

# Senior Club Rugby League (SCC) (Level 2) Coaching Course

22<sup>nd</sup> - 25<sup>th</sup> January 2007



## All Participants Receive:

Top class tuition  
Motel Room accommodation  
All meals  
Texts  
National Accreditation  
(upon successful completion)

The Course fee of \$425.00 covers everything.

The SCC Course is ideal for coaches of Junior Representative teams and Grade coaches as it not only takes the coach into advanced coaching methods, but also the sports science side of coaching. Topics covered include:

Movement Analysis		Conditioning for Rugby League
Advanced Ball Skills		Analysing Performance
Legal responsibilities		Sports Safety
Scrummaging		Food, Nutrition/Lifestyle
Performance Psychology		Planning the Whole Program
Principles & Patterns of attack and defence and more		

### *Eligibility:*

All candidates must be over 18 years and have had a minimum of 2 seasons coaching with the Club Coach (*Level 1*) Coaching Certificate and have or gain a LeagueSafe (or equivalent) First Aid certificate

### *Applicants:*

Applications for the Senior Club Coaching (*Level 2*) Course must be received by the NSWRL Academy by no later than 13<sup>th</sup> November 2006. The course has a maximum of 30 participants and a deposit of \$50.00 is required to secure a position in the course.

### *Location:*

Sydney Academy of Sport, Wakehurst Parkway, Narrabeen.

### **For further information, contact:**

NSW Rugby League Academy  
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Narrabeen NSW 2101  
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TRAINING