



UWALAC COACHING ORGANISATIONAL STRUCTURE

GOVERNING BODIES	Athletics Australia			Athletics West			UWALAC Committee			
	Nicolai Morris Blair Taylor			David Smith Keely Waters Adele Macdonald			President Vice President Treasurer			
COACHING TEAM	Coaching Coordinator						Head Coach			
							Sarah Hynes			
SPECIALIST COACHES (EOI)	Specialist Sprints		Specialist Distance			Specialist Jumps		Specialist Throws		
	100/200/Hurdles		400/800/1500m			LJ/TJ/HJ		Jav/Disc/Shot		
HEADS OF COACHING (EOI)	Tiny Tot Coaches		Junior Coaches			Intermediate Coaches		Senior Coaches		
Age Group Coach *Parents must select one role, They cannot be a coach / manager across multiple age groups	U3		U7 Girls			U11 Girls			U15 Girls	
	U4		U7 Boys			U11 Boys			U15 Boys	
	U5		U8 Girls			U12 Girls			U16 Girls	
	U6		U8 Boys			U12 Boys			U16 Boys	
	*Parents of Tiny Tots must stay with their Athlete		U9 Girls			U13 Girls			U17 Girls	
			U9 Boys			U13 Boys			U17 Boys	
			U10 Girls			U14 Girls			U18 Girls	
			U10 Boys			U14 Boys			U18 Boys	



OVERVIEW OF THE COACHING ROLES

Governing Bodies	(Australian Athletics, Athletics West, Executive Committee) <ul style="list-style-type: none"> ➤ Contact point for important decisions / information
Coaching Team	Coach Coordinator <ul style="list-style-type: none"> ➤ Onboarding process (WWCC, First Aid, Coaching Accreditation) ➤ Manage Coaching Covers ➤ Finalise Coaching Payments ➤ Follow up misconducts ➤ Newsletter updates (with collaboration from head coach) Head Coach <ul style="list-style-type: none"> ➤ Training rotations / sessions ➤ Equipment distribution management ➤ Site Allocation management ➤ Coach upskilling (best practice) ➤ Facilitate regular meetings and check ins
Specialist Coaches EOI Only	Specialist Sprints, Distance, Jumps, Throws Coaches <ul style="list-style-type: none"> ➤ Collaboration with Head coach to create training blocks ➤ Assist in the delivery of upskilling sessions ➤ Deliver specialist coaching <ul style="list-style-type: none"> • Tuesday nights (4:45 – 6:15pm) • Thursday nights (4:45 – 7:00pm) ➤ Must have minimum Level 2 Australian Athletics Accreditation or working towards one with relevant recognised experience signed off by the club
Heads of Coaching EOI Only	Tiny Tot (U3-6), Junior Coach (U7-10), Intermediate Coach (U11 -14), Senior Coach (U15 – U18) <ul style="list-style-type: none"> ➤ Collaboration with Head coach to create training blocks ➤ Assist in the delivery of upskilling sessions ➤ Communicate important information to the age groups they look after via WhatsApp ➤ Assist in the delivery of coaching <ul style="list-style-type: none"> • Tuesday nights (4:45 – 6:15pm) • Thursday nights (4:45 – 7:00pm) ➤ Must have minimum Level 1 Australian Athletics Accreditation or working towards one with relevant recognised experience signed off by the club
Age Group Coaches	<ul style="list-style-type: none"> ➤ Checking in with Athletes: Wellbeing / Injuries / Goals / Behaviour ➤ Attend Age Group Training Sessions (liase with age group manager if unavailable) <ul style="list-style-type: none"> • Tuesday nights (4:45 – 6:15pm) *optional • Thursday nights (4:45 – 7:00pm) ➤ Helps Specialist Coaches and Heads of Coaching facilitate training sessions that have been organised by the club for their age group ➤ Review session, ask Specialist Coaches / Heads of coaching questions e.g. cues, drills etc ➤ Attend coach upskilling opportunities (run by Aths West & UWALAC) ➤ Ensure all children are accounted for during / after training ➤ Inform athletes of upcoming events / clinics etc ➤ Assist with manage of age group for Relay Championships <hr/> <ul style="list-style-type: none"> ➤ Communicate important information to age group ➤ Attend Competition Days taking athletes around sites <ul style="list-style-type: none"> • Saturday (7:30 – 10:30am) or Twilight Thursday/Friday (4:30 – 7:00pm)



UWALAC COACHING EXPECTATIONS

- Communicate absence (At latest week before)
- Arrive 10 - 15mins before the session start time
- Appropriate attire: Whistle / Watch / Hat / Jacket
- Start training on time: Building good habits
- Check carts have equipment needed for session
- Ensure all children are accounted for during / after training.
- Ensure Safety of athletes at training and competitions is always a top priority.
- Checking in with Athletes: Wellbeing / Injuries / Goals / Behaviour
- Report misconducts ASAP
- Inform athletes of upcoming events in person
- All communication through managed WhatsApp channels
- Attend coach upskilling opportunities (run by Aths West & UWALAC)

UWALAC ATHLETE EXPECTATIONS

- Communicate Sickness / Injury / Wellbeing
- Appropriate attire: Running shoes, Water bottle, Jacket
- Ensure punctual arrival / collection
- Inappropriate behaviour will not be tolerated
- Respect shown to coaches / other athletes

REASON FOR RECENT CHANGES IN COACHING STRUCTURE

- Lack of support from club for coaching management
 - Coaches previously expected to manage a group with minimal guidance
 - Abandoned groups self-roaming
 - Safety concerns (appropriate equipment use)
- Burnout / inefficient use of specialist coaches
- Lack of available equipment / training sites

KEY CHANGES

- Head of coaching introduced (streamlined communication, representative club Presence)
- Change of names of parent roles + support from club for training