



Performance Coaching Course 2024/25

Background

The performance coaching course has been built to meet the needs of coaches coaching at the performance level of cricket within NZ. The old level 3 is the level this course is pitched at, but with changes to the content and style of delivery to better meet the needs of the coaches attending.

The performance course will be a blended course that will involve residentials, online learning, small group reflective processes and online learning modules across a ten month time period.

Purpose of performance coaching course:

To develop coaches in a performance space to better meet the current and future needs of the athletes they will be working with and raise the awareness of the critical attributes a performance coach needs. This course will be the start of preparing coaches to be able to coach first class Cricket in NZ.

High Level Learning Outcomes:

The following are the key learning outcomes from the performance coaching course.

1. The ability to critically self-reflect (themselves first then shift to athlete)
2. Coaches can demonstrate sound understanding of the professional knowledge they need to coach at the performance level
3. Coaches can demonstrate the interpersonal knowledge they need to coach at the performance level
4. Coaches can demonstrate the intrapersonal knowledge they need to coach at the performance level

Who are the coaches this course is applicable for?:

Coaches who are motivated to learn and develop. A big focus of the course will be action learning for coaches in their own environment. Coaches must be able to fully commit to the dates mapped out in the 10-month overview on page 3.

The prerequisites for coaches to be selected onto the course are:

1. Have completed a level 2 coaching qualification and/or an advanced development qualification or can display they have the suitable experience and skills that equate to a level 2/advanced development coach.
2. Are actively coaching at the following level/s as a minimum:
 - MA U19
 - MA 'A'
 - MA assistant coach
 - DA Hawke Cup
 - Premier Club Side in a major metropolitan center
3. Can fully commit to all the dates that are mapped out on page 3.

Personal and professional qualities for coaches to possess:

- Open-mindedness/curiosity
- A willingness to learn
- Previous experience of, or the potentially to effectively work with performance players
- Evidence of actively applying knowledge, skills and learning in their coaching, from previous professional development activities.

Details of the course:

The details of course are as follows:

Cost:

The cost per coach is \$1100.00, however NZC is subsidizing \$200 per coach, so this takes the cost to \$900.00 per coach.

The cost covers the following:

- Accommodation at all in person residentials
- Airport transfers for all in person residentials
- Food for all in person residentials
- Venue hire for all in person residentials
- External facilitators and deliverers
- Online learning module maintenance

Additional costs that will go on top of the cost per coach is flights/travel to and from the in person residentials. Coaches and/or Major Associations will absorb the cost of flights/travel.

Nomination and Selection process

Coaches who want to nominate themselves will need to fill in and complete the application process by the 8th of March 2024. There are three elements to applying for the course:

1. Get a letter of support from your Major Associations Performance Manager/Pathway Manager to endorse your application

2. Send a video or voice recording through to Toby Doyle, NZC's Community National Coach Development Manager (toby.doyle@nzc.nz) with your answers to three questions (see question 9 in the application form for more information on this)
3. Complete the online application, here: <https://www.surveymonkey.com/r/JVFH5HX>

NZC will select the candidates with the support of MA staff.

Dates and venues

The focus for the coaches will be learning in their own environment, so outside of the dates and times below there will be an expectation of continuous learning and reflection within their own environments.

Date	Event	Location
20 th May (7.30pm – 9.30pm)	Welcome and forming	Online
14 th June (6pm start) – 16 th June (3pm finish)	Residential 1	Lincoln
8 th July (7.30pm – 9pm)	Action learning group	Online or in person, depending on coaches location
29 th July (7.30pm – 9.30pm)	Online learning webinar	Online
9 th Aug (6pm start) – 11 th Aug (4pm close)	Residential 2	Hastings, Hawkes Bay
9 th Sept (7.30pm – 9pm)	Action learning group	Online or in person, depending on coaches location
14 th October (7.30pm - 9.30pm)	Online learning webinar	Online
9 th December (730-9pm)	Action learning group	Online or in person, depending on coaches location
To be scheduled with coaches between October and December	Coaching observation no.1	Where coach's team trains/plays
20 th January (7.30pm – 9pm)	Action learning group	Online or in person, depending on coaches location
To be scheduled with coaches between January and March	Coaching observation no.2	Where coach's team trains/plays
February 10 th (7.30pm – 9pm)	Online learning webinar	Online
March 10 th (730pm-9pm)	Action learning group	Online or in person, depending on coaches location
11 th April (6pm start) – 13 th April (4pm close)	Residential no. 3	Lincoln

Coaching biography

As a reflective and learning tool, all coaches will need to form and build a coaching biography throughout the course. This will log their learning and will allow them to track their journey of growth and development throughout the course.

It is expected that coaches would put aside at least one (1) hour per fortnight to update their coaching biographies. Coaches will need to update their action learning groups on the progress on their coaching biography throughout the course.

Contact:

For more information about the NZC Performance Coaching Course please contact:

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