



COACH

Connect

What We Look For

2024-2025

SOUTH WEST SYDNEY ACADEMY OF SPORT

SWSAAS

Youth • Sport • Excellence • Community



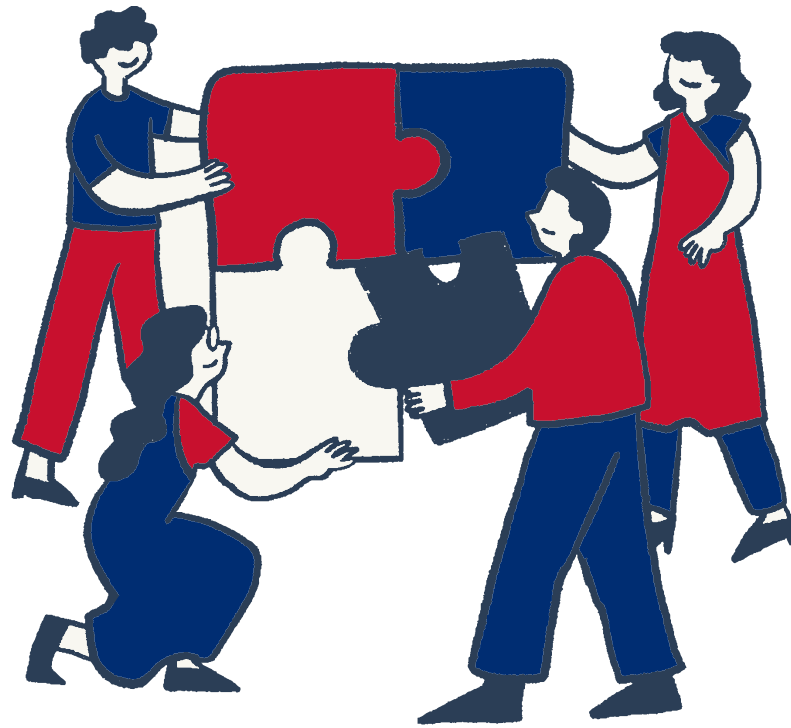
Acknowledgement of Country

The land on which the South West Sydney Academy of Sport is located, and where our athletes train and compete is the traditional land of the Dharawal people.

The South West Sydney Academy of Sport acknowledges the Traditional owners of Country and recognise their continuing connection to land, waters and culture.

We pay our respects to their Elders past, present and emerging.

#wearesouthwestsydney



linktr.ee/swsascoach

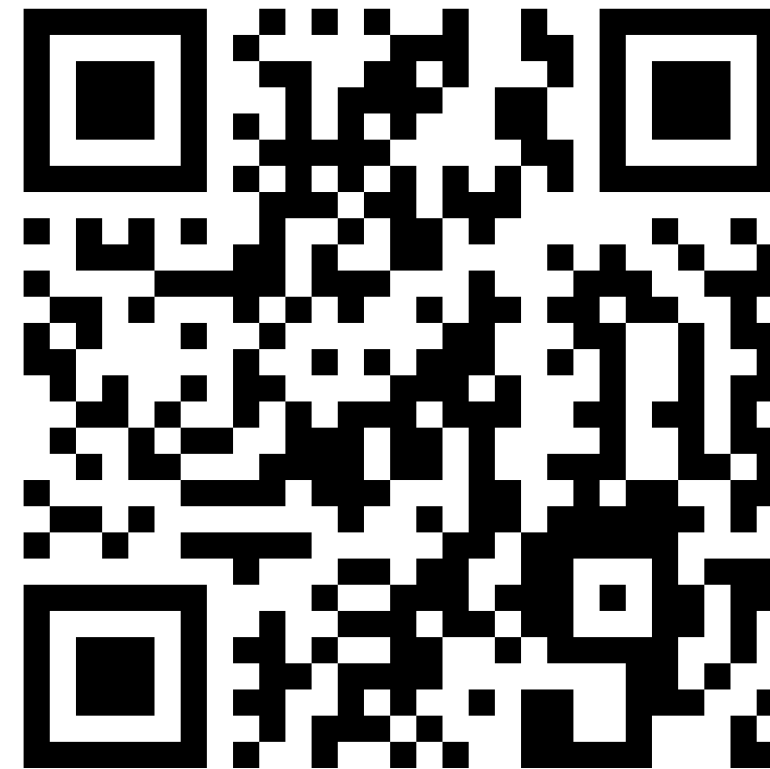
Dedicated Coach Network Resource "App"

Online Forms

Guidelines and Manuals

Templates

Education and Resources



#wearesouthwestsydney

Academy Staff



Gerry Knights - Chief Executive Officer

Stephen Craig - Sport Operations Manager

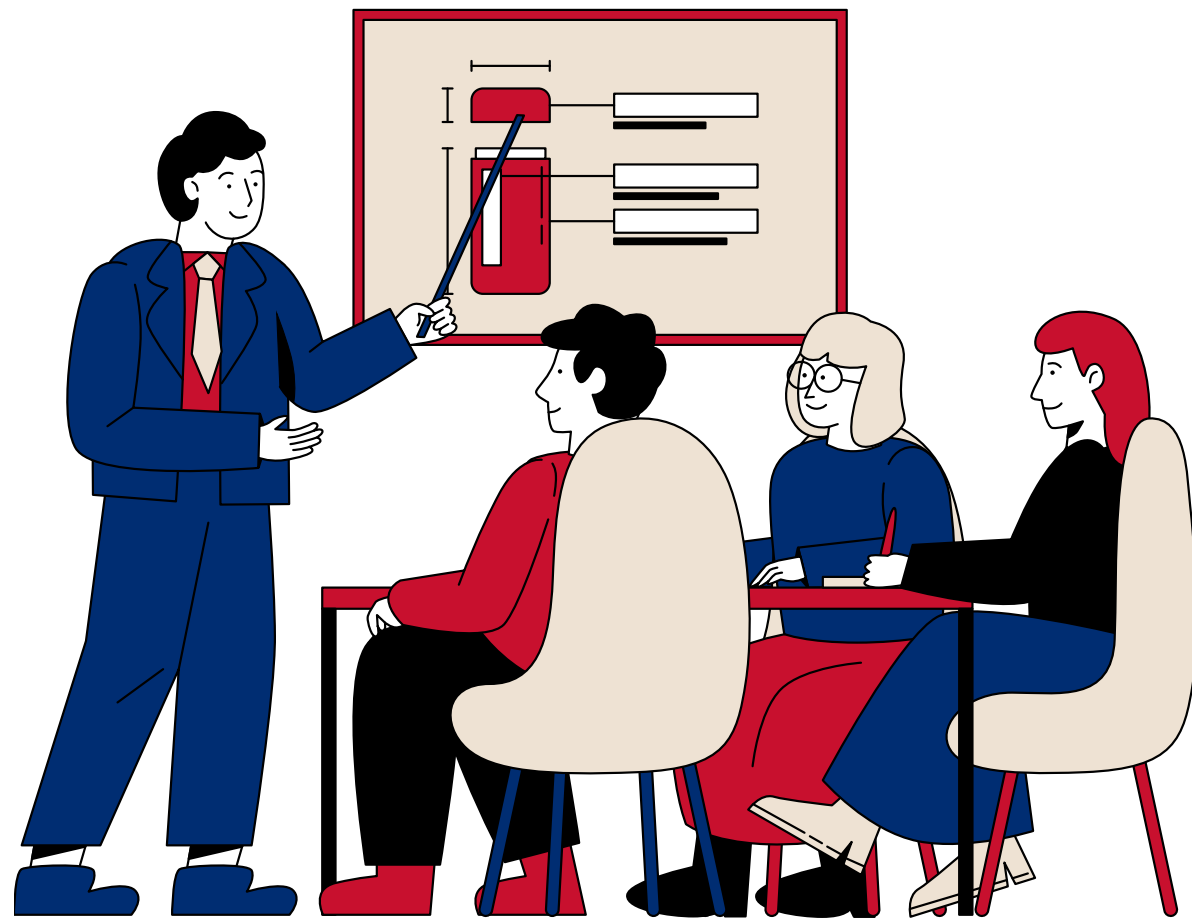
Catarina Di Ramio - Sport Programs Manager

Tahlia Febbo - Sport Administration Officer

Coach Technical Advisory Group (CTAG)

