



Coaching the Coaches Course

Complete
PerformanceSolutions

**Support & up-skill your coaches and officials,
with no cost to your club or association**

**We can assist your club or association to cover the cost of this course
(& other programs or equipment) via funding, fundraising and/or
sponsorship**

This means that you can gain access to high quality education for your beginner and intermediate level coaches, without any cost to your club or course participants. We are here to support you as much as possible to help you to access the support and resources that your coaches and officials need to be the best they can be.

Your participants will be educated by sports performance experts, including...

- International athlete and Sports Dietitian, **Leanne Cordero**
- Surf Lifesaving Australia's National Head Coach, **Brett Dowker**
- Olympic Strength and Conditioning Coach, **Brad Pillette-Hughes**
- Olympic volleyball player and Performance Coach, **Selina Scoble**

They will learn all about...

Week 1- How to choose the best foods

Week 2- Creating a vision for success and setting effective goals

Week 3- Speeding up recovery

Week 4 - How to attract and retain more members

Week 5- Nutrition for sports carnivals

Week 6- How to create a positive team culture

Week 7- The low-down on fast food and alcohol

Week 8- The "fun factor" – how to keep kids in sport for longer

Week 9- Solving health and performance issues

Week 10- Athletic development and the principles of training

Week 11- Starting strength and core stability training

Week 12- Understanding the four personality styles, to improve your communication



www.completeperformancesolutions.com

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As well as these bonus topics

- Beginning coaching
- Club committees
- Event management
- Financial management
- Marketing & sponsorship
- Physical activity for older people
- Succession planning
- Volunteer management

Participants

The program is especially designed for your coaches, club officials, teachers, captains and parents. By upskilling these leaders, their education will filter throughout your entire club to affect each of your members' health, performance and long term involvement in sport. Your club can nominate up to 50 people to participate. This large number of participants will create healthy and performance-enhancing culture shifts, that both your club and members will reap rewards from.

Benefits for your club or association...

- Your coaches and officials will be of a **higher standard**
- You will **attract and retain more volunteers**
- You will attract and retain **more members**
- Your volunteers will feel more supported
- The program will help **improve your athletes' performance**
- You will be creating a **healthier club culture**

Participants love this 12-week online course because it...

- Is **easy to use**, and provides you with practical information and tools
- It involves a range of resources, including videos, activity sheets, resources & links to other fantastic websites
- Is **flexible** – it's all online, so you can access the information whenever suits you throughout the 12 weeks
- Is beneficial for those at the grass roots of sport up to the representative level
- Can be used towards **coach accreditation** and re-accreditation

Make sure your club doesn't fall behind...

Contact us today to find out how to secure this course for your club...

info@completeperformancesolutions.com
07 3166 8183

