



Australian  
Calisthenic  
Federation

## **CADET PROGRAM**

### **OVERVIEW**

- A Cadet 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. Depending on the participant's age at commencement, the Cadet program can be completed between 1 and 4 years.
- Cadet Program must be completed prior to entry to the Level One 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 will be given careful 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 One 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 overall 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 skills
- apply the basic biomechanical, physiological and behavioural sciences necessary for beginning levels of coaching

### **COURSE REQUIREMENTS AND REGULATIONS**

#### **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

### **Compulsory Texts:**

- Technical Guide CD – ACF
- Banned and Dangerous Movements Video – ACF

### **Fees/subscription:**

- Course fee set by ACF
- Fee to be reviewed annually – currently \$60

### **Attendance Requirements:**

- Full attendance required. Cadets must attend and complete all units satisfactorily before they can commence the Level One coaching program
- Dress – appropriate to activity or as prescribed by presenter of each module

### **References:**

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

### **Candidate Assessment:**

- Attendance
- Participation and discussion

### **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. To be implemented at state level by state coaching bodies.

### **Venue:**

The cadet program can be conducted at a school venue, community or church hall.

Minimum requirements are:

- flat free space
- CD/cassette player
- audio visual equipment ie TV/DVD/Video player
- overhead projector is optional

**Records:**

- Maintained by state bodies
- Nationally held by registrar of ACFCC
- Information held:
  - Name
  - Address
  - Club
  - Coach status
  - Year levels attained

**PRINCIPAL COACHES**

It is the responsibility of the accredited coach 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.

The supervising accredited coach is responsible for their cadets throughout the program and must be in attendance at all times and be fully supervising the Cadet.



Australian  
Calisthenic  
Federation

## CADET / SUPERVISING GUIDELINES

- The Cadet must be assisting in a class under the supervision of a Level 1 or 2 Coach, who is a registered member of the state association.
- A Cadet cannot have responsibility of a Solo/Team at any time on her own.
- To enroll in the Cadet Course, the minimum requirement is Calisthenic Skills Grade 2 and 14 years of age.
- Applicants over 25 years of age may apply for exemption from the Cadet Course
- It is recommended that all Cadets attend seminars each year, especially if they do not proceed to the Level 1 program.
- If the Cadet transfers to a new class, the new supervising coach takes on the responsibility. The Cadet must contact the Cadet Coordinator with the new arrangement.
- The pre-requisite for Level 1 enrolment is the successful completion of the Cadet program and be turning 18 years within 12 months of commencing the Level 1 course modules.
- There is no time limit for completion of Cadet Modules.
- The supervising coach should encourage cadet in all aspects of Calisthenics.



Australian  
Calisthenic  
Federation

## OVERVIEW OF COURSE WORK - CADET

Module 1	Role of the Cadet	1.5 hours
Module 2	Communication Skills	70 mins
Module 3	Safety, Warm-up, Flexibility and Strength	2.5 hours
Module 4	Terminology and Technical Skills	2 hours
Module 5	Summary Forum	30 minutes
<b>Total Hours</b>		<b>7.5 hours</b>



Australian Government  
Australian Sports Commission