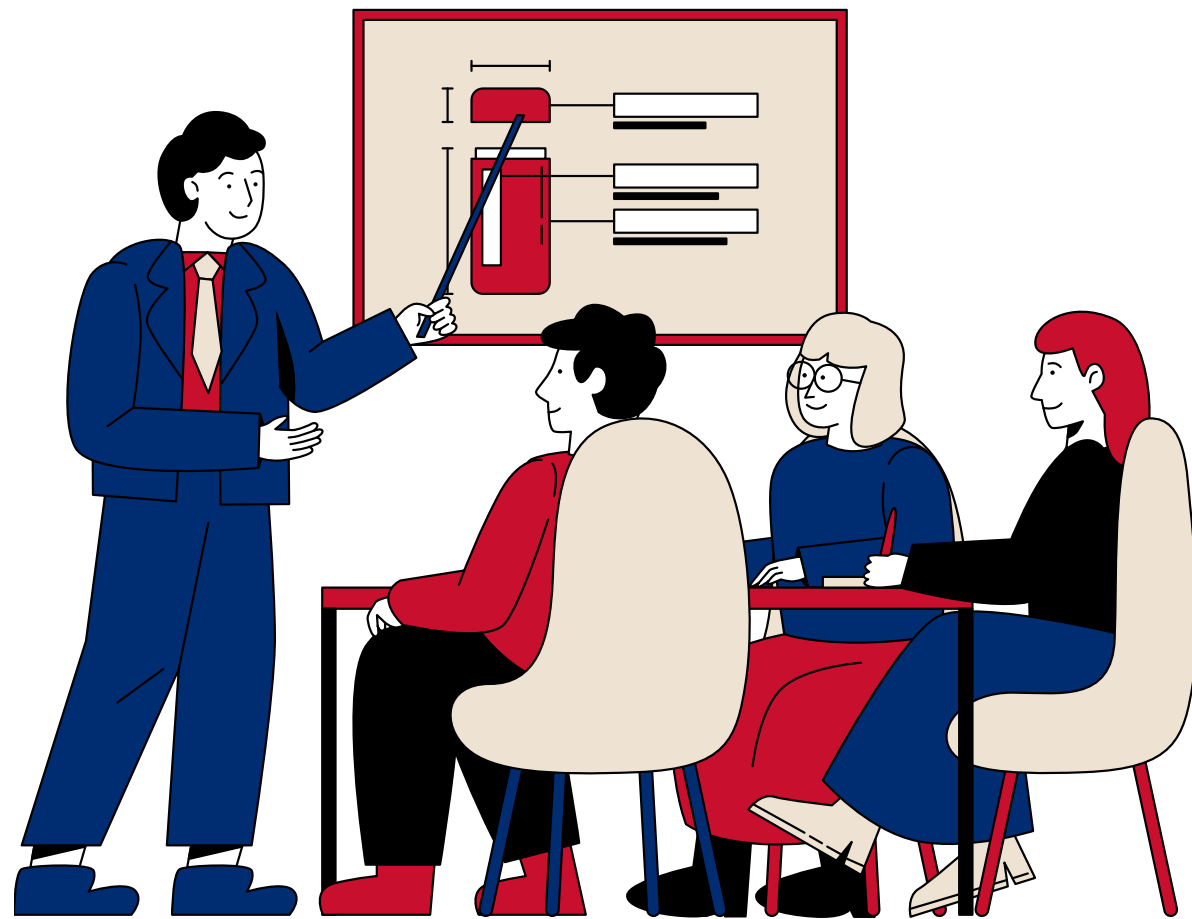
Function as a sounding board for Academy Staff and Coaches on technical and tactical matters within the practice of coaching

Strategic Priorities - *Together with Academy Staff*



- Develop and implement a peer Coaching Network
- Improve program planning - process and content
- 3D Training of Coach and Support staff
- Coach Development Strategic Direction

Coach Technical Advisory Group (CTAG)



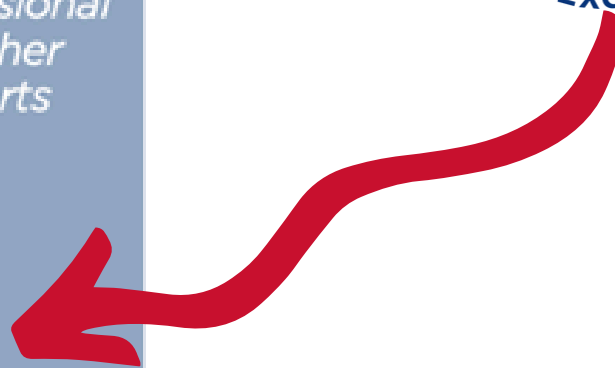
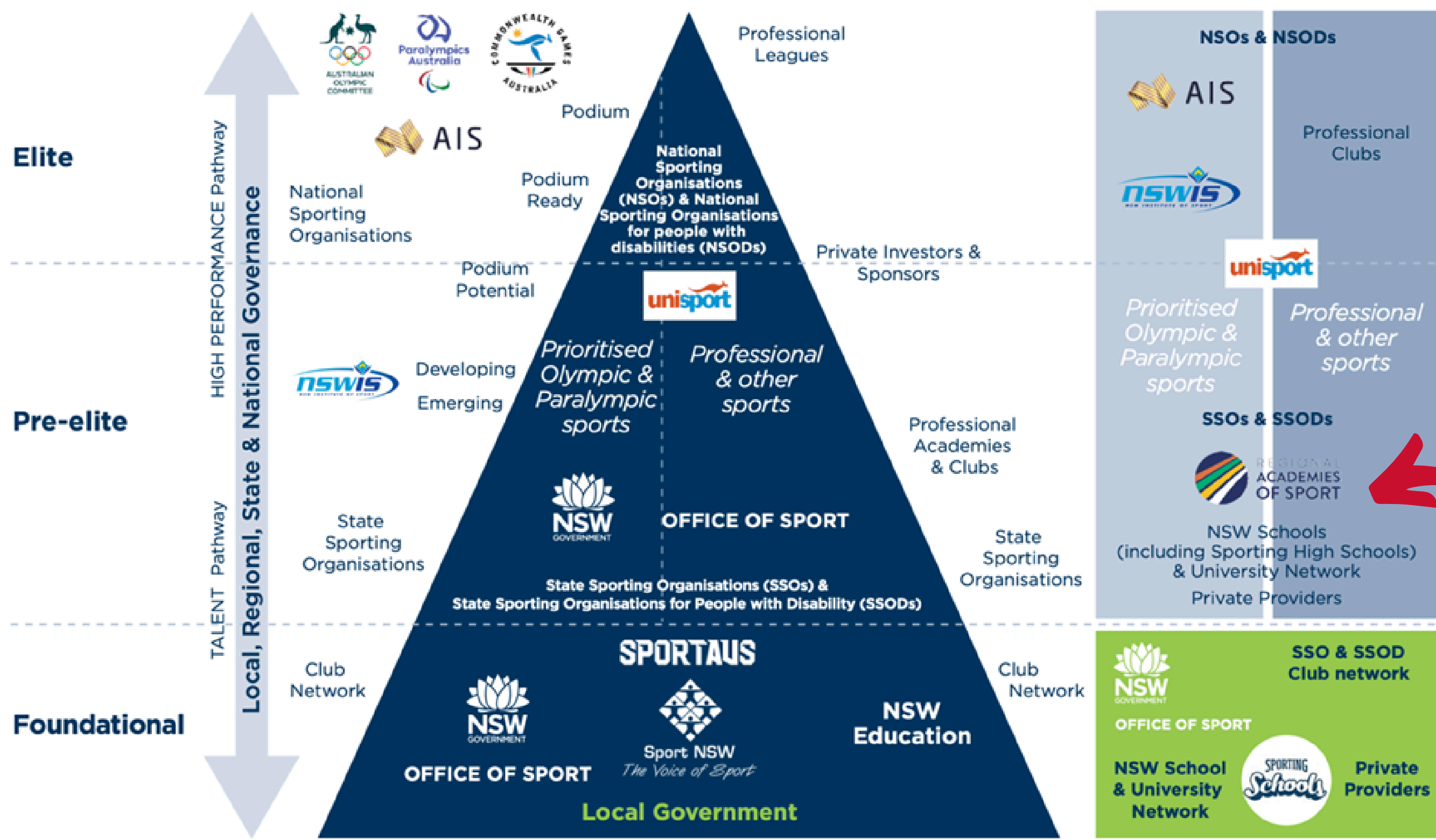
- Jeff Cooper
- Guy Creber
- Rev. Jim Dayhew
- Daniel Morris
- Van Nguyen



What Are We
Looking For?

