

Application Form ISA Level 2 Coach Training Programme

Form to be returned to David Harte, F.M.O.E.C, Schull, Co.Cork. no later than 11th January 2010.

| | |
|--------------------------|--|
| Name: | |
| Address: | |
| Contact Phone No: | |
| Email: | |

| Course Code | Dates | Venue | Cost |
|-------------|--|---------------------------|------|
| L2C/07/2 | 23 rd and 24 th January 2010 | Dublin TBC | €300 |
| | 25 th – 28 th February 2010 | F.M.O.E.C. Schull Co Cork | |

Accommodation & meals

Accommodation in Dublin and Schull is not included in the course fee and, if required, must be booked and paid for separately. F.M.O.E.C. Hostel within the center offers self catering accommadation for €15 a night.

| |
|---|
| |
| I wish to attend the above training course and will be bringing the following boat; |
| Candidates signature |

Payment must accompany booking and can be made by cheque to F.M.O.E.C.

ISA Level 2 Coach

Course Tutors

David Harte & Rory Fitzpatrick

Course Aim

To provide coaches with the capacities to;

- Assist sailors to train to train.
- Assist sailors to make choices concerning their sporting future.
- Assist sailors to compete at regional and national competitions in any class
- Provide the ISA Small Boat Sailing Scheme – Go Racing 2

Pathway stage

Participants, with whom the coaches will work will be young people who have a good fundamental base, in their early teenage years and who are ready to learn how to train for an intensive level of competition, with the emphasis on learning rather than on purely results. This stage addresses the critical and sensitive periods of physical and skill development. The emphasis is placed on a 75:25 training to competition ratio. This will prepare the participants to decide on their future involvement in sport, be it at recreation level, as a club performer or in high performance.

The Level 2 coach may also work with adults who aim to perform up to the highest standard of regional club competition.

Prerequisite Requirements (to be submitted with application)

- ISA Racing Instructor Qualification (or equivalent)
- Evidence that within the last 5 years you have achieved either;
 - An end of season position within the top 10 places in the national rankings list in a class of boat where 50 or more boats are listed.
 - A position within the top 10 places in the national championships in a class of boat where 50 or more boats completed at that event.
An end of season position within the top 10% of placings in the national rankings list in a class of boat where between 50 and 15 boats are listed.
A position within the top 10% of the fleet in the national championships in a class of boat where between 50 and 15 boats competed at that event.
- ISA Safety Boat Certificate
- Recommendation from either;
 - Commodore ISA Category 1 Club
 - Center Principal ISA Training Centre
 - President or Organisation Leader for an ISA Affiliated Class Association
- Minimum age of 18 years
- Current First Aid Certificate
- VHF Licence

Please note:

If you do not have the have qualifications or experience listed above but do feel that, having completed the training course, you would be able to coach at regional or national level please complete this application and send in relevant details with it.

Referees

Please provide the names and addresses of two people who have known you in the context of either your sailing or other sporting activity and whom we may contact as referees.

Competition experience

Please detail any significant experience you have within as a competitive sailor. Please include best performances.

Coaching experience

Please detail any experience you have as either a coach or instructor both with sailing and with any other sports. Include squad, training group and event details.

Please explain why you want to be an ISA Level 2 coach.