



Australian Calisthenic Federation

Cadet Program

Overview

Cadets must enrol to commence the cadet Program from age 14 years & above. The cadet Program is a compulsory national Program. It is designed for any person irrespective of age seeking to become a coach / coach assistant under the auspices of the Australian Calisthenic Federation. The cadet Program is a 2-year Program which depending on age at commencement can be completed between 1 and 4 years.

The cadet Program must be completed prior to entry to the Level 1 coaching Program.

The course will be offered by State Associations at different times throughout the year. There is no recognition of prior learning for this course.

The needs of country coaches are given consideration with regional workshops offered where possible.

Applicants over 25 years of age may apply for exemption from the Cadet program.

Course Objectives

- Designed for any person irrespective of age seeking to become a coach / coach assistant under the auspices of the Australian Calisthenic Federation.
- Develop an educational Program which will increase the calisthenic skills and knowledge of cadets and better prepare them for entry to the Level 1 Program.
- Provide opportunity and encouragement for all cadets to work toward self-improvement and expertise in their coaching knowledge.
- To broaden the range of options available in coach education in calisthenics.
- To upgrade the standard of coaching in Calisthenics through better-trained and qualified coaches.

Course Learning Outcomes

A cadet coach at the completion of the course will be able to:

- demonstrate basic technical knowledge of calisthenic elements
- understand the role of the cadet and demonstrate knowledge of basic communication techniques
- apply the basic biological, physiological and behavioural sciences necessary for beginning levels of coaching
- structure an appropriate warm up and stretching routine



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Course Requirements and Regulations

a) Enrolment Pre-requisites

All cadet coaches must:

- Be at least 14 years of age at commencement of the course
- Have achieved Calisthenic Skills Grade 2
- Be actively involved in cadet coaching at club level
- Be registered with the relevant State/Territory Association (or coaching body) as a cadet coach.

b) Compulsory Texts

- Technical Guide CD - Technical Manual section - ACF
- Banned and Dangerous Movements Video - ACF

c) Fees/subscription

- Course fee set by ACF
- Fee to be reviewed annually

d) Attendance Requirements

- 100% attendance required.
- Cadets must attend and complete all units satisfactorily before they can commence the Level 1 coaching Program.
- Dress - appropriate to activity or as prescribed by the presenter of the module

e) References

- Technical Guide CD
- You're the Coach
- Principles and Problems of Coaching
- Beginning Coaching
- Coaching Kids
- Banned and Dangerous Movements Video

f) Candidate Assessment

- Attendance
- Participation and discussion



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g) Course Delivery

- Overseen and delivered by State bodies
- Presented by State Associations approved lecturer/supervisor/personnel
- Devised by the ACF Coaching Committee under the direction of the ACF.

h) Venue

- The cadet Program can be conducted at a school venue, community, church hall or other appropriate venue.

Minimal requirements are:

- flat free space
- CD/cassette player
- audio/visual equipment ie DVD / Video player and TV
- overhead projector
- white board

i) Records

- Maintained by state bodies
- Nationally held by registrar of ACFCC
- Information held :
 - name
 - address
 - club
 - coach status
 - year levels attained

j) Principal Coaches

- It is the responsibility of principal coaches to ensure persons under their supervision who are required to undertake the cadet course are advised of the Program and registered with their relevant State/Territory body.
- Principal Coaches should encourage and support their cadets throughout the Program.
- The Principal coach to be notified of the expectations of the Cadet and the role of the Principal coach and is to sign a written agreement assuming responsibility for the well being of the cadet as outlined in the Mentor Program.



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Cadet Course Content

Module 1	Safety, Warm up & Stretching	3 hours max
Module 2	Role of the Cadet	1.5 hours max
Module 3	Basic Communication Skills	1.5 hours max
Module 4	Terminology and Technical Skills	3 hours max
Module 5	Summary Forum	30 minutes
TOTAL HOURS		9½ hours