Athlete Selection
and Validation

#wearesouthwestsydney



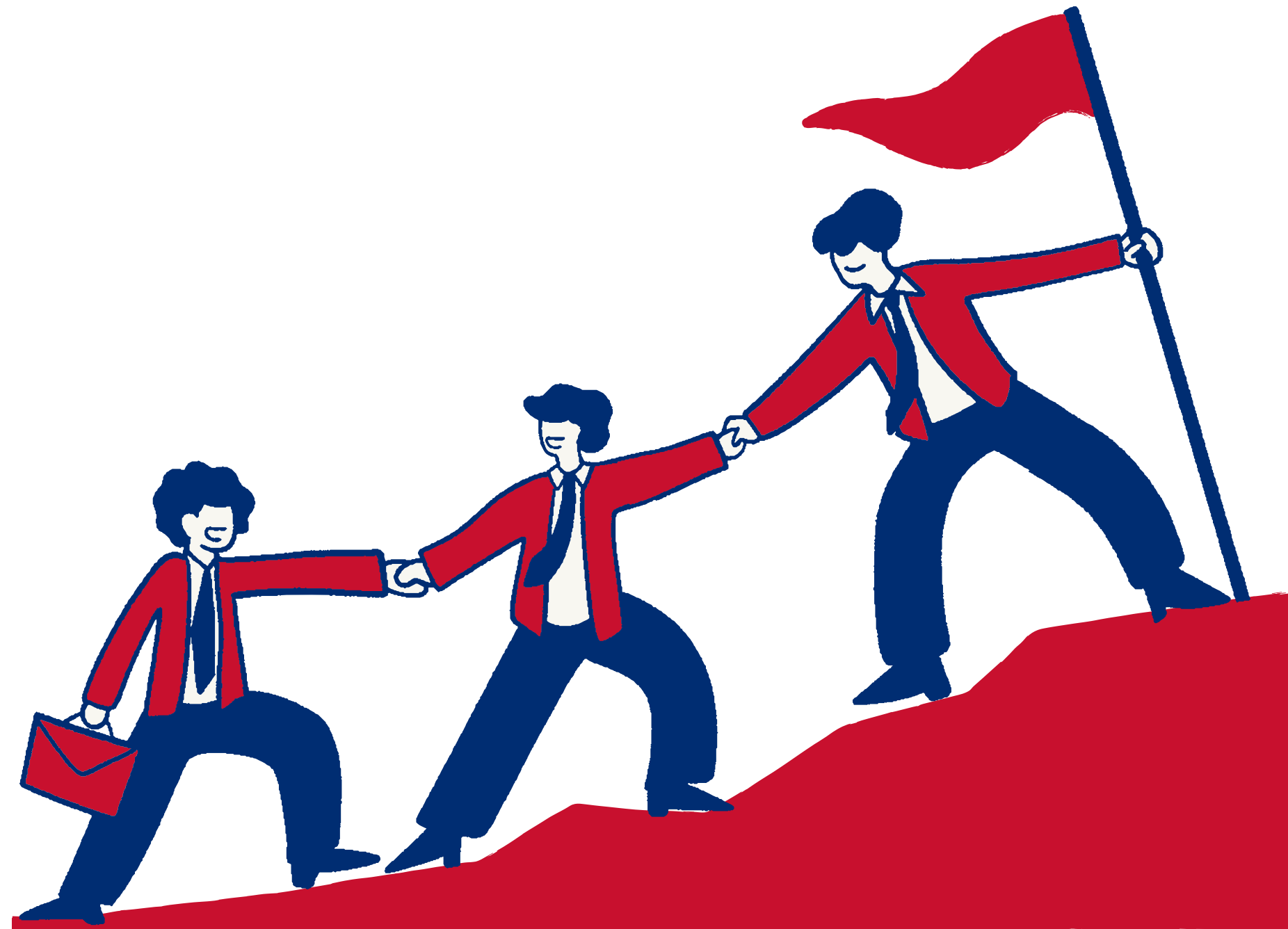
#wearesouthwestsydney



Updated September 2024



#wearesouthwestsydney



Catch Point



Feedback...

Throughout the selection process, Coach and Support staff should compile an appropriate list of individual and general feedback for all trialling athletes, that would be suitable to be provided to the Academy.

This should include both generalised sport as well as individually specific feedback.

Feedback...

Sport Specific

- Technical Offensive Skills
 - Passing, catching, shooting, batting, scoring, kicking
- Technical Defensive Skills
 - Defensive stance, positioning, defending, stealing, rebounding
- Tactical
 - reading the game/play, out of position, off-ball, on-ball, reactions, pro-actions

Physiological

- Agility
- Endurance
- Stamina
- Recovery



Feedback...

Character / Academy Attributes

- Coachability
- Communication
- Team Work
- Leadership





**What Are you Looking For Within Your Trial /
Selection Process?**



How are you Validating your Selections?
(or How do you currently record feedback)



For the Trial

The trial process should include **at least two of;**

- Fitness testing / Sport Specific 'Combine'
 - sport specific, modified or baseline SST
- Sport Specific individual and/or team skills and drills
- Short Sided, modified rules or trial games

What is it that you are looking for?

- Skill Set
- Coachability
- Communication / Listening
- Potential





For the Trial

Have Standards (*SSO, State, Academy, YOURS*) in mind.

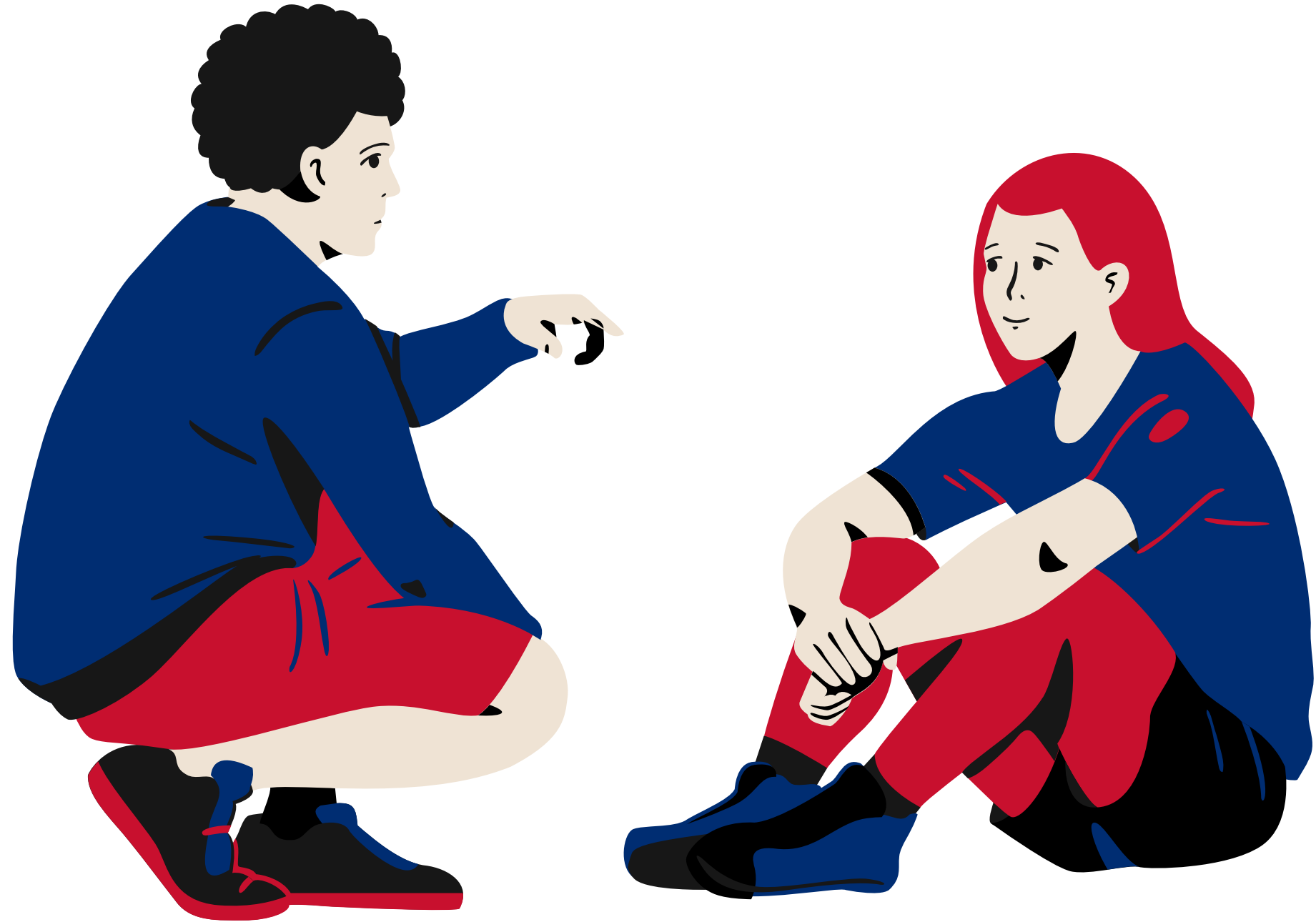
Quality or Quantity?

