

## COACHING AND LEADING ATHLETICS

Coaching is a very important role at the club. We have coaches that support lots of different athletics disciplines including sprints, middles distance, long distance, throws and jumps. This includes members from age 8 to senior athletes.



There are various coaching qualification levels for all ages and abilities. Most courses take place within the Midlands area and club will finance anyone looking to take any of the qualifications below should you wish to embark on a coaching path. Once qualified you will be assigned a mentor at the club to help you gain additional experience.

The route starts with becoming a volunteer that supports an existing coach. This may include running or accompanying groups on a bike. This can progress to becoming an assistant coach where you take more of an active role developing training sessions and directing athletes. After gaining experience as an assistant coach there maybe opportunities to progress to lead coach.

If you are interested in coaching at RSCAC please speak to either the lead coach or contact Jo Homer/Bunny Kyd (Welfare Officer and Volunteers Co-ordinator).