



Recognition of Current Competency (RCC)

Silver Licence Accreditation Application



Australian Government
Australian Sports Commission



SAL RCC Application Form – SILVER

If you require assistance completing this form please contact us on the details listed in the application covering letter.

PART A – Personal Information

Name: _____

Swim club/team: _____

Position: _____

Postal Address: _____

City: _____ State: _____ Postcode: _____

Phone: _____ Fax: _____

Mobile: _____ Date of Birth ____/____/____

Email: _____

Are you Aboriginal or Torres Strait Islander? Yes No

PART B – Experience Gained

This section will provide your assessors with an overview of the experience you have gained. In Part C you will be asked to focus in on experience that relates to the learning outcomes of the **SILVER** Coaching Course and to present evidence of your experience.

1. Work experience (if applicable)

Please complete the following in relation to your work experience, either full-time or part-time, including any voluntary or unpaid work.

Begin with your present position followed by the next most recent job and so on.

Present work: _____ *From* ____/____/____

Present employer: _____

Current position: _____

Duties:

Previous work: _____ *From* ____/____/____ *to* ____/____/____

Name of employer: _____

Your position: _____

Duties:

(Please provide extra sheets if the space provided is insufficient)

PART C – Modules Claimed

I intend to apply for RCC in the **SILVER** Licence Accreditation in the following units:

Unit:	RCC Claimed YES/NO
Unit One: Talent Identification and Development.	
Unit Two: Mechanics of Swimming	
Unit Three: Application of Training Principles	
Unit Four: Drills and Performance Enhancing Skills	
Unit Five: Mental Skills Training	
Unit Six: Nutrition and Health	
Unit 7: Coaching Professionalism and Welfare	

PART D – Unit Applications

This section contains separate application forms for each unit. The application forms are intended for use as both a self-assessment form and as a cover page(s) for the required evidence.

The completed unit applications as outlined below, **with attached evidence** will make up your portfolio of assessment.

Organising and labelling evidence

Please insert any evidence that you wish to submit after the applicable unit application form.

For each item of evidence, you need to work out which of the learning outcomes it relates to. This should be indicated in the appropriate place on the module application form, as well as on the evidence.

For some items of evidence it may be appropriate to indicate which part of the item is relevant to which learning outcome. Make sure that you have clear references in each of your applications to any relevant evidence (see unit application form over the page), so that assessors can easily locate it.

If you don't have primary evidence (certificates, letters, examples of sessions etc) that you can submit to substantiate your claim, but consider that you could demonstrate your competence to assessors, please make a note to that effect.

SAL Silver Licence Accreditation**RCC UNIT APPLICATION FORM**

(Please complete the form for **all units** that you have outlined you are applying for RCC for).

Unit 1**Talent Identification & Development****Learning Outcomes:****Summary of Evidence**

Upon successful completion of this unit, the coach will be able to:

Follow the procedure below for all learning outcomes

	<p>Place a number in this column that relates to the piece(s) of evidence relevant to this learning outcome.</p> <p>For example, if you have gathered evidence, which includes a level 2 NCAS qualification in another sport and a sports coaching degree, you may have labeled them items 1 and 3. In this instance, write 1 and 3 in this column to allow the assessors to check this evidence against the learning outcome.</p>
<p>Learning Outcome 1:</p> <p>Utilise the key principles of talent identification and implement assessment strategies</p>	

Unit 2**Mechanics of Swimming****Learning Outcomes:****Summary of Evidence**

<p>Learning Outcome 1:</p> <p>Apply the mechanical principles underlying the development of efficient stroke technique and conduct training sessions to develop efficient competitive strokes including starts, turns and finishes.</p>	
<p>Learning Outcome 2:</p> <p>Analyse stroke technique in the performance of state level swimmers during competition, with attention to the components of each stroke, and implement improvement strategies.</p>	

Unit 3	Application of Training Principles
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Learning Outcomes:	Summary of Evidence
Learning Outcome 1: Apply the principles of training to the conditioning of swimmers (Progressive overload, stress, recovery, adaptation to training, and periodisation).	
Learning Outcome 2: Implement techniques to improve flexibility, power, endurance, speed and agility.	
Learning Outcome 3: Promote recovery through improved techniques in the adaptation to training.	
Learning Outcome 4: Adapt training sessions to suit prevailing conditions.	
Learning Outcome 5: Implement training programs for different swimming events - sprinting, middle distance and distance (including open water).	

