

# COACHING UPDATE

LOG BOOK

Title	
First Name	
Surname	
Date of Birth	Gender
Address	
State	Post Code
Telephone	
Mobile	
Email	
Netball Australia MyNetball ID:	

## STATE MEMBER ORGANISATION CONTACT DETAILS

Log books should be completed and returned to your State or Territory Member Organisation for processing.

Netball ACT  
[www.act.netball.com.au](http://www.act.netball.com.au)

Netball New South Wales  
[www.nsw.netball.com.au](http://www.nsw.netball.com.au)

Netball Northern Territory  
[www.nt.netball.com.au](http://www.nt.netball.com.au)

Netball Queensland  
[www.qld.netball.com.au](http://www.qld.netball.com.au)

Netball South Australia  
[www.sa.netball.com.au](http://www.sa.netball.com.au)

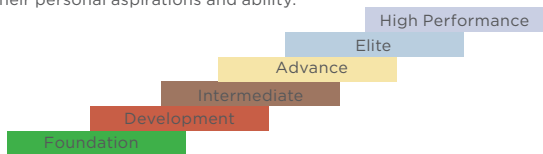
Netball Tasmania  
[www.tas.netball.com.au](http://www.tas.netball.com.au)

Netball Victoria  
[www.vic.netball.com.au](http://www.vic.netball.com.au)

Netball Western Australia  
[www.wa.netball.com.au](http://www.wa.netball.com.au)

## COACH ACCREDITATION FRAMEWORK

Netball Australia's Coach Accreditation Framework supports the development of coaches from beginner or club level through to international level. Coaches are able to progress along the six-tier accreditation pathway depending on their personal aspirations and ability.



Coaches complete a series of development activities in conjunction with their team coaching over a four-year period following their successful completion of a Netball Australia Coaching Accreditation course. Netball Australia recommends that all coaches who become accredited continue to advance their knowledge.

**Foundation:** A fully online course targeted primarily at beginner coaches, teachers, parents and NetSetGO coaches which outlines introductory coaching information and basic netball techniques.

**Development:** A blended learning program (online and face to face) targeted at Club, Association and Regional coaches and teachers aiming to further their netball knowledge. This course provides a good introduction to skill progression and fault detection and correction and allows coaches to practise their coaching skills at the half day face course after the initial learning online.

**Intermediate:** Targeted at those coaching Representative, Talent Identification and State League level. This course extends the learning around skill progression in preparation for the practical component of the Advanced course

**Advanced:** Targeted at coaches of Representative, Talent Identification and State League level who are developing advanced coaching principles and practices.

**Elite:** Targeted at those coaching at the highest level of State League, Australian Netball League and National Netball League, who are aspiring to be potential high performance coaches.

**High Performance:** Targeted at highest level State League, Australian Netball League and National Netball League coaches working in a head coach capacity and have overall responsibility for the delivery of a netball program within our high-performance system.

## UPDATING

Coaches complete a series of tasks over a four-year period following their successful completion of a Netball Australia Coach Accreditation course. Netball Australia recommends that all coaches who become accredited continue to upgrade their knowledge.

The updating program aims to raise the overall quality of coaches within netball by ensuring they are provided with ongoing education and development opportunities covering areas such as:

- Keeping abreast of the latest information on developments within netball
- Having access to the most up-to-date techniques and coaching methods for netball

Netball Australia requires a coach to reach the specified number of points of updating activity for each accreditation level.

Foundation	Attain Development OR Complete 20 points in 4 years
Development	Attain Intermediate OR Complete 40 points in 4 years
Intermediate	Attain Advanced OR Complete 60 points in 4 years
Advanced	Attain Elite OR Complete 80 points in 4 years
Elite	Attain High Performance OR Complete 100 points in 4 years
High Performance	Complete 120 points in 4 years

## How to Update?

Coaches have four years in which to complete their updating requirements.

By attending any updating activity, a coach is able to earn points towards completing the updating requirements associated with their current level of accreditation.

## Re-accreditation - How do I do it?

Your respective state/territory contact will require the following to successfully complete re-accreditation on your behalf:

- Completed log book with all fields on the inside cover completed

## How are Update Activities Recorded?

It is important that details of all practical involvement and attendance at approved courses and seminars (that will contribute to your re-accreditation) are accurately recorded in a Log Book.

