



Level 1 Coaching course

12th to 16th Apr, 2023

<i>Date</i>	From Wed Apr 12 th to Sat Apr 16 th (in conjunction with the AIR Open Development Camp)
<i>Venue</i>	Iceworld Olympic Ice Rink (2304 Sandgate Rd, Boondall, QLD) Acacia Ridge Ice Rink (1179 Beaudesert Rd, Acacia Ridge, QLD)
<i>Cost</i>	There will be no course fee, but travel and accommodation are to be organised and costs to be met by participants
<i>Eligibility</i>	All financial members of AIR State Association members or financial members of ISU members who are 16 years or above on the date of the course
<i>Program Faciliator</i>	Jonathan Lam
<i>Registration</i>	Registration is now open via email to generalsecretary@australianiceracing.org and will close on Sun, 2 nd April 2023
<i>Materials to bring</i>	<ul style="list-style-type: none">- Writing Material- Suitable training gear for practical activity sessions- Skating, safety & sharpening equipments (skates, jig, stone, helmet, neck guard, shin guard, knee guard, gloves, water bottle)

Draft Program (subject to changes)

DAY	TIME	CAMP ACTIVITY	COACHING COURSE ACTIVITY
Wed Apr 12	7.15am to 8.00am	Warm up (Boondall)	Initial Briefing/Professionalism
	8.15am to 10.15am	Ice Session (Boondall)	Observation
	10.30am to 12.00pm	Off ice (Boondall)	Observation
	6.45pm to 7.30pm	Warm up (Acacia Ridge)	Coaching Principles
	7.45pm to 9.45pm	Ice Session (Acacia Ridge)	Observation
	9.45pm to 10.00pm	Warm down (Acacia Ridge)	Debrief
Thur Apr 13	7.15am to 8.00am	Warm up (Boondall)	Communication and Feedback
	8.15am to 10.15am	Ice Session (Boondall)	Lesson Assist
	10.30am to 12.00pm	Off ice (Boondall)	Lesson Planning
	4.15pm to 5.00pm	Warm up (Acacia Ridge)	Lesson Assist
	5.15pm to 7.15pm	Ice Session (Acacia Ridge)	Lesson Assist
	7.15pm to 7.30pm	Warm down (Acacia Ridge)	Debrief
Fri Apr 14	7.15am to 8.00am	Warm up (Boondall)	Equipment/Sharpening
	8.15am to 10.15am	Ice Session (Boondall)	Lesson Assist
	10.30am to 12.00pm	Off ice (Boondall)	Lesson Assist
	12.00pm to 1.00pm	Anti-doping or Safeguarding education seminar (TBC)	Anti-doping or Safeguarding education seminar (TBC)
Sat Apr 15	7.15am to 8.00am	Warm up (Boondall)	Games
	8.15am to 10.15am	Ice Session (Boondall)	Lesson Assist
	10.30am to 12.00pm	Off ice (Boondall)	Lesson Assist
	3.45pm to 4.30pm	Warm up (Acacia Ridge)	Lesson Assist
	4.45pm to 7.30pm	Ice Session (Acacia Ridge)	Lesson Assist
	7.30pm to 7.45pm	Warm down (Acacia Ridge)	Debrief/Conclusion
Sun Apr 16	7.15am to 8.00am	Warm up (Boondall)	
	8.15am to 10.15am	Racing (Boondall)	Various volunteering position
	10.30am to 11.30am	Off ice (Boondall)	Lesson Assist
	12.00pm to 2.00pm	Lunch (TBC)	Lunch (TBC)