

## **BRONZE LEVEL ONE- NEW MODULE/ NEW CRITERIA AND PROCESS**

### **COURSE DETAILS**

#### **INTRODUCTION**

Boxing Australia's Bronze Level One Coaching Course is a mandatory accreditation course for any coach that is wishing to train and coach (or second) competition boxers in any sanctioned Boxing Australia tournament or Member Association tournament. The course is accredited with the Australian Sports Commission's National Coach Accreditation Scheme (NCAS). This course does not attract Continuing Education Credits (CECs) with Fitness Australia.

#### **PURPOSE**

The Bronze Level One Coaching Course is only available to adults (18 and over). It focuses on coaching responsibilities, risk management, and skills and drills for boxing coaches, including teaching of correct punching and stepping techniques, and defensive moves. There is also material on Boxing Australia's competition rules and tournament procedures.

#### **PRE-REQUISITE**

A pre-requisite before enrolment is completion of the Australian Sports Commission's online self-paced course "Essential Coaching General Principles". You can access that online on the AIS website. You must provide a copy of that course's completion certificate to us when enrolling for our Boxing Coaching course.

[Community Coaching Essential Skills | Australian Sports Commission \(ausport.gov.au\)](https://www.ausport.gov.au/community-coaching-essential-skills)

You are required to have a current first aid and CRP certificate to upload

You are required to have a current working with children certificate signed off by Service NSW to upload

### **MEMBERSHIP**

You must be a registered coach with a recognised Boxing Australia Member Association. This includes Boxing ACT, Boxing Australia (NSW), Boxing NT, Boxing Queensland, Boxing SA, Boxing Tasmania, Boxing Victoria and Boxing Western Australia. To register go to Boxing NSW click on registration and follow the steps. Coaches must also satisfy their relevant state or territories Working with Children requirements.

### **ACCREDITATION**

A Course Certificate will be issued to people assessed as having satisfactorily completed the course material. Graduates who are not experienced in boxing coaching are advised to then gain practical experience assisting with running boxing classes under the supervision of a boxing coach recognised by a Member Association. Course graduates will have their name submitted for registration with the National Coach Accreditation Scheme

(NCAS) at the Australian Sports Commission. Graduates will then receive a Boxing Coach Accreditation Card from Boxing Australia.

## **PREPARATION**

All course participants must come suitably dressed and ready to participate in boxing training activities. Thongs are inappropriate. Please also bring pens and paper/a workbook. Water will be available but bring a bottle with you if you like.

For all registration information should you need assistance please email Emma at [eo.nsw@boxing.org.au](mailto:eo.nsw@boxing.org.au)

### **Participants must bring the following to the course:**

1. Training gear – Runners, shorts, t-shirt, boxing gloves and focus pads
3. Trainer's pads and gloves

**For enrolment information please email [eo.nsw@boxing.org.au](mailto:eo.nsw@boxing.org.au) and please email the office once you register to receive you BA Bronze level one manual that must be completed prior to attending the course and must be handed to the facilitator.**