## How to use your Log Book?

The Log Book enables you to record and have verified updating activities that you attended. The Log Book is also evidence of your experience and on-going education when you apply for a new coaching position. When you attend an approved updating activity complete the Log Book as shown.

1. State date of attendance
2. Record the activity
3. Record time commitment
4. Obtain signature of course coordinator

For further information regarding the updating process contact your local State or Territory Member Organisation as listed at the beginning of this logbook.

## COACH ACCREDITATION UPDATING SUMMARY

Course	Update Requirements
Foundation	<ul style="list-style-type: none"><li>• Complete the Development Coach Accreditation Course within four years</li></ul> OR <ul style="list-style-type: none"><li>• Achieve 20 hours of updating activity over a four-year period.</li></ul>
Development	<ul style="list-style-type: none"><li>• Complete the Intermediate Coach Accreditation Course within four years</li></ul> OR <ul style="list-style-type: none"><li>• Achieve 40 hours of updating activity over a four-year period.</li></ul>
Intermediate	<ul style="list-style-type: none"><li>• Complete the Advanced Coach Accreditation Course within four years</li></ul> OR <ul style="list-style-type: none"><li>• Achieve 60 hours of updating activity over a four-year period.</li></ul>
Advanced	<ul style="list-style-type: none"><li>• Complete the Elite Coach Accreditation Course within four years</li></ul> OR <ul style="list-style-type: none"><li>• Achieve 80 hours of updating activity over a four-year period.</li></ul>
Elite	<ul style="list-style-type: none"><li>• Complete the High Performance Coach Accreditation Course within four years</li></ul> OR <ul style="list-style-type: none"><li>• Achieve 100 hours of updating activity over a four-year period.</li></ul>
High Performance	<ul style="list-style-type: none"><li>• Achieve 120 hours of updating activity over a four-year period.</li></ul>



## Updating Activities

- 50% of the required updating hours for each level should be completed through practical coaching.
- Practical coaching can be undertaken with any level of athlete or team or official and may occur on a regular basis (weekly, fortnightly) or in specific situations such as camps, clinics.
- Special consideration may be granted by the relevant Member Organisation Coach Development Manager for coaches who are not coaching a team, but who are involved heavily within coach education/mentoring, in order for them to fulfill updating requirements. In these cases a detailed letter outlining their current involvement within coach education should be submitted to the relevant Member Organisation.

## Re-accreditation

- Applications for re-accreditation should be made to the relevant Member Organisation Coach Development Manager prior to the accreditation expiry date.
- Applications for re-accreditation must be accompanied by a completed log-book
- Applications for re-accreditation will be accepted for up to 12 months following the expiry date the accreditation.
- Once an accreditation has expired for a period greater than 12 months, application should be made to the relevant Member Organisation Coach Development Manager for consideration.

## Mentoring

- It is recommended that prospective coaches seek the assistance of a mentor coach in improving their coaching skills prior to/post the relevant accreditation course.
- Mentors will receive credit towards their updating requirements.

# NETBALL AUSTRALIA FOUNDATION COACH ACCREDITATION UPDATE CRITERIA

Netball Australia Foundation Coach Accreditation is valid for four (4) years. The period starts when a Netball Australia certificate of accreditation is issued.

## Points to be completed:

**20 (Minimum practical component: 10 hours) 1 point = 1 hour**

### Updating Requirements

Event	Time Commitment (Maximum points to be claimed for each unit)
Practical Coaching (mandatory requirement)	15 points
Complete the Rules of Netball Theory Exam - 70% or higher (mandatory requirement)	5 points
Attend a Member Organisation Approved Coaching Workshop	10 points
Complete a Netball Australia online education course (non- accredited)	5 points per course
Attend relevant course / workshop / seminar conducted by a recognised external body e.g. ASC or State Department of Sport and Recreation	4 points
Attain Netball Australia Development Coach Accreditation	Meets total requirements

# NETBALL AUSTRALIA DEVELOPMENT COACH ACCREDITATION UPDATE CRITERIA

Netball Australia Development Coach Accreditation is valid for four (4) years. The period starts when a Netball Australia certificate of accreditation is issued.