Unit 4	Drills & Performance Enhancing Skills
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Learning Outcomes	Summary of Evidence
Learning Outcome 1: Plan and conduct training sessions for state level swimmers.	
Learning Outcome 2: Implement appropriate race performance strategies.	

Unit 5**Mental Skills Training****Learning outcomes:****Summary of Evidence**

Learning Outcome 1: Identify the specific needs of various age groups while participating in competitive swimming.	
Learning Outcome 2: Understand that each swimmer is different and implement strategies to cater for individual psychological needs including age, maturation levels and gender.	
Learning Outcome 3: Implement goal setting strategies for the various stages of a swimming season.	
Learning Outcome 4: Utilise psychological skills to enhance performance.	
Learning Outcome 5: Acknowledge when there may be a need to access a professional psychologist and know where to go to access it.	

Unit 6**Nutrition & Health****Learning outcomes:****Summary of Evidence**

Learning Outcome 1: Implement drug educational strategies with their swimmers.	
Learning Outcome 2: Implement nutrition and dietary educational programs for swimmers in training and competition.	

Unit 7**Coaching Professionalism & Welfare****Learning outcomes:****Summary of Evidence**

Learning Outcome 1: Identify the means of gaining professional assistance appropriate to the needs of the competitive swimmers.	
Learning Outcome 2: Establish a personal career and lifestyle management pathway.	

PART E – Other Requirements to gain SAL Coach Licence Accreditation

1. Provide evidence of current ASCTA Coach Membership (attach a copy if you are already a coach member). If you are not a coach member, go to www.ascta.com to download the ASCTA Membership Registration. Complete the ASCTA Membership Registration and send with payment attached payable to ASCTA **as part of this application**.
2. Submit proof of an acceptable current nationwide police check (sometimes called a criminal history check or suitability for working with children check within the last three years). This could be an employer statement on letterhead, copy of your approval, “blue card”
3. Complete payment details on the attached tax invoice.

The RCC process may take up to 4 weeks to process.

You may be contacted by an Assessor/s as part of the review process should any clarification be required.

TAX INVOICE

Please submit the RCC application with copies of all evidence and RCC determination payment to:

SwimEd – ABN 21 517 286 280
PO Box 158
BEERWAH QLD 4519
Phone 07 5494 9649
Fax 07 5494 9022
Email coaching@swimed.com

Amount payable:

- \$40 RCC determination
- \$100 processing and accreditation (only charged if/when your RCC is fully successful)

Optional resources: (costs quoted include postage within Australia)

- \$55 Junior Squad & Assistant Coach textbook
- \$55 Bronze Licence textbook
- \$55 Silver Licence textbook
- \$15 Junior Squad & Assistant Coach CD ROM
- \$15 Bronze Licence CD ROM
- \$65 for a combination of above Textbook and Course CD ROM
- \$220 11 x 1 hour DVDs and Professional Development correspondence course
- \$330 Pool Plant Operations Program correspondence course
- \$55 Swimming with a Disability Course Manual

\$_____ Total. Please note a 5% discount on the cost is applicable on "optional resources" if two or more are ordered with this application. (other than the Textbook/CD ROM combination)

Date ____/____/_____

Cheque/money order enclosed and payable to: SwimEd

Or charge my credit card: Visa MasterCard

Card Number Expiry Date /

CCV number (last three digits on the card signature panel) Amount \$_____

Cardholder's Name _____

Signature _____

If payment is not received, the application will not be considered.

If further evidence is required to gain competency you will have 12 months in which to provide this, otherwise you will have to resubmit your RCC application.

A further authority will be required for \$100 should your RCC application be fully successful unless you pre approve this transaction by ticking the second tick box above.

A copy of this Tax Invoice should be retained for your records.