



## 2007 Level 2 Motorcycle Sport Coaching Course

*Australian Institute of Sport, Canberra – Monday 5th – Thursday 8th November 2007*

### Application Form (Applications close Friday 19 October 2007)

Motorcycling Australia (MA) is pleased to invite Level 1 Motorcycle Coaches to apply for the 2007 Level 2 Motorcycle Sport Coaching Course to be held at Australian Institute of Sport (AIS) in Canberra.

To be considered for this course, applicants must be an accredited Level 1 Motorcycle Sport coach and complete a Level 2 Coaching Principles course (see below for details). There is a limit on the number of available places, but a place will be provided for a person from each state on the proviso they fulfil the prerequisites. If the course is over-subscribed, applicants will be chosen on their coaching experience, qualifications and on recommendations from their State Controlling Body.

Please complete all details below and sent to: Asher Newton  
Motorcycling Australia  
PO Box 134, South Melbourne, VIC 3205  
t: (03) 9684 0500 f: (03) 9684 0555 e: [asher@ma.org.au](mailto:asher@ma.org.au)

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
Motorcycle Discipline: \_\_\_\_\_ Date of birth: \_\_\_\_\_ MA Lic. No. & Expiry Date: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_  
Mob: \_\_\_\_\_ Tel (h): \_\_\_\_\_  
Tel (w): \_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_

#### **Course Prerequisites/Requirements:**

Participants must have obtained a Level 2 General Principles of Coaching accreditation and be a current accredited Level 1 Motorcycle Sport coach. The Level 2 General Principles of Coaching Courses are offered by various State Sport and Recreations and State Institute/Academy of Sport, it can also be undertaken online. For a list of available courses go to: <http://www.ausport.gov.au/nsic/courses/default.asp> type 'Level 2' into Course Name and click Search.

#### **Course is inclusive of:**

- Accommodation and 3 meals per day (at the AIS athlete residence)
- Presenters, coaches, course materials, venue and track hire, accreditation fees
- Financial assistance with travel (see below for details)

#### **Financial Assistance for Travel:**

It is the responsibility of participants to arrange their own travel to and from Canberra. Financial assistance will be provided, see table below. Financial assistance is based on distance from place of residence to Canberra; payments will be made when coaches gain their accreditation. Participants are required at the AIS athletes' residence reception by 10.00am on Monday 5th November.

Travel Distance	Assistance
0-500km	\$ 125.00
500-1000km	\$ 250.00

Travel Distance	Assistance
1000-1500km	\$ 375.00
1500-2000km	\$ 500.00

Travel Distance	Assistance
Over 2000km	\$625.00

#### **Course Fee:**

There is a \$330 fee payable to MA by cheque or credit card. The \$330 fee must be lodged with this application. Payments will only be processed if the application is successful. Applications will not be considered without payment.

*Payment made to: Motorcycling Australia: - PO Box 134, South Melbourne, VIC, 3205 (ABN 83 057 830 083)*

**Card type (please circle): MasterCard / Visa / Bankcard**

Credit card: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_ Total Amount: \$ \_\_\_\_\_

Name of card holder: \_\_\_\_\_ Signature: \_\_\_\_\_



**Some of the Topics that will be covered**

Exercise Physiology	Discipline requirements, Training techniques, Recovery
Sports Psychology	Goal setting, visualisation
Disciplines of Motorcycles Sport	Motocross/Supercross, Road Race, Speedway, Enduro, Dirt Track, Moto-Trials
Manual of Motorcycle Sport	Rule, Policies, Documentation
The Motorcycle	Geometry, Suspension, Engine, Other
Professionalism	Planning, presentation
Coaching Session	Coaching Lesson Plan – Observation, Design, Development, Conduct, Review
Skills courses	Skill, drills, techniques
Training Plan & Periodisation	Daily, weekly, monthly and yearly training plans
Administration	Budgeting, Introduction courses
Assessment	Theory & Practical Coaching Competency

**Coaching Experience (must be completed)**

Please indicate coaching qualifications and experience (list other courses you may have attended i.e. first aid, sports trainer):

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Are you currently coaching? If so please indicate discipline: \_\_\_\_\_

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Please indicate the importance of you participating in this course (i.e. some disciplines require a Level 2 to endorse riders):

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Please provide further information that you feel will support your application. If you wish to attach a supporting document please limit it to one (1) A4 page (**additional pages will not be read**): \_\_\_\_\_

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