**Points to be completed:  
40 (Minimum practical component: 20 hours) 1 point = 1 hour**

## Updating Requirements

Event	Time Commitment (Maximum points to be claimed for each unit)
Practical Coaching (mandatory requirement)	25 points
Complete the Rules of Netball Theory Exam - 70% or higher (mandatory requirement)	5 points
Attend a Member Organisation Approved Coaching Workshop	20 points
Complete a Netball Australia online education course (non- accredited)	5 points per course
Attend relevant course / Workshop / Seminar conducted by recognised external body eg, ASC, State Department Sport & Recreation	4 points
Attain Netball Australia Intermediate Coach Accreditation	Meets total requirements

# NETBALL AUSTRALIA INTERMEDIATE COACH ACCREDITATION UPDATE CRITERIA

Netball Australia Intermediate Coach Accreditation is valid for four (4) years. The period starts when a Netball Australia certificate of accreditation is issued.

## Points to be completed:

**60 (Minimum practical component: 30 hours) 1 point = 1 hour**

### Updating Requirements

Event	Time Commitment (Maximum points to be claimed for each unit)
Practical Coaching (mandatory requirement)	40 points
Complete the Rules of Netball Theory Exam – 70% or higher (mandatory requirement)	5 points
Attend Member Organisation approved Coaching Workshop	20 points
Complete a Netball Australia online education course (non- accredited)	5 points per course
Observation of National Netball League Training Session	6 points
Observation of an International Event	4 points
Relevant course / Workshop / Seminar conducted by recognised external body eg, ASC, State Department Sport & Recreation	4 points
Attain Netball Australia Advanced Coach Accreditation	Meets total requirements

# NETBALL AUSTRALIA ADVANCED COACH ACCREDITATION UPDATE CRITERIA

Netball Australia Advanced Coach Accreditation is valid for four (4) years. The period starts when a Netball Australia certificate of accreditation is issued

**Points to be completed:  
80 (Minimum practical component: 40 hours) 1 point = 1 hour**

## Updating Requirements

Event	Time Commitment (Maximum points to be claimed for each unit)
Practical Coaching (mandatory requirement)	50 points
Complete the Rules of Netball Theory Exam - 70% or higher (mandatory requirement)	5 points
Attend a Member Organisation approved Coaching Workshop.	10 points
Complete a Netball Australia online education course (non- accredited)	5 points per course
Mentor Coaching	20 points
Facilitate/Present Netball Australia Foundation, Development or Intermediate course	10 points
Relevant course / Workshop / Seminar conducted by recognised external body eg ASC, State Department Sport & Recreation	4 points
Attain Netball Australia Elite or High Performance Coach Accreditation	Meets total requirements

# NETBALL AUSTRALIA ELITE COACH ACCREDITATION UPDATE CRITERIA

Netball Australia Elite Coach Accreditation is valid for four (4) years.  
The period starts when a Netball Australia certificate of accreditation is issued.

## Points to be completed:

**100 (Minimum practical component: 50 hours) 1 point = 1 hour**

### Updating Requirements

Event	Time Commitment (Maximum points to be claimed for each unit)
Practical Coaching <ul style="list-style-type: none"><li>• ANL</li><li>• State/Territory Underage Team</li><li>• State League</li><li>• A grade domestic competition (mandatory requirement)</li></ul>	60 points
Complete ACC Graduate Diploma in Sports Coaching	50 points
Mentor Coaching	20 points
Facilitate/Present Netball Australia Accreditation course /modules	20 points
Attend Member Organisation Approved Coaching Workshop.	20 points
Complete a Netball Australia online education course (non- accredited)	5 points per course
Attend relevant course / workshop / seminar conducted by recognised external body eg, ASC, State Department Sport & Recreation	20 points
Attain Netball Australia High Performance Coach Accreditation	Meets total requirements

# NETBALL AUSTRALIA HIGH PERFORMANCE COACH ACCREDITATION UPDATE CRITERIA

Netball Australia High Performance Coach Accreditation is valid for four (4) years.

