

Club Coach Accreditation - Recognition of Current Competency

Recognition of Current Competency (RCC) is a pathway toward achieving the Masters Swimming Australia (MSA) Club Coach Accreditation.

You can apply for RCC if you think you have sufficient prior learning and experience to satisfy some or all the competency criteria for Club Coach accreditation. You will need to provide evidence that you currently possess an equivalent level of theoretical and practical ability across all competencies and skills as someone who has undertaken the full Club Coach Course and been deemed competent.

You may apply for partial RCC and you will be advised which learning outcomes still need to be achieved, and what evidence is still required. Please indicate if you are applying for FULL or PARTIAL RCC by ticking Competent or Not Yet Competent in the relevant competency in the table below.

RCC Applications are assessed by the MSA National Coaching Committee Chairperson. Please ensure that all details are completed, including signature and all substantiating evidence is attached.

Module	Topic	Competency	Competent Y/N
Module 1	Understanding Your Swimmers	Capacity to understand the range of swimmers that a Masters Club coach will coach, the various entry points into swimming and pathways for development.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Module 2	Coach and Swimmer Self-Awareness	Ability to maximise communication, motivation, teaching and mentoring of adult swimmers.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Module 3	Swimmer Engagement	Capability to work with masters swimmers across a range of abilities and backgrounds and understanding of their motivations.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Module 4	Efficient Stroke Development: Freestyle, Butterfly, Breaststroke & Backstroke (includes Foundations of Swimming and Common Errors)	Knowledge of the technical aspects of swimming with each of the four strokes and ability to identify and rectify common mistakes.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Module 5	Skills and Fitness for Competition	Ability to prepare a masters swimmer for training and competition.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Module 6	Program Design and Management	Capability in preparing training plans for adult swimmers across a range of physical development, technical abilities, swimming aspirations and psychosocial needs and demands.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Session 1	Coaching Better	Ability to identify own coaching philosophy, individual strengths and strategies for improvement and methods of self-reflection.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Session 2	Coaching Adult Swimmers	Ability to Identify the motivating factors and the barriers to adult swimming and the differences with age-group swimmers.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Session 3	Modifying to Include All	Capacity to adapt coaching practices to meet individual stroke correction needs.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Session 4	Goals and Planning	Competency in understanding an annual training plan with periodisation for a mixed masters squad.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Session 5	Session Planning	Capability of writing a basic session plan including objectives, timing, drills/skills, training elements and equipment for a squad of mixed ability Masters swimmers.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Session 6	Stroke Fundamentals	Proficiency in basic fundamentals of each stroke, the common errors encountered and the modifications used by masters swimmers.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet
Session 7	Practical Pool Session Assessment	Proficiency in conducting a pool side coaching session with a mixed level masters squad.	<input type="checkbox"/> Yes <input type="checkbox"/> Not yet

Club Coach Accreditation Recognition of Current Competency Application form

Personal Details	
Name:	
MSA member number and Club:	
Address:	
Phone:	
Mobile:	
Email:	
Date of birth:	
Competencies	Summary of evidence to support the competencies ticked above. (please attach verified copies of supporting documentation)
Current Swim Coaching Qualification(s) (if any)	
Swimming Australia/ ASCTA or equivalent Coach on-line modules	
Pool deck coaching Masters/Adult Swimmers – Places, dates, times, evidence of programming. (Minimum 30 hrs – signed off by qualified observer eg pool manager, club president, mentor coach)	
Endorsement of experience/ability from Mentor Coaches, Club officials etc, addressing the table above.	
Masters Coaching workshops or equivalent courses attended	
Any other experience or training relevant to Masters Swimming coaching.	
Please attach a copy of Current CPR Certificate from an Authorised Training Provider	
Please attach your signed Coaches Code of Behaviour Agreement Form	

I declare that the evidence I have provided is a true and accurate record of my relevant work and life experiences:

Signature of Applicant

____/____/_____
Date

Payment

Applicants for the RCC are asked to make payment of \$55 marked “Coaching RCC- your name” to:

Bank: Westpac
 Name: Masters Swimming in Australia Inc
 BSB: 033-100
 Account Number: 220255

EMAIL APPLICATION TO MASTERS SWIMMING AUSTRALIA admin@mastersswimming.org.au