

All levels of coaching accreditation require a minimum number of practical coaching hours, accumulated over a 4-year period. Coaches accredited at Bronze – Silver – or Gold levels must also accumulate professional development credit by attending or participating in activities from one or more of the elective categories listed below.

Required – Coaching Hours:

Junior Squad & Assistant Coach – 100 hours Bronze Coach – 180 hours Silver Coach 250 hours Gold Coach – 400 hours Attach documentation – i.e. supporting letter from Swim Club President or Secretary, or Pool Manager, or ‘State Swimming Association’ Coaching or Development Officer to verify coaching hours accumulated during the previous 4 years.

Elective Categories – Professional Development Credit:

| BRONZE Coach Minimum 15 points from elective categories | SILVER Coach Minimum 35 points from elective categories | GOLD Coach Minimum 85 points from elective categories |
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| 1.1 Mentoring session of at least 2 hours with a more experienced coach, Silver or Gold 2 points per session – max 10 points from 1.1 | 2.1 Mentoring session of 2 hrs (as the Mentor) with a less experienced coach 2 points per /session – max 20 points from 2.1 | 3.1 Mentoring session of 2 hrs (as the Mentor) with another coach at any accreditation level 2 points per session – max 30 points from 3.1 |
| 1.2 Attend a State/National/International Swim Coaches Conference 5 points / day – max 15 points from 1.2 | 2.2 Attend a State/National/International Swim Coaches Conference 5 points / day – max 25 points from 2.2 | 3.2 Attend a State/National/International Swim Coaches Conference 5 points / day – max 50 points from 3.2 |
| 1.3 Attend a Workshop session on stroke technique or training methodology under the supervision of a Silver or Gold Coach 5 points per 2 hr block – max 10 points from 1.3 | 2.3 Attend or Conduct a Workshop session on stroke technique or training methodology 5 points per 2 hr block – max 25 points from 2.3 | 3.3 Attend or Conduct a Workshop session on stroke technique or training methodology 5 points per 2 hr block – max 50 points from 3.3 |
| 1.4 Attend (as a practicing coach) a State or National Championship Meet 2 points / day – max 15 points from 1.4 | 2.4 Attend (as a practicing coach) a State or National Championship Meet 2 points / day – max 25 points from 2.4 | 3.4 Attend (as a practicing coach) a State or National Championship Meet 2 points / day – max 50 points from 3.4 |
| 1.5 Attend a Lecture or Seminar (min 2 hr duration) on a Swimming Coaching topic 2 points per session – max 10 points from 1.5 | 2.5 Attend or Present a Lecture or Seminar (min 2 hr duration) on a Swimming Coaching topic 2 points per session (attending) 5 points per session (presenting) – max 25 points from 2.5 | 3.5 Attend or Present a Lecture or Seminar (min 2 hr duration) on a Swimming Coaching topic 2 points per session (attending) 5 points per session (presenting) – max 50 points from 3.5 |
| 1.6 Assist in Coaching a Regional, State, or National Development Squad 5 points per day – max 15 points from 1.6 | 2.6 Coach at a Regional, State or National Development Squad Training Camp 5 points per day – max 35 points from 2.6 | 3.6 Coach at a Regional, State or National Development Squad Training Camp 5 points per day – max 50 points from 3.6 |
| 1.7 Present one or more topics at a ‘Junior Squad & Assistant Coach’ accreditation course 5 points per lecture session – max 15 points from 1.7 | 2.7 Present one or more topics at a ‘Bronze’ or Junior Squad & Assistant Coach’ accreditation course 5 points per lecture session – max 35 points from 2.7 | 3.7 Present one or more topics at a ‘Silver’, ‘Bronze’ or Junior Squad & Assistant Coach’ accreditation course 5 points per lecture session – max 50 points from 3.7 |
| 1.8 Attend a current Bronze course as a refresher 15 points | 2.8 Attend a current Silver course as a refresher or complete an advanced course of study in sport science or coaching 35 points | 3.8 Complete an advanced course of study in sport science or coaching 85 points |
| 1.9 Complete an ascta ‘Home Study’ course module, or a ‘Coaching Swimmers with a Disability’ or Coaching Open Water Swimmers’ specialist course 15 points per course | 2.9 Complete a ‘Coaching Swimmers with a Disability’ or ‘Coaching Open Water Swimmers’ specialist course 25 points per course | 3.9 Complete a ‘Coaching Swimmers with a Disability’ or ‘Coaching Open Water Swimmers’ specialist course 25 points per course |
| 1.10 Maintain ascta Membership for 4 consecutive years between Update periods max 10 points from 1.10 | 2.10 Maintain ascta Membership for 4 consecutive years between Update periods max 10 points from 2.10 | 3.10 Maintain ascta Membership for 4 consecutive years between Update periods max 10 points from 3.10 |

Checklist: coaches must ensure that all items listed below are complete – forward completed Update with administration fee (where required) to:
ascta P.O. Box 2175, Moorabbin VIC 3189

- Practical Coaching Hours are complete and documentation is attached to verify coaching hours (applies to all coaching levels)
- Professional Development Credit complete and verified (applies to Bronze – Silver – Gold coaches only)
- Coach has completed compliance requirements under State legislation for ‘working with children’ (applies to all coaches)
- ascta** Membership is current (applies to all coaches – **ascta** membership application may be processed concurrently)
- \$30 Payment to ‘**ascta**’ for administrative fee on NCAS Update – Bronze, Silver, & Gold coaches only
(‘Green’ coaches transferring to ‘Junior Squad & Assistant Coach’ accreditation under **ascta** are exempt from this fee)

For further information or clarification on any of the above criteria please contact ascta (03) 9556-5854

Information provided on this form is entered onto the **ascta** Membership database and the National Coaching Accreditation Scheme database where required. Enquiries on a coach’s accreditation status (i.e. active or inactive) may be released to the public. **ascta** ‘privacy policy’ does not allow personal information to be given out, without the member’s consent.