## Points to be completed:

**120 (Minimum practical component: 60 hours) 1 point = 1 hour**

### Updating Requirements

Event	Time Commitment (Maximum points to be claimed for each unit)
Practical Coaching <ul style="list-style-type: none"><li>• National (Open and 21/Under)</li><li>• SIS/SAS (including AIS)</li><li>• Suncorp Super Netball</li><li>• ANL</li><li>• State/Territory Underage Team</li><li>• Top Division State League (mandatory requirement)</li></ul>	80 points
Complete the Rules of Netball Theory Exam - 70% or higher (mandatory requirement)	5 points
Complete ACC Graduate Diploma in Sports Coaching	50 points
Present Netball Australia Accreditation course / modules	20 points
Complete a Netball Australia online education course (non- accredited)	5 points per course
Attend relevant course / workshop /seminar conducted by recognised body e.g. State Department Sport & Recreation	20 points
Mentor Coaching	30 points
Present at an industry Workshop / Conference	30 points











## COACH CODE OF BEHAVIOUR

In addition to Netball Australia's General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of Netball Australia, Member Organisations, affiliated Associations and Clubs in your role as a coach.

1. Treat all players with respect at all times. Be honest and consistent with them. Honour all promises and commitments, both verbal and written.
2. Promote a climate of mutual support among your players. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
3. Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.
4. Involve the players in decisions that affect them.
5. Determine, in consultation with the players, what information is confidential and respect that confidentiality.
6. Provide feedback to players in a caring sensitive manner to meet their needs. Avoid overly negative feedback.
7. Refrain from any form of personal abuse towards your players.  
This includes verbal, physical and emotional abuse. Be alert to any forms of abuse directed toward your players from other sources while they are in your care. (Abide by the Netball Australia Member Protection Policy)
8. Refrain from any form of harassment towards your players. Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, and other condition. (Abide by the Netball Australia Member Protection Policy)
9. Be acutely aware of the power that you as a coach develop with your players in the coaching relationship and avoid any sexual intimacy with players that could develop as a result.
10. Avoid situations with your players that could be construed as compromising.
11. At all times use appropriate training methods which will benefit the players and avoid those which could be harmful. Ensure that the tasks, trainings, equipment and facilities are safe and suitable for age, experience, ability and physical and psychological conditions of the players.
12. Ensure the players' time spent with you is a positive experience. All players are deserving of equal attention and opportunities. Provide training and game opportunities that ensure everyone has a reasonable chance to succeed and to improve/ acquire skills and develop confidence.

13. Actively discourage the use of performance enhancing drugs, the use of alcohol and tobacco and illegal substance. (Abide by the Netball Australia Anti-Doping Policy).
14. Recognise individual differences in players and always think of the player's long-term best interests.
15. Set challenges for each player which are both achievable and motivating.
16. Respect the fact that your goal as a coach for the player may not always be the same as that of the player. Aim for excellence based upon realistic goals and due consideration for the participant's growth and development.
17. At all times act as a role model that promotes the positive aspects of sport and of netball by maintaining the highest standards of personal conduct and projecting a favourable image of netball and of coaching at all times.
18. Recognise your player's rights to consult with other coaches and advisers. Cooperate fully with other specialists (e.g. sports scientists, doctors, physiotherapists etc).
19. Do not exploit any coaching relationship or information gained through Netball Australia programs, to further personal, political, or business interests.
20. Encourage players and coaches to develop and maintain integrity in their relationship with others.
21. Respect other coaches and always act in a manner characterised by courtesy and good faith.
22. When asked to coach, ensure that any previous coach / player relationship has been ended in a professional manner.
23. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules. Know and abide by netball rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.
24. Be honest and ensure that qualifications are not misrepresented.
25. Make a commitment to providing a quality service to your players. Provide a training program which is planned and sequential. Maintain or improve your current NCAS accreditation, seek continual improvement through performance appraisal and ongoing coach education and be open to other people's opinion.

Failure to comply with the code of behaviour will result in appropriate action being taken in accordance with the Member Protection Policy. For further assistance please contact your local State or Territory Member Organisation.

**NETBALL HQ**

191 Johnston Street Fitzroy VIC 3065

PO Box 13285 Law Courts VIC 8010

Phone: +61 3 8621 8600

Fax: +61 3 8621 8625

Email: [infonet@netball.com.au](mailto:infonet@netball.com.au)

[www.netball.com.au](http://www.netball.com.au)