Be prepared to “compromise without compromising”

Be Proactive in being Reactive

What can you teach that the athletes will leave the trial having learned





**Who are
our athletes?**

2023-2024 Sport Program Incoming Athlete Wellbeing Data



48%

Regularly use Gyms or strength and Conditioning facilities

34%

Utilise an Individual Skills or Home Coach



17%

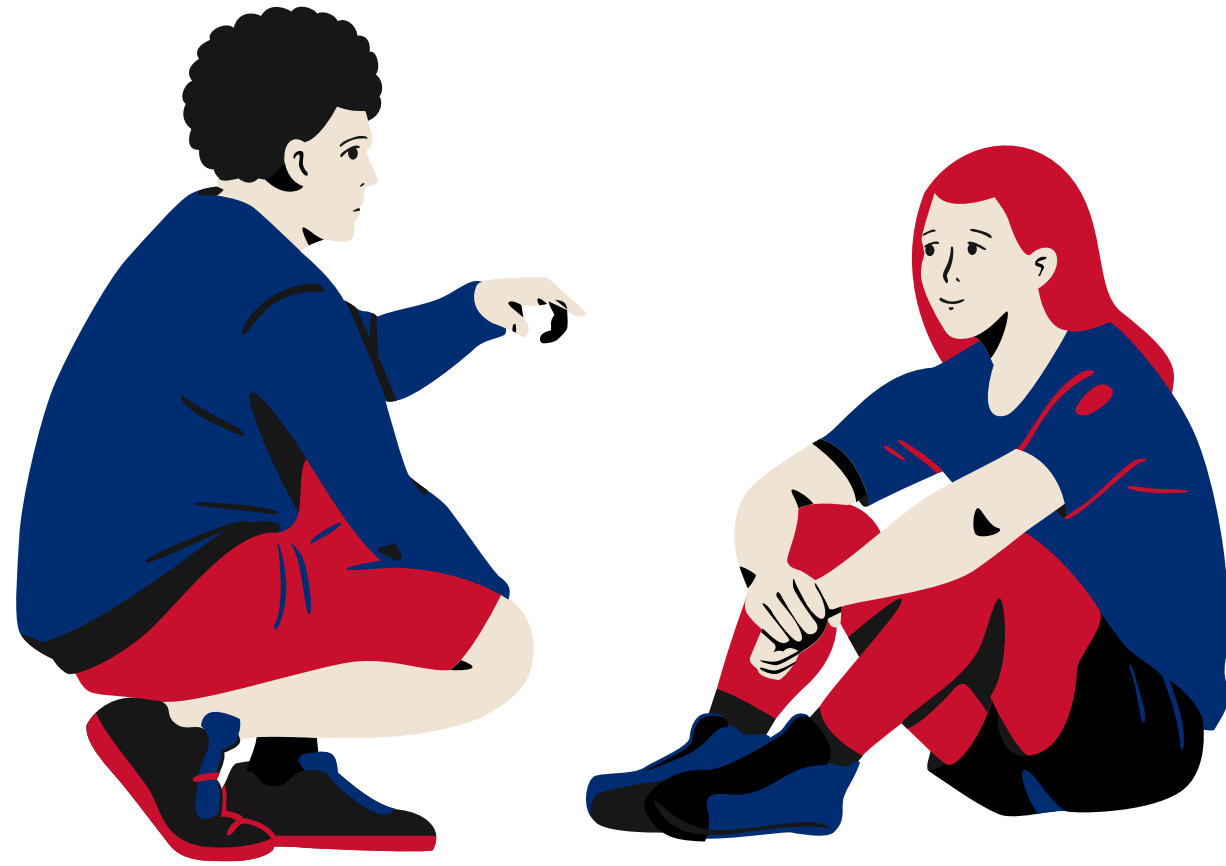
Use the services of a Sports Psychologist or Sports Mentor

18%

Attend Church or other Youth Group / Support Network



#wearesouthwestsydney



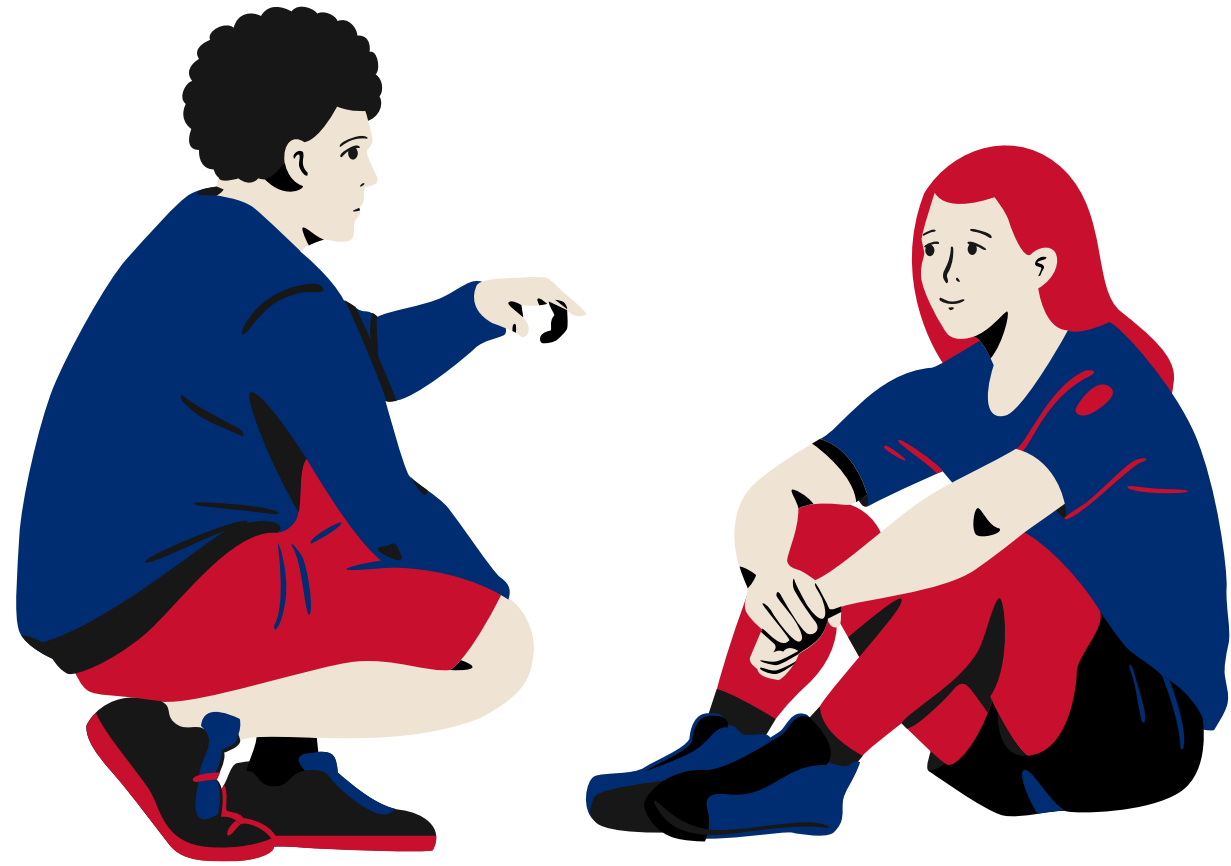
70%

Out of 35
attributes
identified

What Do Athletes Want in a Coach?

2023 - Coach Symposium - Survey of Athletes and Coaches

1. Provide Guidance, Mentoring and Leadership
2. Be Enjoyable, Fun, Enthusiastic and Passionate
3. Be Supportive and Understanding
4. Knowledgeable
5. Be Direct and Realistic
6. Investing time in planning, preparation, and long-term planning
7. Provide Feedback
8. Be trustworthy and honest
9. Be a good communicator and listener
10. Provide a safe and inclusive environment



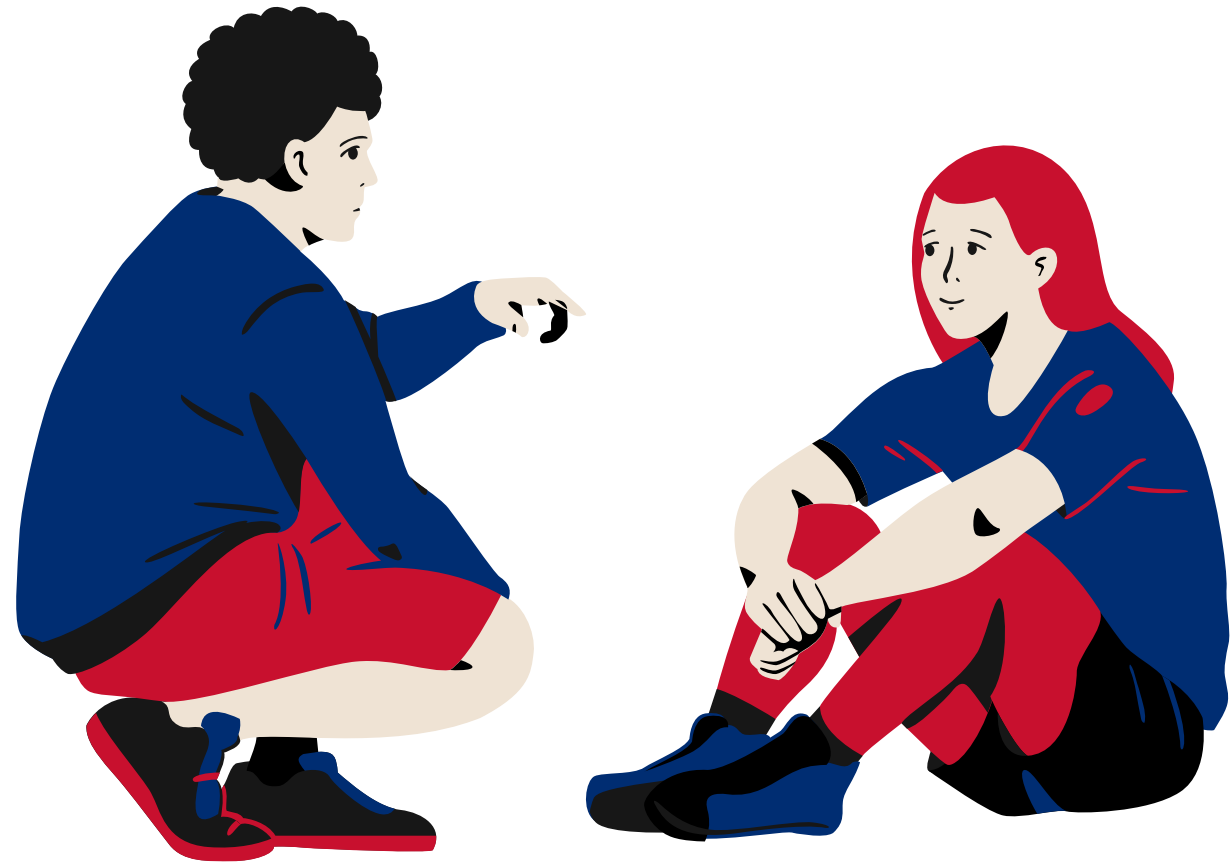
What Do Athletes Want in a Coach?

