

WAFDA Coaching Guidelines

Overview

The WAFDA provides coaches to deliver Ultimate classes in a number of situations, including WAFDA's introductory Come-and-Try clinics, in-school classes, after-school classes such as AASC, and various school and community programs.

The aim of these guidelines is to establish a minimum standard and level of professionalism for all coaches who represent WAFDA in an official capacity, and also define remuneration rates for various activities.

Naturally, WAFDA cannot prevent any player from showing anyone else how to throw a disc or play Ultimate, and does not aim to do so. Any group of players may appoint or use anyone as a coach, whether WAFDA accredited or not. However, only coaches with WAFDA accreditation may represent WAFDA as a coach in an official capacity.

WAFDA Coaches

There are two levels of accreditation, named 'WAFDA Coach' and 'WAFDA Senior Coach'.

Accreditation as a 'WAFDA Coach' requires that the coach attend the ASC's CCTP, as well as the official coaching clinic run by WAFDA. Accreditation as a 'WAFDA Senior Coach' requires that the coach attain the NCAS Level 1 Ultimate Coach accreditation, a course defined and run by the AFDA and recognised by the ASC.

Both accreditation levels require that the coach register with the WAFDA Committee as a coach.

WAFDA will supply all coaches with an 'official' WAFDA coaches shirt. This uniform must be worn at all official WAFDA-arranged coaching engagements, and may not be worn at any other non-WAFDA coaching clinics with which the coach may be involved.

If the coach wishes to teach school students, either at in-school or out-of-school programs, the coach must have a current Working With Children Check. WAFDA will pay for this check if the coach does not already have one.

Equipment

All WAFDA coaches are required to supply their own equipment, which should include sufficient discs to support a group of up to 30 people. The *recommended* coaching kit consists of the following items:

- 15 Ultrastar discs (required)
- 15 dreamer discs (for younger children, ie. years K-4))
- 16 marker cones/domes
- 16 coloured bibs/sashes to identify teams
- whistle
- stopwatch
- and of course a bag large enough to carry all this in

For in-school classes, the school may be able to supply some of these items, in particular marker cones, whistles and bibs or sashes. Schools generally do not have discs, and if they do it is unlikely to be Ultrastars, so coaches should supply their own. WAFDA will assist by supplying discs at cost to coaches, under the provision that these discs are for coaching purposes only and may not be sold or given to anyone else.

In some cases, WAFDA may be able to provide a short-term loan of equipment, however this will incur a fee for use. Use of the WAFDA loan kits is subject to availability, and coaches are responsible for returning all items in the kit in the same condition as they were taken.

Charge-out rates

The WAFDA generally charges schools and other organisations a fee for providing coaches at most classes or events. Of this amount, most is returned to the coach delivering the session. The WAFDA retains a small portion of this fee to cover costs involved in invoicing, collection of payments and arranging payments to coaches, matching coaches with session requests, and various other overheads.

Senior coaches will receive a larger proportion of the session fee, in recognition of their greater level of experience and higher qualifications. In addition, this will hopefully encourage coaches to strive for NCAS level 1 accreditation.

Charge rates are based on an 'initial/subsequent' model. The first hour of any session is charged at a standard rate, any subsequent hours are charged at a slightly lower rate. This makes running multiple classes on the same day more attractive for clients, particularly those with tight budgets. For those classes that span multiple days, the first hour on each day is charged as an 'initial' hour.

AASC session rates are charged slightly differently – these sessions are charged at a flat rate of \$50 per session. Almost all AASC sessions are just one hour, however some sessions can run a little longer, perhaps as long as 1.5 hours. The amount charged per session is the same regardless of the length of the session.

The charge rates, and the amounts paid to coaches, are shown below.

Session Type	Fee Charged		Paid to Deliverer – Senior Coach		Paid to Deliverer – Regular Coach	
	Initial Hour	Subsequent Hours	Initial Hour	Subsequent Hours	Initial Hour	Subsequent Hours
AASC Sessions	\$50.00	n/a	\$45.00	n/a	\$40.00	n/a
Regular Sessions	\$50.00	\$40.00	\$45.00	\$40.00	\$40.00	\$40.00

Coaching kit hire:

\$10 per week

\$60 per term

The WAFDA will make no payments to coaches until receipt of an Expense Claim Form, which is available for download from the www.waultimate.com website. This must be completed and submitted to the WAFDA treasurer.

Coaching Assignments

Opportunities arise for WAFDA to provide coaches from sources such as ASC, youth organisations, schools and school-based organisations, and local government councils all contacting WAFDA to request classes, and from WAFDA contacting schools offering to provide classes for them. Coaching sessions may also be held in the form of professional development sessions for teachers and health professionals.

Generally, junior activities such as school sessions etc. are referred to the youth development co-ordinator, other activities may be directed to the youth development co-ordinator or to the WAFDA committee. The co-ordinators will then forward the requests out to available coaches via email, and wait for responses. If there are multiple responses for the same session, the co-ordinator will attempt to distribute the sessions to coaches in a fair manner.

After each coaching session, or at the end of a group or series of related sessions (such as a set of AASC sessions) each coach must submit the following information to the youth development co-ordinator as soon as possible:

- Number of sessions
- Number of groups coached
- Average number of children in each group

For example, a four-week AASC program that has a single group of 18 children would have numbers of 4, 1, and 18. A two-hour in-school session may teach 2 separate groups of 30 students, thus would be 1 session, 2 groups, 30 students in each group. In the second example, although some might consider that to be 2 x 1 hour sessions, each group received only a single session.

This information must also be submitted to the WAFDA treasurer, to prompt the treasurer to invoice the relevant school or organisation. Doing this promptly will help to ensure that payment to the coach can be processed more quickly.

Group Sizes

When arranging classes for coaches, WAFDA will endeavour to provide a ratio of no more than 30 students to one coach. Regardless of the group size, when providing sessions to a school or other organisation then that school or organisation must provide a teacher or other assistant to assist with managing the group.

For groups of more than 30 participants, multiple coaches may be required for the session. In those cases, the charge and pay rates above will remain in place, and the organisation will be charged for each coach. For example, with a group of 80, 3 coaches will be required, so the organisation will pay \$150 for the first hour, and \$120 for subsequent hours. During the session, the coaches can decide amongst themselves whether to split the group into smaller groups and take one small group each, or manage them as a single large group. This will depend on the situation at the time.

Abbreviations used within:

AASC	Active After School Communities	CCTP	Community Coaching Training Program
AFDA	Australian Flying Disc Association	NCAS	National Coaching Accreditation Scheme
ASC	Australian Sports Commission	WAFDA	Western Australian Flying Disc Association