Abstract
A guide to providing potential and current sports assistants guidance within their development for the betterment of the athlete.
Becoming a Sports Assistant

Whether you are qualified or interested within the sports science/training industry or have a general passion for helping others succeed in their goals than the role of a sports assistant may be for you. In the sport of Boccia there are 5 classifications (BC1, BC2, BC3, BC4, BC5) in which 2 of these classifications (BC1, BC3) the athlete will require a sports assistant to be able to compete.

Classifications

**BC1:** Players in this class throw the ball with the hand or foot. They may compete with an assistant who stays outside of the competitor’s playing box, to stabilise or adjust their playing chair and give the ball to the player when requested.

**BC3:** Players in this class have very severe locomotor dysfunction in all four extremities. Players in this class have no sustained grasp or release action and although they may have arm movement, they have insufficient range of movement to propel a Boccia ball onto the court. They may use an assistive device such as a ramp to deliver the ball. They may compete with an assistant; assistants must keep their back to the court and their eyes averted from play.
Role of a Sports Assistant

You would be responsible for assisting with the active development of the athlete in collaboration with the club coach/administrator. The role would include responsibilities such as:

- Arranging weekly training diary to enable athletes to meet their training plan – if training individually and not at a club this would include booking training courts, developing session plans, recording statistical data for testing purposes and general sports training duties.

- Being present for the athletes training sessions and being the on-court "Performance Assistant". Note that Performance Assistants (Sports Assistants) in the BC3 Classification are regarded as part of the playing staff and therefore earn medals along with the players.

- Assisting with the athlete’s physical conditioning programme if qualified to do so, keeping track of hydrotherapy sessions.

- Assisting with the athlete’s training diary entries on a daily basis to keep AUS Coaches and Staff updated on the athlete’s well-being and progress. Templates can be accessed by Boccia Australia and within Appendix 1 of this document.

- Accompanying the athlete to any training camps they are invited to within AUS. These will usually be a day program or a session ran over a weekend but is rare.

- Accompanying the athlete on competitions in AUS and depending on the athlete’s level could also mean Internationally. The sport is truly global and the international season runs from April to September, with training and domestic competition running throughout the year.
About the Sports Assistant

Our Sports Assistants are some of the hardest working and most committed part of our staff that acquire a level of patience with the athlete’s development and have the ability to see tasks through over a substantial time frame. Pending the athlete’s level this could mean a 4 year journey towards a Paralympic Games or a week to week program in your regional club.

Some key attributes of the Sports Assistant will include:

- You will have a keen interest and background in sport
- You will be able to demonstrate high performance behaviours when required under particular athletes
- You will have the ability to embrace challenge and maintain a constant search for performance improvements with the athlete
- You will effectively interact with the performance staff and athletes to maximise performance gains with and for the athlete
- You will be physically strong, caring and have a good sense of humour
- Responsible, confident, sociable, loyal and reliable
- Clean and tidy in both appearance and ways
- Have English as your first language
- You must hold a full clean driving license to drive the clients adapted vehicle if necessary

You must be able to respect our athlete’s privacy and have an understanding of the need for confidentiality in all areas of work.
What Does It Take to be a Sports Assistant

To be successful in this roll, you should have a flexible approach to working hours, including the ability to remain focused during concentrated periods of activity. In the event of working with a high performance athlete you will be a part of an exciting and high profile sporting environment. The nature of the role means that it will be necessary to travel inter-state, nationally and even internationally and work sufficient hours, balanced with home-based training where hours may be shorter.

Although this position is primarily to assist in the athlete’s Sporting life, there is an element of personal care required. Previous care experience, although useful is not essential as full training in the client’s particular needs would be provided by the athlete.

This would include:

- Personal Care
- Health Care
- Daily Living
- Night Time Care (when away on major competitions)

For further information and resources regarding Boccia and the role of a Sports Assistant contact Boccia Australia

admin@boccia.com.au

www.boccia.com.au
### Appendix 1

#### SESSION PLANNER

<table>
<thead>
<tr>
<th>Group</th>
<th>Venue</th>
<th>Attendance</th>
<th>Equipment / Other resources</th>
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**SESSIO N OBJECTIVE**

**INTRODUCTION** (Welcome, reminders, safety)

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**START OUT**

<table>
<thead>
<tr>
<th>List activities &amp; duration</th>
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**GET INTO IT**

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<th>List activities &amp; duration</th>
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**FINISH UP**

<table>
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<th>List activities &amp; duration</th>
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**DELIVERY** How the content above will be delivered e.g. Formations, groups, circuits, activity combinations, sequences, transition. Also include modifications to activities, questions to ask, coaching tips.

**START OUT**

**GET INTO IT**

**FINISH UP**

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**NOTES**

Safety | Reminders | Pre-session checks | Weather | Incidents

**SESSION EVALUATION**

What worked? didn't. What did they like / didn't like. Modifications for next time.