Athletes want the opportunity to be challenged in performance opportunities,

are not so worried about winning as they are about being developed,

want to be provided direct, realistic and honest feedback,

within a safe and inclusive environment.



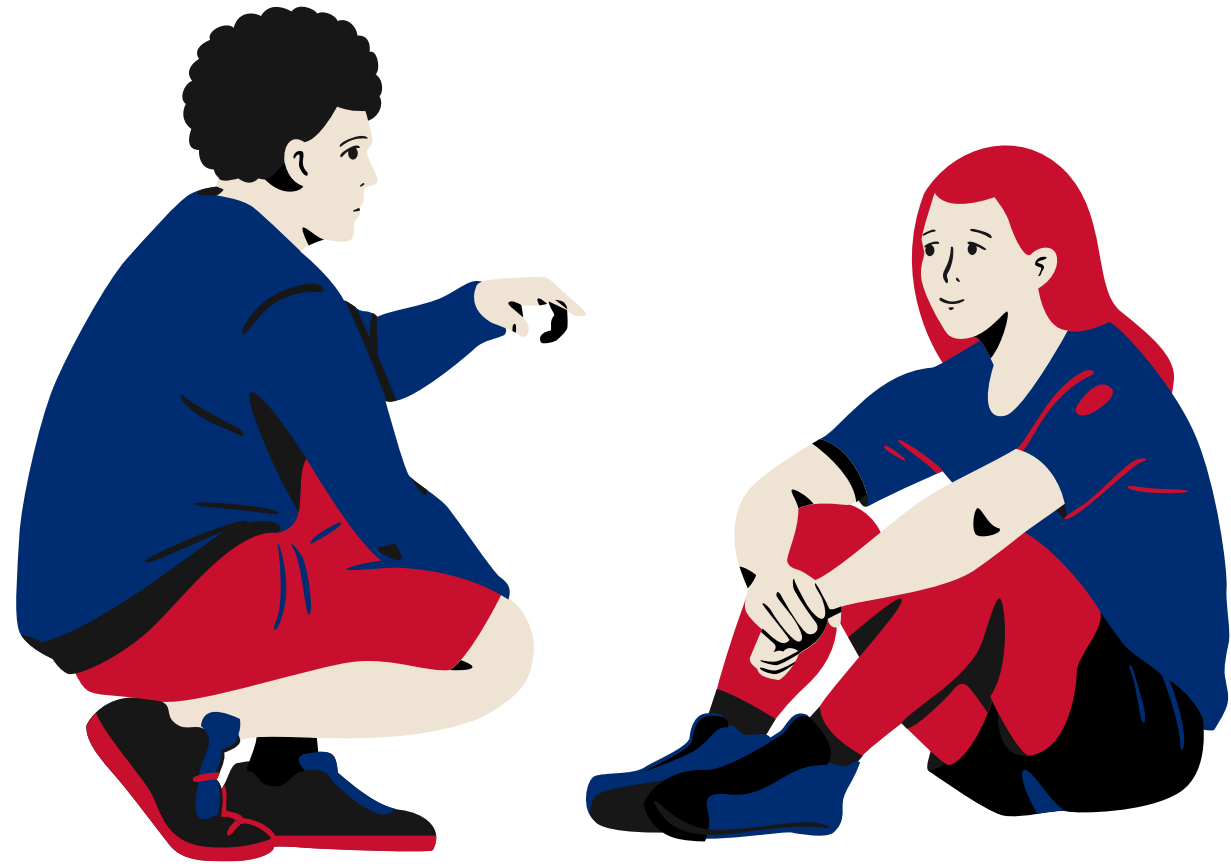
63%

Out of 104
attributes
identified

What Attributes Define an Academy Athlete?

2023 - Coach Symposium - Survey of Athletes and Coaches

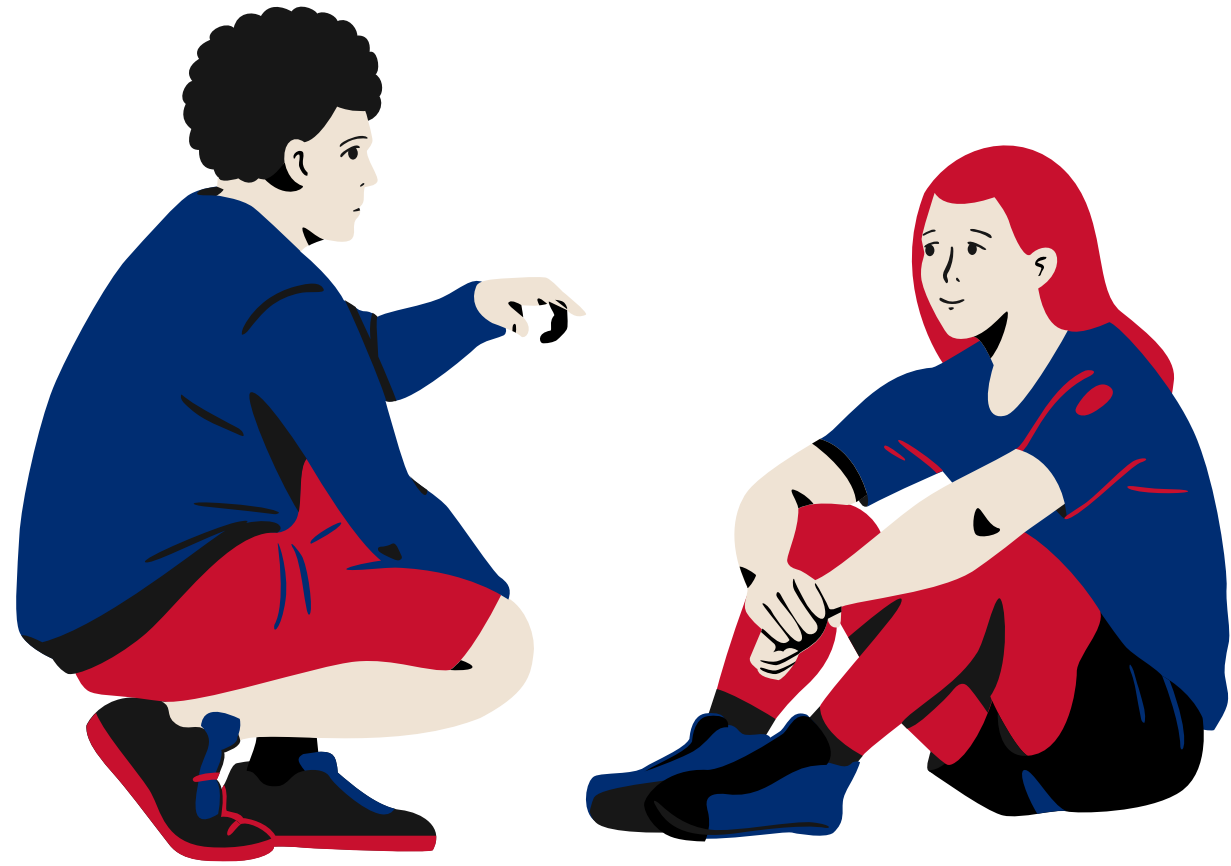
1. Team Player and Show Leadership
2. Coachable and Willingness to Learn
3. Commitment and Dedication
4. Determined
5. Good Communicator
6. Good Person and Character
7. Ambition, Aspiration and Desire to be an athlete
8. Athletic Ability and natural sporting talent
9. Attitude
10. Work Ethic



What Attributes Define an Academy Athlete?

