



## Club Weightlifting / Sports Power Coach Level 1 Licence

Registered under the  
National Coach  
Accreditation Scheme  
(NCAS)

Coach Education Program  
dates are located on the  
attached 2009 Calendar

This NCAS Coach Education Program (CEP) has proved to be extremely popular among teachers, physiotherapists, sports coaches, human movement and science students, personal trainers and strength and conditioning specialists interested in instructing athletes, students or clients in the techniques of Weightlifting and Power Training.

There are no pre-requisites for this CEP that will cover programming principles; coaching methodology; principles of power development; progressive resistance principles; exercises to develop technique and power; warm-up and stretching techniques; basic lifting techniques; progressive development of technique; safety principles.

At the completion of this CEP, coaches will be able to:

- Plan, organise and conduct safe, enjoyable and progressive training and competition programs for athletes engaged in power training.
- Improve the skill levels of athletes commensurate with the athlete's aspirations and subsequent enjoyment of involvement with power training.

More specifically

- Teach and correct basic power training and weightlifting skills of athletes and ensure each athlete has the opportunity for optimal learning, development and performance

- Write training programs that will incorporate appropriate skill learning, specific fitness and tactical development as they relate to the relevant participation level of the respective athlete.
- Monitor and review power training activities by closely observing athlete performances, providing appropriate feedback on such performances and adjusting activities to suit needs.
- Evaluate achievement of the objectives of the training/competition event and the effectiveness of their own coaching behaviours.
- Adapt situations by identifying and implementing the appropriate modifications to future training sessions and competitions.

**The CEP Presenters have extensive experience in the fields of Weightlifting and Power Training, working with Elite athletes in Weightlifting; Track & Field; Rowing; Football Codes; Netball; Baseball; and Swimming.**

**Registrations close  
two (2) weeks prior to each respective  
Coach Education Program  
commencement**

## Club Weightlifting / Sports Power Coach Level 1 Licence

Participants receive:

- \*Access to all sessions
- \*Hands on assessment and feedback
- \*Access to specialised equipment
- \*CEP Manual
- \*Australian Weightlifting Federation Polo Shirt
- \*Morning & afternoon tea
- \*NCAS accreditation on completion of all assessment tasks
- \*AWF Capitation and Insurance Cover



### General Information

Confirmation of registration, map of the venue, CEP timetable and receipt will be circulated to participants once the CEP registration has been processed.

The Australian Weightlifting Federation reserves the right to cancel any advertised CEP if minimum numbers are not met.

Places on each CEP are limited and will be filled on a first in basis. Each CEP has a maximum 15 participants.



### Australian Government

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### Australian Sports Commission

The Australian Weightlifting Federation is supported by the Federal Government through the Australian Sports Commission.

### Registration Details

Club Weightlifting / Sports Power Coach  
Level 1 Licence

**Cost: \$600.00**

Please complete the attached Registration  
Details Form and mail to:

**Michael Keelan**  
High Performance Manager  
Australian Weightlifting Federation  
96 School Road  
Capalaba QLD 4157

Or Fax to: (07) 3823 1371

Or Scan and Email to:  
[mkeelan@awf.com.au](mailto:mkeelan@awf.com.au)

Please direct any inquiries to  
Michael Keelan on telephone  
07 3245 6461 or mobile 0411 424 328

# 2009 AWF Coach Education Program Calendar



CEP Delivery Dates	CEP Registration Closure Date	City	Level
28-29 February	13 February	Hobart (TAS)	Club Licence
14-15 March	27 February	Brisbane (QLD)	Club Licence
14-15 March	27 February	Sydney (NSW)	Club Licence
21-22 March	06 March	Perth (WA)	Club Licence
09-10 May	24 April	Darwin (NT)	Club Licence
06-07 June	22 May	Canberra (ACT)	Club Licence
25-26 July	10 July	Brisbane (QLD)	Club Licence
25-26 July	10 July	Melbourne (VIC)	Club Licence
21-23 September	7 September	TBC	National Licence
24-25 October	9 October	Brisbane (QLD)	Club Licence
24-25 October	9 October	Adelaide (SA)	Club Licence
31 October-1 November	16 October	Sydney (NSW)	Club Licence
7-8 November	23 October	Brisbane (QLD)	State Licence
7-8 November	23 October	Perth (WA)	State Licence
6-7 December	21 November	Melbourne (VIC)	State Licence

- **Sydney** CEP will take place at Olympic Park, Homebush.
- **Brisbane** CEP will take place at Sleeman Sports Complex, Chandler.
- **Adelaide** CEP will take place at South Australian Sports Institute, Kidman Park.
- **Perth** CEP will take place at Edith Cowan University
- **Melbourne** CEP will take place at Mermet Weightlifting Stadium, Hawthorn
- **Canberra** CEP will take place at the AIS, Belconnen
- **Darwin** CEP will take place at Time Out Gym, Darwin CBD
- **Tasmania** CEP venue TBC

## REGISTRATION DETAILS FORM

Name: \_\_\_\_\_

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

\_\_\_\_\_ P/Code \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender:  Male  Female

Telephone #: \_\_\_\_\_

Mobile #: \_\_\_\_\_

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

Polo-Shirt Size: \_\_\_\_\_

SMALL	MEDIUM	LARGE	XL	2XL	3XL	5XL
10	12	14	16	18	20	22

### Payment Details

Please find enclosed my

- Cheque (payable to Australian Weightlifting Federation)
- Money Order (payable to Australian Weightlifting Federation)
- Electronic Funds Transfer or Direct Deposit (please include your name in the description field when making EFT)

### AWF account details for EFT or Direct Debit

Bank: Commonwealth Bank

Account Name: Australian Weightlifting Federation

BSB: 063-187

Account Number: 10169089

\_\_\_\_\_/\_\_\_\_\_/2009

Signature \_\_\_\_\_ Date \_\_\_\_\_