



Level 1 Coaching

Information Leaflet



COACHING IRELAND
OILIÚINT ÉIREANN

Motorsport Ireland

NATIONAL COACH EDUCATION PROGRAMME

Motorsport Ireland, the National Governing Body for four-wheeled motorsport in Ireland, is working with Coaching Ireland, formerly the National Coaching & Training Centre (NCTC,) developing a national coach education scheme for Motorsport in Ireland.

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

Here is a brief outline of how the scheme works.

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.

How is Coaching Ireland involved in this?

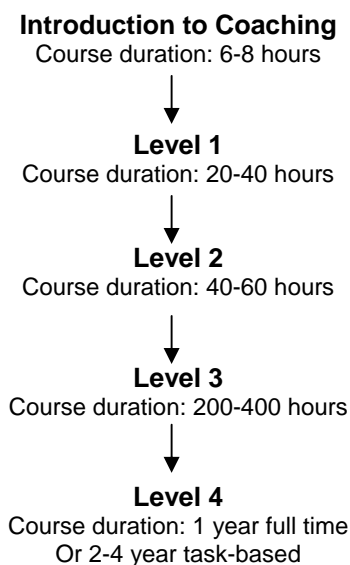
Coaching Ireland was established on the campus of Limerick University in 1991, under the title of the National Coaching and Training Centre (NCTC). Coaching Ireland has an all-island remit to lead the development of coaching in Ireland.

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 the 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.



The Level 1 Coaching Course

What is the aim of the Level 1 Course?

The aim of the Motorsport Ireland (MI) Level 1 Coaching Course is to provide coaches with the ability to introduce participants to motorsport, to encourage participation and to develop newcomer competitors within the sport in a safe, enjoyable and progressive way.

Who is eligible to do the course?

- Course candidates must be 21 years of age or over.
- Candidates must have obtained a MI/NCTC "Introduction to Coaching" Certificate within the previous 6 years and be eligible to hold a National A Grade Motorsport Competition Licence in categories Race/Kart or Rally.
- Candidates will be asked to provide independent written confirmation of at least 10 hours practical coaching experience.
- Candidates will also be required to abide by the MI Code of Conduct for Children's Sport and the Code of Ethics and Good Practice for Children's Sport in Ireland.

How long with the course take?

The Course is 20 hours long and will be held over three days (one evening and two full days).

What does the course consist of?

Here is a brief outline of the course content:

Part 1: 4 hours

- ✘ Role of the Level 1 Coach and Key Coaching Skills
- ✘ Competitor Capabilities
- ✘ Coaching Points for Skill Development
- ✘ Planning a Coaching Session
- ✘ Safety in Coaching

Part 2: 8 hours

- ✘ Rules & Regulations
- ✘ Communication Skills
- ✘ Competitor Behaviour
- ✘ Code of Conduct
- ✘ Implementing a Coaching Session
- ✘ Planning a Coaching Session as Part of a Series

Part 3: 8 hours

- ✘ Coaching at Testing and at Events
- ✘ Competitor Lifestyle and Activities
- ✘ Practical Coaching, Analysis and Feedback
- ✘ Analysis of Coaching Sessions
- ✘ Basic Record Keeping
- ✘ Disabilities
- ✘ Outline of MI Introductory Courses for Competitors
- ✘ Review Course Outcomes and Evaluation

Is there an Exam?

No, but there is an assessment based on:

- ★ Written plan for a session.
- ★ Written/oral open book assessment on key rules and regulations.
- ★ Logbook – 5 hours coaching, to be completed prior to certification.

What will I get at the end of the Course?

A Coaching Development Programme for Ireland (CDPI) Level 1 Certificate will be awarded (based on full course attendance and completion of course assessments). The Certificate will be awarded by Motorsport Ireland and the Coaching Ireland..

Why should I do the Level 1 Course?

The qualification, which is awarded after successfully completing the MI/CI Level 1 Coaching Course, is the only National Coaching Qualification recognised by Motorsport Ireland, the Coaching Ireland and The Irish Sports Council. The Level 1 qualification is a valuable asset for anyone wishing to pursue or further a career in Motorsport Coaching.

The course will enable Coaches to develop in a competitor an all-round ability on which the competitor may base their future involvement in motorsport. Coaches will also develop specific coaching abilities in the following areas:

- ✘ Their knowledge of the sport and of the competitor
- ✘ Their personal coaching style
- ✘ Needs analysis and planning
- ✘ Coaching for testing and events
- ✘ Coaching values and ethics
- ✘ Methods for reviewing, evaluating and self-reflecting.

Motorsport Ireland Introduction to Motorsport Courses (IMC's) became mandatory for newcomer competitors in 2005. Only MI/CI Certified Level 1 and Introductory Level Coaches, operating from a MI Licensed Competitor Coaching Venue, are qualified to teach these courses.

Where do I go from here?

The Level 1 Certificate is the first full level of coaching in the CDPI. Coaches are recommended to keep updated on good coaching practice. It is envisaged that re-accreditation will be required on a four yearly basis.

How do I register to do a Level 1 Coaching Course?

If you are over 21 years of age 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 6775628
 Fax: 01 6710793

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