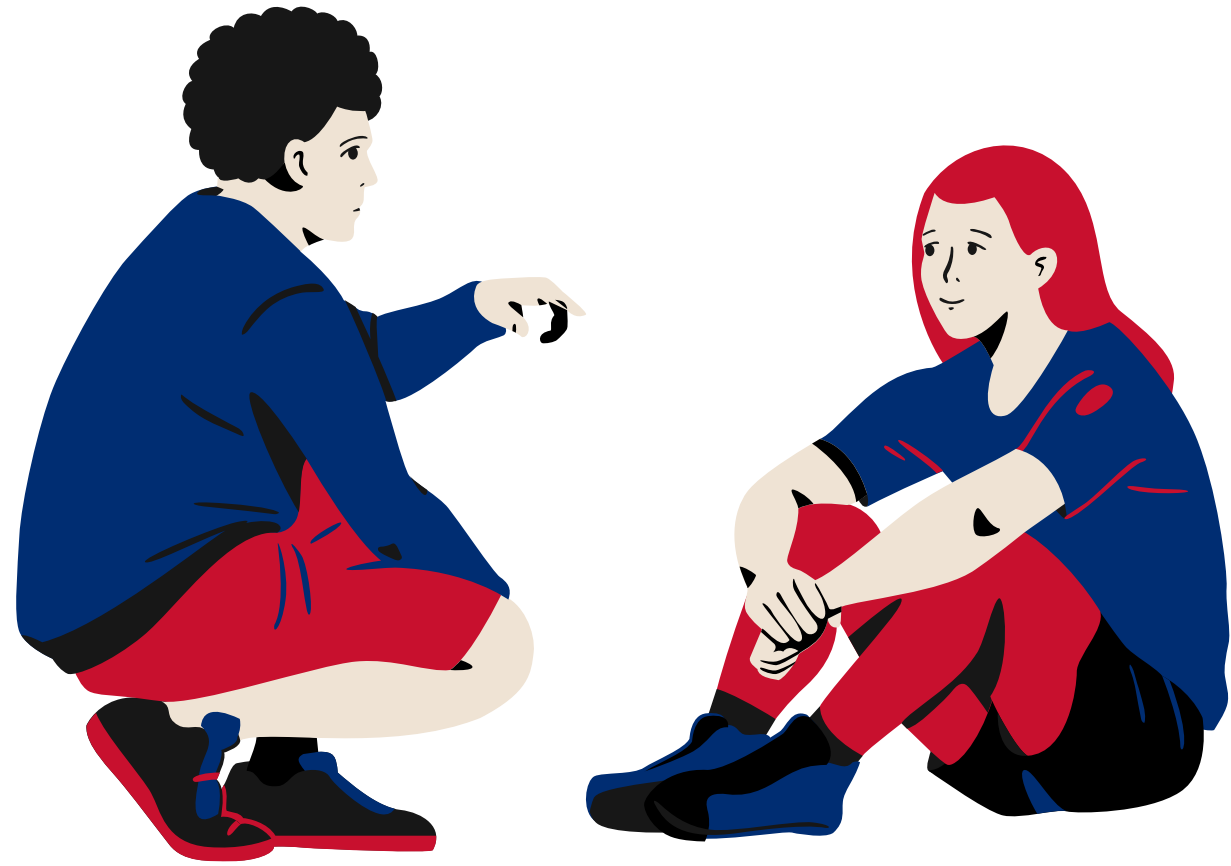
There was a distinct difference in top characteristics between what coaches are looking for, and what athletes believe they are, which was quite surprising.

- **Athletic Ability and Natural Sporting talent**
 - rated **2nd** by coaches,
 - but only **19th** by athletes.



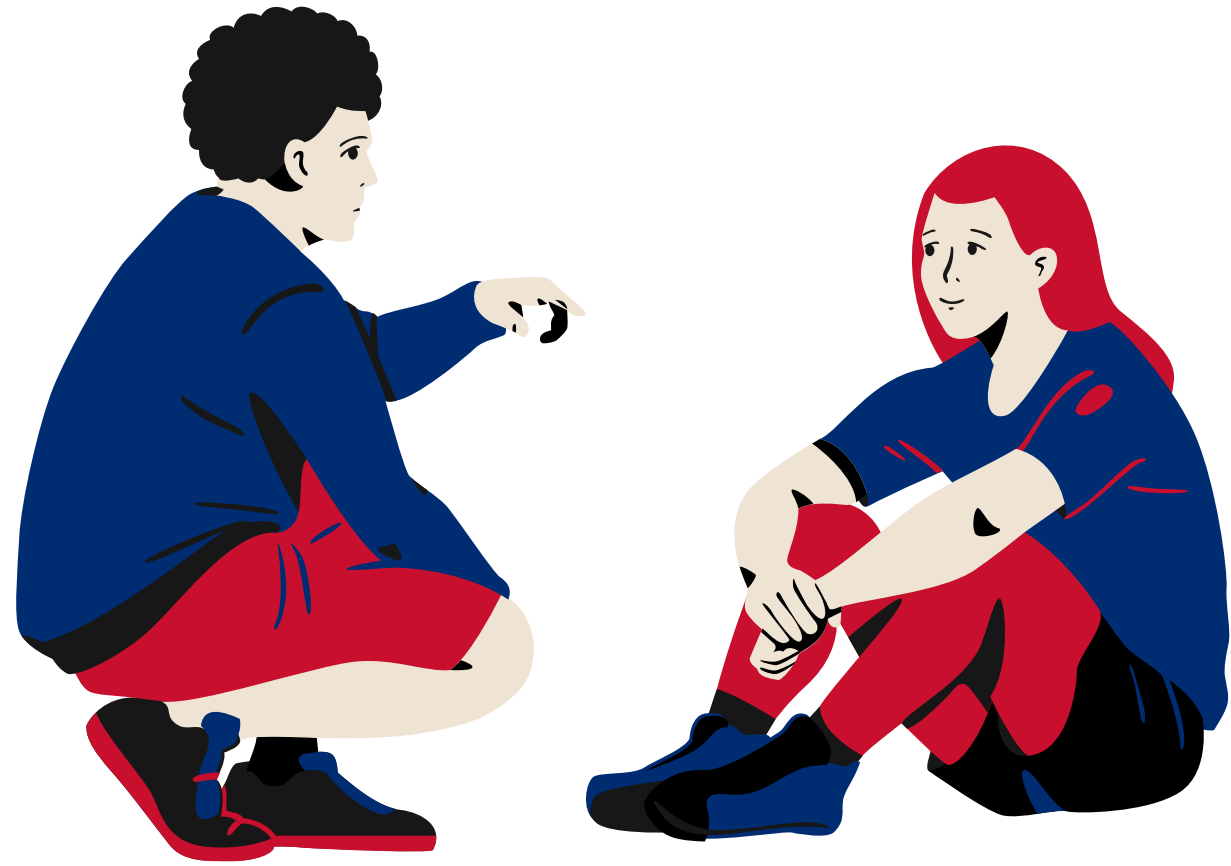
What Attributes Define an Academy Athlete?

- **Determined**
 - rated **10th** by coaches,
 - but **2nd** by athletes.



What Attributes Define an Academy Athlete?

- **Good Communicator**
 - rated **12th** by coaches,
 - but **4th** by athletes.

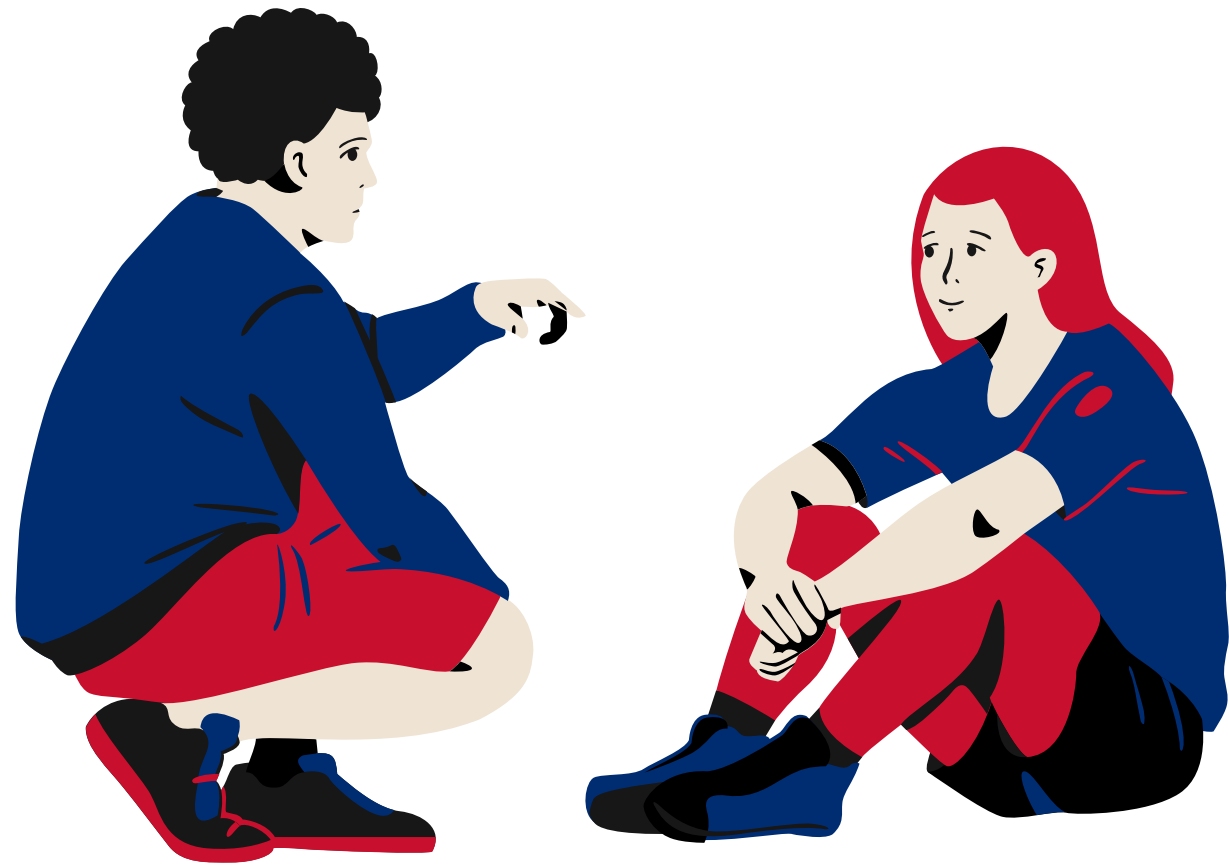


What Attributes Define an Academy Athlete?

