



ASCA CADET COURSE

Applicants should forward an extensive Curriculum Vita to the cadet coordinator in their state.

The CV should outline:

- Personal details including a recent photograph
- Calisthenic pupil history including club/college attended, years attended (eg 1990-1996), division of class and coaches for teams/solos
- Calisthenic coaching experience including years coached (eg 2001-2006), division and age groups. Please include the year you attained your official coaching qualification
- Calisthenic experience of coaching Calisthenic Solos/Duos and Graceful Solos including age of soloists and grading
- Experience with Pupil Skills as a pupil and a coach. List levels achieved as a pupil and those taught as a coach
- Any further calisthenic coaching experience ie. State Team, recreational, specialist coaching
- List seminars attended and relevance to calisthenics including the timing course or writers seminar if applicable
- Experience on committees for calisthenic associations, presentation of seminars etc
- Outline any experience with the adjudication process – timing, writing for panels/singles.
- Provide evidence of a high level of commitment, strong communication skills, developed interpersonal skills, experience in public speaking
- List 3 referees, at least one should be of a calisthenic nature

Your application must be supported by one adjudicator and one other with a calisthenic background

In submitting your application you give ASCA permission to contact your referees as well as persons involved in calisthenics to discuss your suitability and potential to become an adjudicator.

Applications are due by the 31st of August (or date set by State ASCA Branch) in one year for commencement the following year.

After an application is received it is discussed at an ASCA Committee meeting.

The selection process may include an interview. Applicants are required to complete an Entrance Exam and attain a minimum of 80%.

Applicants will then be advised whether they have been accepted into the ASCA Cadet Program for the following year.

The ASCA Cadet Course takes at least 3 years to complete.



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Listed below are the required Modules and training sessions undertaken in each year:

Workbook 1

TIMING (minimum 3 sessions)

OBSERVATION (minimum 3 sessions)

WRITING

Module 1	Timing Experience
Module 2	Observation of the Adjudication Process
Module 3	Writing Experience
Module 4	Review of Rules
Module 5	Banned and Dangerous Movements
Module 6	Video Adjudication

Workbook 2

WRITING

SHADOW ADJUDICATION (minimum 3 sessions)

Module 7	Free Exercises - Interpretation of Mark Up
Module 8	Ballet Terminology and Technique
Module 9	Video Adjudication - Fancy Items

Workbook 3

WRITING

SHADOW ADJUDICATION (minimum 4 sessions)

ADJUDICATION (2 sessions)

Module 10	Legal Liability and Risk Management
Module 11	Jazz Dance in Calisthenics
Module 12	People Management
Module 13	Video Adjudication

The final examination is undertaken at the end of the 3rd workbook.

At the successful completion of the training a report is presented at the ASCA AGM.

During the 3 year period it is expected that cadets will attend all ASCA General Meetings. There are 6 meetings held each year. Generally these meetings are on a Sunday except during the competition season when they may be held on a week night.

Seminars are conducted either before or after 4 of the meetings. These topics vary as determined by the AAB.

Should you have any enquiries regarding the Cadet Program please contact the ASCA Cadet Coordinator in your state or the AAB Director of Adjudicating.



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