

International speed skating coach level 2 education - **apply now!**

Are you a coach in speed skating and active as a club coach, skating school instructor or similar? And are you looking for a practical coaches' education in an international setting to improve your own coaching skills and the quality of your trainings?

We offer you a level 2 speed skating coaches' education, supported by the International Skating Union.

The Northern Development Project organises a coaches' education for speed skating, on level 2. Level 2 coaches have the ability to work on club level in their own country. During the level 2 education, student coaches learn about methods and technique for speed skating, how to become a better group teacher and in general, how to teach youth and adults to skate better.

For this education, applying coaches will have to meet the following criteria

1. Active in skating: at a skating school, club or similar organisation
Speed skating, short track, roller derby, inline skating etc.
2. Sufficient own skating ability: able to give good examples and inspire
3. Ability to learn in English: speaking, reading and writing
4. Motivated to learn together, disciplined to work with practical home assignments
5. Ability to work with online educational materials: video, articles, online learning platform
6. Minimum age at the start of the education: 16 years

Selected student coaches will receive

- Lectures and teaching sessions led by the educational manager of the project
- Guest lectures from experienced, inspirational and innovative skating and sports specialists
- Accommodation and meals during study periods
- The possibility to practice obtained knowledge and skills on a group of skaters of various levels
- A group of colleague-students to share the learning process and experiences with
- A level 2 coaching diploma

Time planning and schedule

The education takes place from August-December 2018. Within this period of time, 3 educational periods are being organised. The means and costs of traveling to and from the locations lies within the responsibility of the participating student coach but the education itself is free of charge, just as accommodation and meals. The student coach will need to take part in all organised periods at location to be able to finish the education successfully.

The duration of the separate periods is 2-3 days. During the first two periods, a group of skaters will be present for the student coaches to be able to practice various facets of training and coaching. The last period focuses on finalising the education and will include interesting field trips and experiences. Because of the fact that long track speed skaters also use inline skating, dryland training and short track training, the education will also zoom in on those areas of the sport. Keep in mind that the course also includes home assignments and digital learning, which will find place in between the educational periods.

The dates and locations are as following:

First educational period: 31 August – 2 September 2018, location: Minsk, Belarus

Second educational period: 19-21 October 2018, location: Berlin, Germany

Third educational period: 14-16 December 2018, location: Heerenveen, The Netherlands

An educational period starts in the afternoon on the first day (Friday) and ends around lunch time on the last day (Sunday). This is to give all participants enough time to travel without losing too many regular work days. This also means that the educational periods are intensive, to optimise the use of time.

Application procedure

Interested coaches who match the criteria mentioned above (regardless of country of origin) will have to send an email to carolien.hunneman@luisteluliitto.fi before the 24th of June 2018. After this, the organisation will contact all applicants personally. Questions can also be directed towards Carolien Hunneman.

Speed skating coach level 2 education outline

Profile of the speed skating coach level 2

The speed skating coach level 2 offers trainings, lessons and other club activities and works mainly with youth and recreational skaters in club context. Often, the coach level 2 works under supervision or based on a planning made by a level 3 or 4 coach.

Three core tasks of a level 2 speed skating coach:

1. Leading trainings and lessons
2. Coaching during competitions/tests
3. Assisting at activities

Areas of knowledge in general during the education:

- Leading and coaching skaters
- Teaching and organizing
- Physiology and training principles
- Methods and technique

Coach competence development:

- Sport specific skills
- Development skills
- Relationship skills

To become a level 2 speed skating coach

The final product a student coach has to produce is a collection of proof and descriptions of several tasks. Within the education, this collection is called a portfolio, and it will be made inside the online learning portal Claned. When the portfolio is complete, the student coach will review the personal development as a coach in cooperation with fellow students, the educational manager and with the use of evaluation tools. In case both the portfolio and the personal development presentation are of a satisfactory level, the student coach will receive a level 2 diploma.

Content of the speed skating coach level 2 education

Practical sessions (trainings and lessons) and theoretical sessions (workshops)

- Led by the educational manager
- Led by the student coaches
- Led by expert guest coaches and specialists

Online learning

- Home assignments
- Sharing materials: written reports, videos, articles, etc.
- Collection of portfolio content (on the student's own board on Claned)