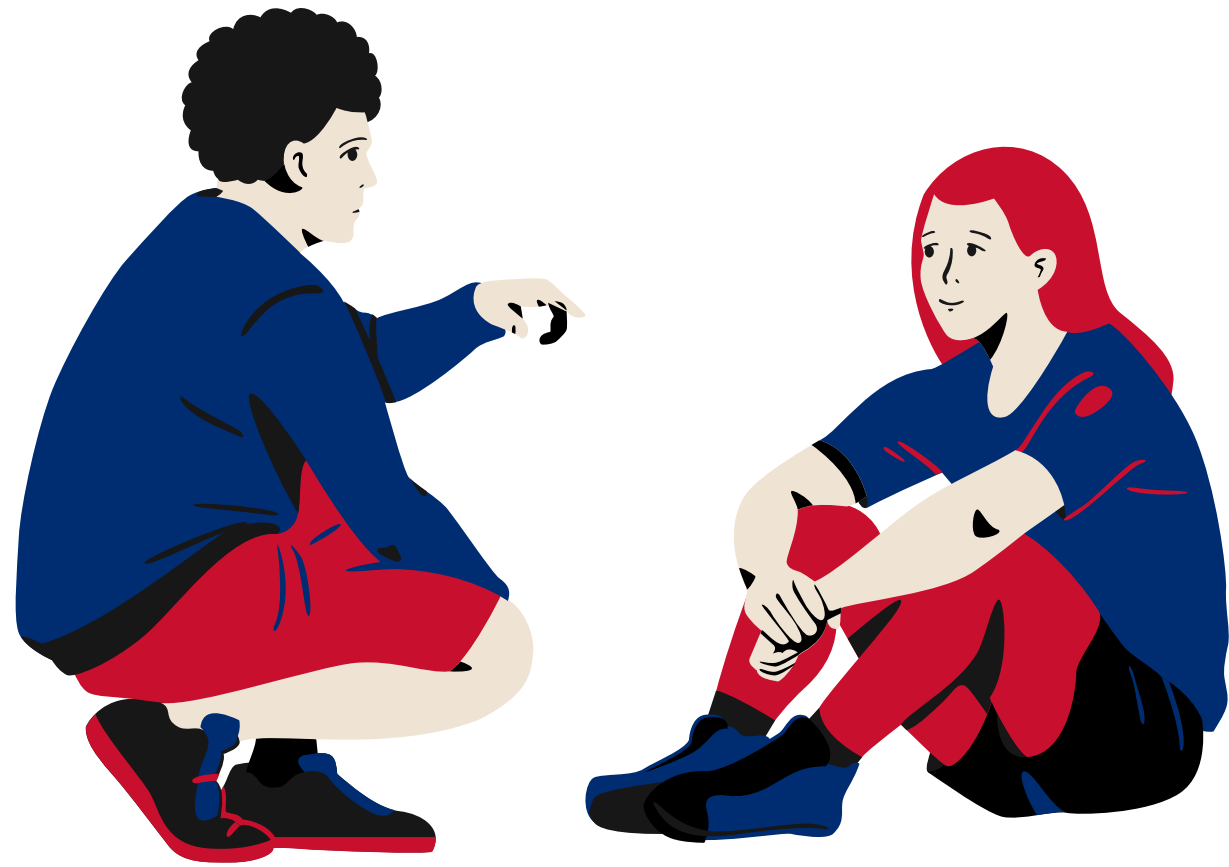
Athletes also noted

- Sportsmanship,
- Confidence,
- Preparedness,
- Respect and
- Seeking out and being Receptive to feedback

As key attributes that **were not identified by coaches responses.**

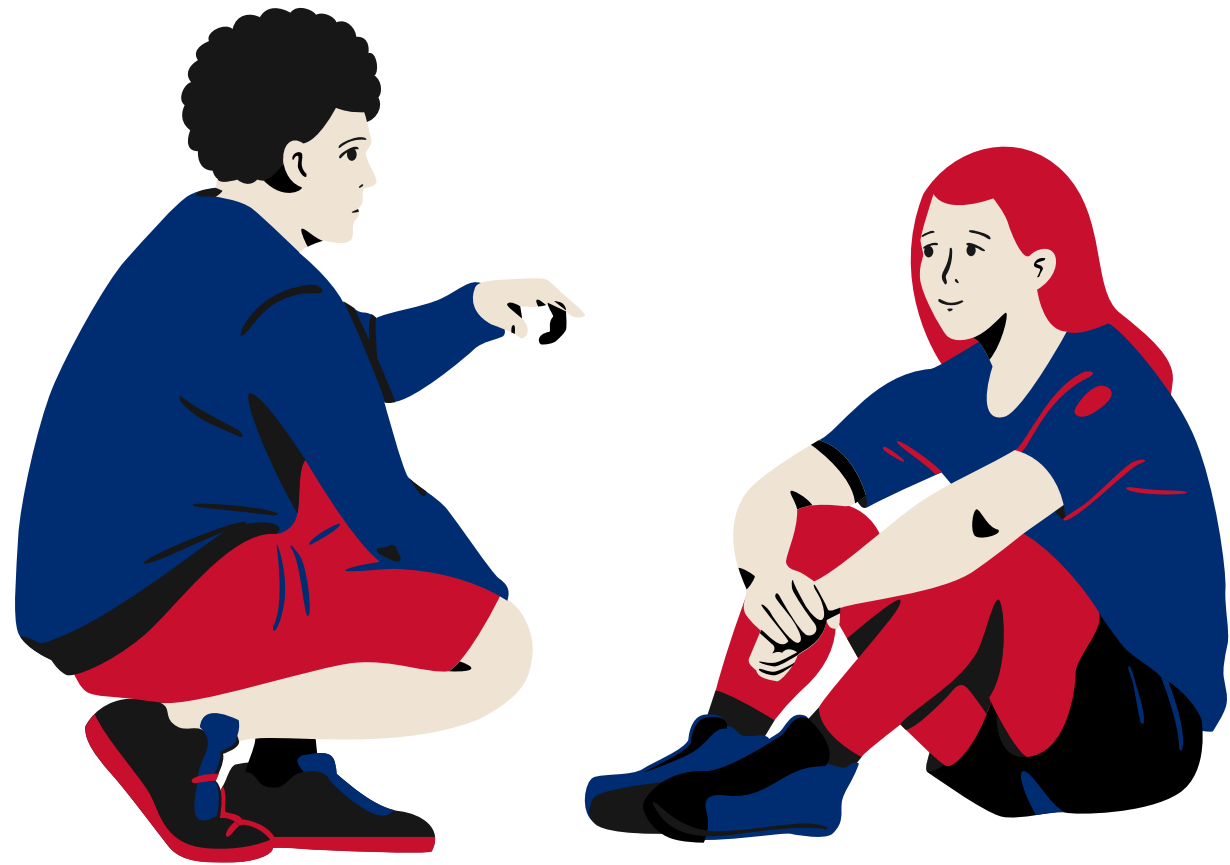


What would you add to the list?



