

# Masters Club Coach Accreditation Program

## Application for Recognition of Current Competency (RCC)

Recognition of Current Competency (RCC) is a pathway towards achieving the Masters Swimming Australia (MSA) Club Coach Accreditation. You can apply for RCC if you have sufficient prior learning and experience to satisfy the competency criteria for Club Coach accreditation.

You will need to complete the Online Masters Club Coach Workshop at a fee of \$150 to cover the modules below.

In addition you will need to provide evidence that you currently possess an equivalent level of practical ability across all competencies and skills as someone who has undertaken the full Masters Club Coach Course and been deemed an experienced and competent coach.

Please ensure that all details are completed, including signature, and all substantiating evidence, including MSA Coaches Code of Behaviour and current CPR, is attached to support your claim. Please send your form to your Branch for endorsement – contact details can be found on [MSA website](#)

RCC Applications are assessed by the MSA National Coaching Committee Chair once your application has been endorsed and submitted to the MSA National Office.

Topic		Competency
<b>Topic 1</b> <b>Topic 2</b>	Being a Coach The Role of the Masters Coach	Ability to maximise communication, motivation, teaching and mentoring of adult swimmers PLUS ability to identify own coaching philosophy, individual strengths & strategies for improvement and methods of self-reflection.
<b>Topic 3</b>	Coaching Adult Swimmers	Capacity to understand the range of swimmers that a Masters Club Coach will work with, the various entry points into swimming and pathways for development.
<b>Topic 4</b> <b>Topic 5</b> <b>Topic 6</b>	Inclusive Coaching Being SMART with Goals Goals Case Study	Capability to work with Masters swimmers across a range of abilities and backgrounds combined with the ability to identify the motivating factors and barriers to adult swimming and the differences with age-group swimmers.
<b>Topic 7</b>	Planning for the year	Capability in preparing training plans for Masters swimmers across a range of physical development, technical abilities, swimming aspirations and psychosocial needs and demands.
<b>Topic 8</b> <b>Topic 9</b> <b>Topic 10</b>	Training Phases Training Cycles Understanding Training Effort	Capacity to develop and implement an annual training plan with periodisation for a mixed Masters squad.
<b>Topic 11</b> <b>Topic 12</b>	Session Planning Elements of a Session Plan	Capability to write basic session plans including objectives, timing, drills/skills, training elements and equipment for a squad of mixed ability Masters swimmers.
<b>Topic 13</b> <b>Topic 14</b> <b>Topic 15</b>	Training Equipment Rest Intervals Writing a Session Plan	Capacity to modify and adapt coaching practices and planning to meet all individual swimmers needs PLUS ability to prepare masters swimmers for training and competition.
<b>Topic 16</b> <b>Topic 17</b> <b>Topic 18</b> <b>Topic 19</b> <b>Topic 20</b>	Fundamental Principles and All Strokes Fundamentals of Freestyle, Common Errors and Drills Fundamentals of Backstroke, Common Errors and Drills Fundamentals of Breaststroke, Common Errors and Drills Fundamentals of Butterfly, Common Errors and Drills	Proficiency in basic fundamentals of each stroke including knowledge of the technical aspects of each of the four strokes PLUS ability to identify and rectify common errors encountered.
<b>Topic 21</b>	Adaptive Swimming in Masters	Ability to identify the modifications used by Masters swimmers.



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### Application form

Personal Details	
Name:	
MSA Branch:	
Member Club and Member Number (if applicable):	
Address:	
Mobile:	
Email:	
Date of birth:	
Competencies	Summary of evidence to support the competencies listed above. (please upload 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 – coaching log signed by qualified observer e.g. mentor coach, pool manager or club official)	
Masters Online Club Coach Workshop certificate.	
Any other experience or training <u>relevant to Masters Swimming coaching</u> .	
Current evidence/statement of attainment of a <a href="#">CPR qualification</a> delivered by a Registered Training Organisation.	
Signed Coach Code of Behaviour Agreement.	

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

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Application endorsed by Branch Coach Educator: Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**National Office Use**

Received:	Sent to NCC Chair		
Follow-up required:	Approved:		
	Accesss:	STG	Certificate
MSA Coaching number:	Expiry date:		