



Australian Government  
Australian Sports Commission

## Active After-school Communities

Helping kids and communities get active

# Community Coach Training Program & Level O Orienteering Course

**Date:** Saturday 4<sup>th</sup> Feb 2012  
**Time:** 9am – 6pm  
**Venue:** Ken Brown Room #2, Sports House, 6 Figtree Dr, Sydney Olympic Park  
**Cost:** Free

If you have already completed the AASC Community Coach Training program you can attend the 2 – 6pm session and gain the Orienteering Level O Coaching Accreditation.

### What you are required to bring:

- Lunch
- Water bottle
- Pen
- Hat
- Comfortable shoes and clothing suitable for participation in sport activities

### What will you learn?

The training will support you to develop the necessary skills to learn, understand and deliver an Orienteering program in schools and after school care centres for the Active After-school communities program. The course covers theory and practical work, and is presented in an interactive competency-based environment. On completion of the course you will receive accreditation in:

- 1) Level O Orienteering
- 2) Australian Sports Commissions Community Coach Training Program

### What is Orienteering?

Orienteering is finding one's way across country using a detailed map, usually with the help of a compass. It can be enjoyed by both young and old, as a relaxing recreation or as a competitive sport.

### Why Playing for Life?

Playing for Life is a coaching method that focuses on learning through **game play**, rather than repetitive drills, to introduce the principles of a particular sport or other structured physical activity. Playing for Life is a game-based, inclusive philosophy, which seeks to equally include all children regardless of their level of skill.

### Enrolments

To enrol in this **free course** simply complete the course enrolment forms available from course facilitator Karen Burke (0437 700 328) [Karen.burke@ausport.gov.au](mailto:Karen.burke@ausport.gov.au) or Ian Jessup (0416 040 135) [onsw.marketing@sydney.net](mailto:onsw.marketing@sydney.net) or at [www.nsw.orienteering.asn.au/coaching](http://www.nsw.orienteering.asn.au/coaching)

Please return to:

Karen Burke, AASC program, PO Box 386, Wyong NSW 2259  
Or fax to: 02 4355 4738