Ireland..

The National Coaching Development Programme (NCDP) was established in 1993 and has evolved into the Coaching Development Programme for Ireland (CDPI). The programme was designed to ensure that Irish coaches in all sports would have access to the best of world practice and the most up-to-the-minute international thinking on coaching. MI is one of over 50 National Governing Bodies who have signed up to work in partnership with Coaching Ireland in the development of the programme.

### **Tell me about the CDPI Coaching Ladder:**

The coaching ladder consists of 4 major stages. Each stage marks a progression for the coach who can move from introductory level to the end of level 3 in a minimum of 4 years. Progression to level 4 will require a further 2 years and a nomination from the relevant Governing Body.

MOTORSPORT Ireland is currently at Level 1, with levels 2 to 4 yet to be developed.

#### **Introduction to Coaching**

Course duration: 6-8 hours

#### **Level 1**

Course duration: 20-40 hours

#### **Level 2**

Course duration: 40-60 hours

#### **Level 3**

Course duration: 200-400 hours

#### **Level 4**

Course duration: 1 year full time  
Or 2-4 year task-based

# THE INTRODUCTORY COURSE

## **What is the Aim of the Introductory Course?**

The aim of this course is to arouse the interest of prospective coaches in coaching and to provide basic coaching skills with a general orientation towards the "Coaching Development Programme for Ireland".

## **How long will the Course take?**

The Course is 8 hours long and will be held over one day.

## **Who is Eligible to do the Course?**

Prospective coaches should be:

- 21 years of age or over.
- Eligible to hold a National A Grade Motorsport Competition Licence for the discipline to be coached or have the appropriate competition experience.

## **What does the Course consist of?**

### **Here is a brief outline:**

		11.45-1.00	<i>Learning Principles Safety Clothing &amp; Equipment Pathways for Progression</i>
9.00am	<i>Registration &amp; Coffee</i>		
9.30am	<i>Introduction and welcome</i>		
10.00 – 11.30	<i>The Role of the Coach The Benefits of the Sport Motives for Participation Getting Started in Motorsport</i>	1.00- 2.00	<i>Lunch</i>
		2.00-4.30	<i>Rules of the Sport Practical Coaching Sessions Promoting a Positive Experience</i>
11.30-11.45	<i>Coffee Break</i>	4.30-5.00	<i>Questions and Answers Evaluation</i>

## **Why should I do the Introductory Course?**

There is no formal assessment at Introductory Level and a certificate of attendance will be awarded to those who complete the full course.

Participants will be entered on the Motorsport Ireland and Coaching Ireland Registers.

At Introductory Level the participant is not a qualified coach, and MUST at all times operate under the supervision of at least a Level 1 Coach. However, it will be mandatory for Coaches who wish to qualify at Level 1 to have obtained an Introductory Level Certificate first.

Motorsport Ireland Introduction to Motorsport Courses (IMCs) became mandatory for newcomer competitors to Circuit Racing, Karting and Stage Rallying in 2005. Only MI/CI Certified Level 1 and Introductory Level Coaches are qualified to teach these courses.

## **So how do I register for an Introduction to Coaching Course?**

If you are over 21 and are eligible, all you have to do is fill in a course Registration Form. Return it, with the fee to:

Jacky Breathnach  
**Motorsport Ireland**  
34 Dawson Street  
Dublin 2

Phone: 01 677 5628  
Fax: 01 671 0793

## **Welcome Aboard!!**

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