# Level One Assistant Coach Course Outline

## Course Structure

**Title:** IJA Assistant Coach **Accrediting Body:** IJA / Sport Ireland Coaching **Level:** 1

The aim of the course is to provide coaches with the ability to coach participants in the sport of Judo in a safe, enjoyable and progressive way. The coach will have an all-round ability on which participates will practice and perform in the sport of Judo. The course covers 6 areas of coaching which will allow the assistant coach to provide specific assistance to players in those areas.

The following is a brief overview of the modules and what you can expect to learn during the course:

Module 1 History and Evolution of Judo

Module 2 Coaching, Roles, Styles, Values and Ethics

Module 3 Health and Safety

Module 4 Coaching Practice and Performance

Module 5 Judo Rules and Etiquette

Module 6 Self Talk and Visualisation

The IJA Sport Ireland Level One Coaching course has a blended learning approach with some course content being delivered online through Moodle while other areas of the course are delivered on the mat and in a classroom environment.

## Assessment Requirements:

The assessment requirements are as follows:

1. Portfolio (to be completed and submitted for grading by the start of weekend 2)
2. Practical demonstration on conducting a training session (day 3/4)
3. Online Moodle questions (to be completed between 1st weekend and 2nd weekend)

**Course Coach Developer:**

Our team of friendly, qualified, and competent coach developers will deliver the course content in a practical, relaxed and interactive way. The coach developer will give guidance and support to the participant during the course - this is done on a one-to-one basis or in a group setting.

## Important Information for Pre-Registration

1. Judoka must hold a grade of Blue Belt – 2nd KYU or above & hold their IJA licence for 2022.
2. Judoka must be over 18 years of age.
3. Completed forms must be returned to IJA office with payment to secure your place on the course.
4. The course fee is non-refundable for cancellation within 14 days of the course start date. Places are limited, so please book early.

**\*\*\*Full Daily Schedule will be provided after registration has closed, but please be mindful that participants should note registration times & start times will be as early as 9.30am each day and finish no earlier than 5pm each day\*\*\***

**Advisory Information**

IJA Club Compliance Policy requires all active Level 1 & Level 2 coaches to hold the following:

1. Appropriate Coaching Certificate
2. Vetting (valid for a three-year period)
3. Safeguarding 1 (valid for a three-year period)
4. First Aid (valid for a three-year period/expiry date of certificate)

IJA Coach Passes for IJA events will only be issued to those coaches who have all of the above documentation in place and provided the coach is listed on the Active Coach register in the relevant IJA affiliated club.

**Links to Compliance Requirements**

1. Vetting - please request a NVB E Invitation Form, please email: [admin@irishjudoassociation.ie](mailto:admin@irishjudoassociation.ie)
2. Safeguarding 1 – please see the following link to register with your Local Sports Partnership See: ​<https://shar.es/1FNObt>
3. First Aid Certificate please see recommended First Aid course suppliers

Resus First Aid email: [resusfirstaidireland@gmail.com](mailto:resusfirstaidireland@gmail.com) contact Ray Stears

Croke Training Services Galway email: [finolacroke@yahoo.com](mailto:finolacroke@yahoo.com) or 087-900010 contact Finola Croke

**Level One Coaching Course Registration Form**

**Course Details**

|  |  |
| --- | --- |
| Course Title: | Assistant Club Coach Level 1 |
| Duration: | 4 days |
| Dates: - | 8th & 9th October 2022 & 12th & 13th November 2022 |
| Venue: | Dragons Lair, 24a Hebron Industrial Estate, Kilkenny R95 E0PN |
|  |  |
| Course Fee: | €175.00  Payment Plan available if required – contact [deirdre.leonard@irishjudoassociation.ie](mailto:deirdre.leonard@irishjudoassociation.ie) to discuss same |
| Closing Date: | CLOSING DATE for registration: 5pm Tuesday 4th October 2022 |
|  |  |

**Payment Options**

|  |  |  |
| --- | --- | --- |
|  | (Tick Box) |  |
|  |  |  |
| Paypal |  | To members@irishjudoassociation.ie |
| Lodge funds to IJA Account- |  | Account Name: Irish Judo Association |
|  |  | Bank Name: Bank of Ireland  IBAN: IE88 BOFI 9005 1956 3348 35  BIC: BOFIIE2D  Narrative: ‘Your Name & IJA10023’ |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Personal Details (required for certification)**   |  |  |  |  | | --- | --- | --- | --- | | Name: | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date of Birth: | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |  |  |  | | Address: |  | | | | Club: | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | IJA License Number: | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |  |  |  | | Grade: | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Mobile Number: |  | |

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Women in Sport Funding – Information**

Female participants registering for the Sport Ireland Level 1 coaching course can be re-imbursed through the WIS funding received by the Irish Judo Association from Sport Ireland. Fees are paid up front for the coaching course. Female participants contact Antoinette Earl ([antoinette.earl@irishjudoassociation.ie](mailto:antoinette.earl@irishjudoassociation.ie)) to apply for re-imbursement following successful completion of the coaching course.