**How would YOU define an
Academy Athlete?**

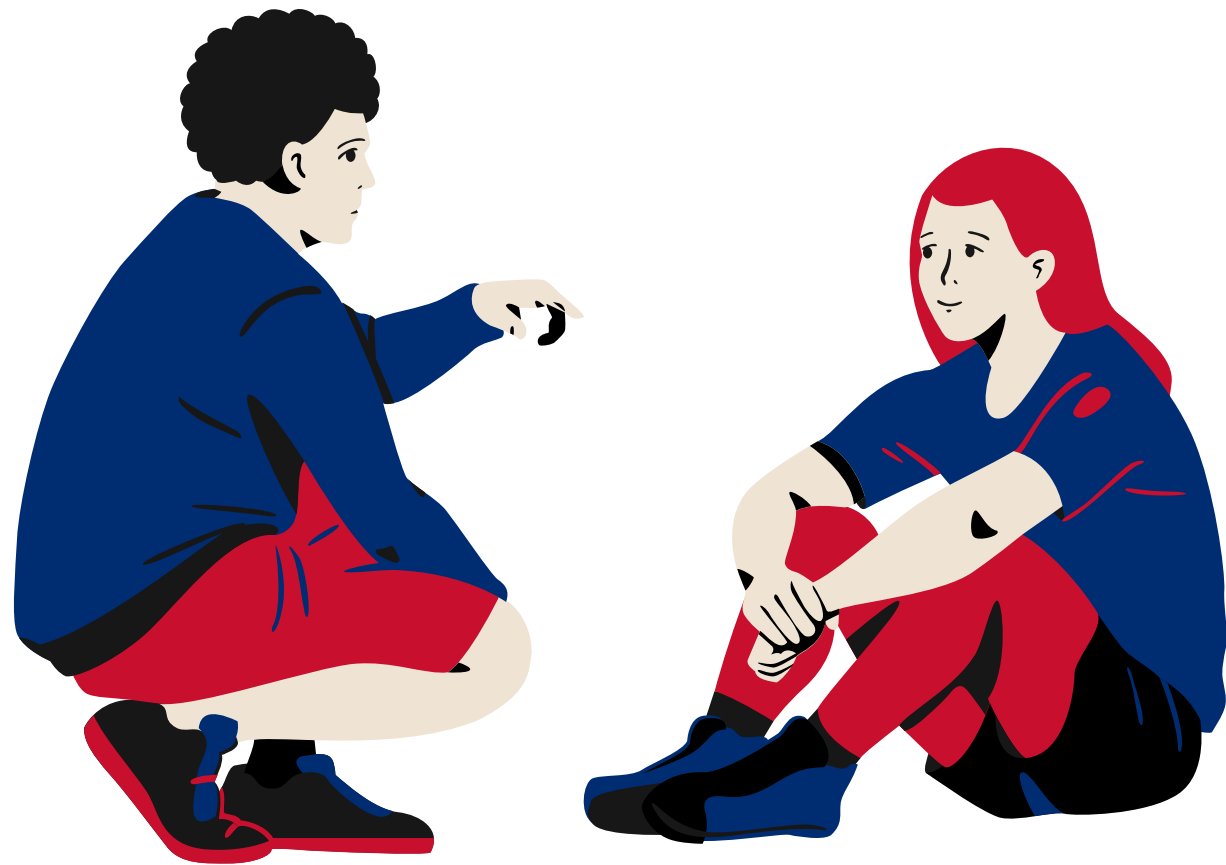
or: What are YOU Looking For?



One Possible Definition...

What clearly stands out in this comparison provided in the survey, is that athletes were **less concerned about** where they were from based on **Athletic Ability** and Natural Sporting talent position, and **more by their coachability and willingness to learn.**

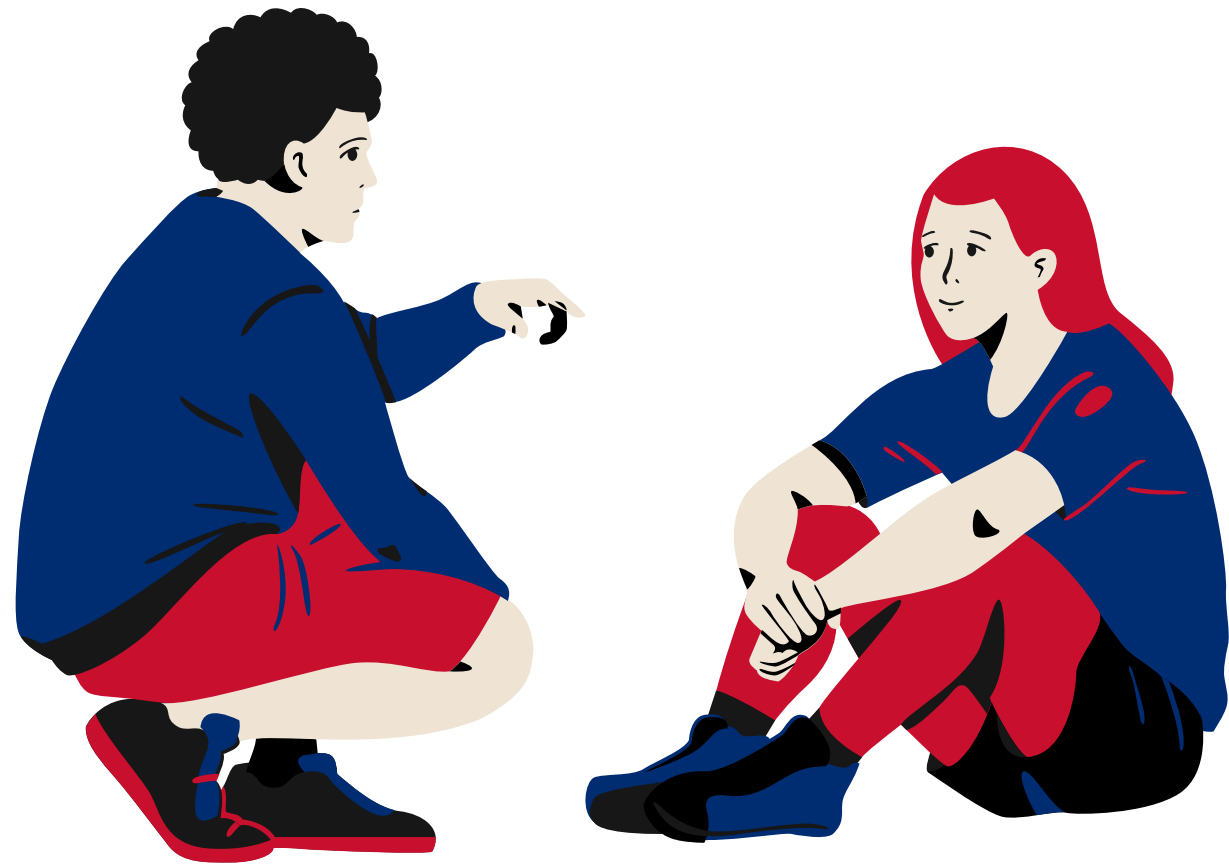
If we therefore shifted a focus from where the athlete is right now, to the potential that athlete has to develop in the future, and their ability to sustain that long term....



The 'Academy' Athlete is,

An individual who shows the desire to improve and develop themselves within a team environment where they are determined to succeed, be team players, and provided the leadership to grow.

An Individual who desire's feedback that will help them progress in their potential and future sporting endeavours, and not necessarily immediate sporting success.

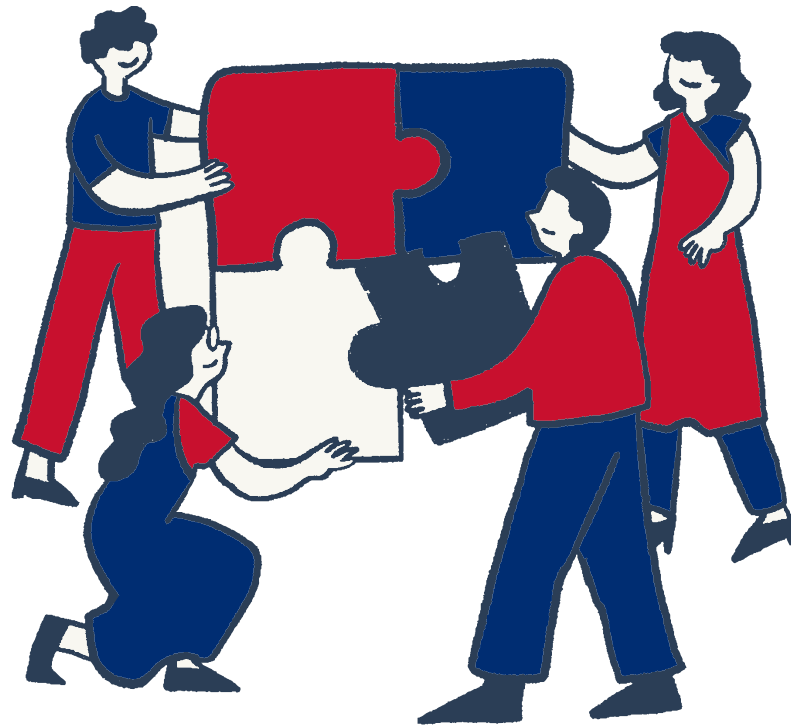


Has your definition changed?





#wearesouthwestsydney



linktr.ee/swsascoach

Dedicated Coach Network Resource "App"

Online Forms

Guidelines and Manuals

Templates

Education and Resources



#wearesouthwestsydney

The Line Up

2024

Sep 9: What We Look For - Athlete Selections and Criteria

Oct 14: Program Planning, Team Building and Camps

Nov 11: Providing Athlete Feedback - Individual Performance Plans

Dec 9: Stay Fit over Summer - Holiday Programs and Communication

2025

Jan 13: Reset and Refresh - Mind and Body Ready for the Year Ahead

Feb 10: Competing Schedules - Load Management Considerations

Mar 10: Maximising Time and Effort - Use of Technology

Apr 14: Defining Success - Post Performance Evaluations

May 12: The Run Home - Peaking Your Program Outcomes



Online Zoom

6:30pm

Second Monday of every month

COACH Connect

#WeAreSouthWestSydney