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## “AIS Elevate e-Coach” Program

The AIS Performance Pathways team is excited to launch the pilot edition of the “AIS Elevate e-Coach” program. This initiative is an **online coach professional development (OCPD)** program, delivered as part of the AIS Performance Pathways Elevate series in collaboration with La Trobe University, that will focus on best practice Performance Pathway coach learning and support.

A strategic focus of the AIS Performance Pathways team is to offer learning and development opportunities to coaches working with athletes who are nationally categorised at Emerging, Developing and Podium Potential level. Coaches of these athletes sit at different points along a continuum with some being highly knowledgeable, experienced and skilled whereas others may be at a more developmental level. The unique feature of this program is that whilst content will be focused on Performance Pathway coaching knowledge and holistic athlete development, specific content has not been pre-determined. Instead Performance Pathways and La Trobe University will work collaboratively with coaches from the outset to ensure suitability and relevance of content to meet individual needs.

### Nomination Criteria

- All AIS Performance Pathway funded NSOs are invited to nominate up to three coaches for a place on the program (ranked in order of priority)
- Each NSO is guaranteed one place on the program (Priority one of three)
- This program will be inclusive and therefore NSOs are encouraged to consider nominating coaches involved in all NSO Performance Pathway programs (e.g. male & female coaches, coaches who coach para or able bodied athletes)
- NSOs are asked to discuss and endorse nominations with NIN partners (where applicable)
- The focus of AIS Performance Pathways is to support the learning and development of coaches working with athletes who are nationally categorised at Emerging, Developing and Podium Potential level
- All places in Program One will be funded by the AIS
- **Only coaches who fulfil this criteria, who are endorsed by their NSO (and NIN where applicable) and are motivated to participate in reflective practice are eligible for nomination.**

In addition please note that:

- NSO allocation of supplementary places will be determined via AIS consultation with NSOs and NIN
- This is a **'pilot' program, supported via a research project** which will inform future programs & provide further opportunity for identified coaches (and other coaches nominated in future)



## AIS Elevate e-Coach Learning Outcomes

### **Athlete Development**

Coaches will learn to:

- Critically reflect on own and other's Performance Pathway coaching expertise
- Understand own coaching philosophy and the impact this has on the identification, development, support and progression of the talented athlete

### **Sport**

Coaches will learn to:

- Use critical incident analysis to improve and inform holistic athlete development practice
- Triage theoretical constructs that are fit for purpose and apply into sport specific practice to support the progression of Emerging, Developing and Podium Potential athletes

### **System**

Coaches will learn to:

- Critically evaluate sport specific national talent identification, confirmation and progression requirements
- Mediate effectively between key stakeholders within and supporting the athlete Performance Pathway

## Program overview

The Elevate e-Coach program is an AIS / La Trobe certificated (non-award) course that will consist of three blocks with Block 1 beginning week commencing Monday 8 June 2020.

- Block 1 -** Consists of 12 weeks of online delivery  
Coach access to a computer with an internet connection is an essential requirement.  
Each coach will be required to commit to approximately three hrs of engagement each week (two hrs online, of which one hr is face to face and one hr directed learning in sub groups, plus one hr self-directed learning)
- Block 2 –** Consists of 12 weeks where (environmental conditions permitting) coaches will be encouraged to apply, log and reflect learnings back into their daily training environment (no formal face to face learning requirement).
- Block 3 –** Consists of two weeks where each coach will be expected to engage in program follow up (One x two hr online face to face engagement).

The OCPD program will not include formal assessment of learning

Once accepted on to the course coaches will be asked to confirm availability for one hr each week of live interface, plus one hr (in select weeks) for sub group collaboration, in accordance with the following options:

- Monday/Thursday/Saturday morning: 10am-12pm AEST [8am-10am Perth time] – with option to start an hour earlier if needed
- Monday/Tuesday/Wednesday afternoon: 7pm-9pm AEST [5pm-7pm Perth time] - with option to start an hour earlier if needed

Exact days and times of delivery will be confirmed following this exercise.

## Research

OCPD design is based around the principles of integrative knowledge transfer, a process where La Trobe University will work collaboratively with coaches from the outset to individualise learning outcomes. Content design will align with the principles of co-creation where suitability and relevance of content to meet individual needs will rely upon a process of reciprocal engagement:

Engage-Explain-Examine-Explore-Apply



OCPD design and delivery will be underpinned by a research process consisting of three elements:

- Concept Mapping where coaches will be invited to contribute to co-creation of learning content
- Survey completion post Block two and three
- Interview – One x 30-minute online/telephone coach interview
- This research component is a unique feature of AIS Elevate e-Coach program one, specifically aligned in order to inform design and delivery for future OCPD cohorts. All coaches will be encouraged to participate in, and contribute to, both learning and research.

For further information, please contact:

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