



06 September 2007

To: Club / School Officials, Club / School Coaches

Dear Club / School Official

Please can you make all your coaches aware of this newly developed course.

### **LEVEL 1 CERTIFICATE IN COACHING WEIGHTLIFTING**

#### **Introduction**

The Level 1 Certificate in Coaching Weightlifting has been developed in conjunction with the UK Strength & Conditioning Association (UKSCA). It is a stand-alone Strength & Conditioning course which links to the UKCC Level 1 Rugby Coaching Certificate. It is a practical competency based course looking at practical aspects of coaching weightlifting with rugby players.

#### **Qualification Aim**

To deliver and coach weightlifting techniques to players in a safe and well structured environment.

#### **Qualification Objectives**

On successful completion of the course, you should be able to:

- Ø Demonstrate an ability to demonstrate and coach the correct lifting techniques for the core lifts in the syllabus of the course.
- Ø Demonstrate an ability to safely organise lifting sessions in the gym.
- Ø Have a clear understanding of the movement patterns and postural requirements for the lifts and their links to rugby skills and activities.

#### **Qualification Outline**

The course operates either as a two day course (usually weekends) or on two separate days. The course is practically based and you will be expected to lift, demonstrate and develop your coaching of the core lifts throughout the course.

#### **Assessment**

Assessment is competency based allowing you to be continually assessed and receive support and action planning throughout the course. The procedure will also allow for one assessment of a practical coached lifting session at your club or school venue.

#### **Prerequisites**

Candidates are required to be 16 years of age or over before they can be registered for qualification. It is recommended that intending participants should have some experience of working in a gym environment.

#### **Application**

The course costs £75 plus VAT (£88.13). Participants receive a Level 1 course booklet and a DVD of the core lifting techniques.

Completed application forms (enclosed) must be attached with a cheque made out to "Scottish Rugby" for the above amount. Please send in applications (including cheques) to Ann McKinsley at the address below.

Ann McKinsley, Player Development Coordinator, Scottish Rugby, Murrayfield Stadium, Edinburgh, EH12 5PJ.

**There will be a maximum uptake for each course of 16 participants.**

Should your application for a course be unsuccessful, your cheque will be returned. There will however be a small standby list for each course.

**Candidates not attending courses:**

If a candidate does not attend the course or who gives less than 48 hours notice of non-attendance, then he/she will receive no refund.

If a candidate gives between 2 and 14 days notice of cancellation, the candidate will be relocated to another course providing they pay the administration charge of £25. There will be no refund.

If a candidate gives more than 2 weeks notice, they will be offered either relocation to another course at no charge or a refund of 75% of the course cost.

**COURSES AVAILABLE**

**Level 1 Course:**

**Dates:** - Sunday 2<sup>nd</sup>. & Sunday 30<sup>th</sup> September at Kelso RFC

**Times:** 9am-4.30pm both days (please ensure you bring own lunch)

More courses will be available throughout the season – details will be made available and posted on the coach page of the website as soon as they are confirmed.

Yours faithfully



Jock Peggie  
UKCC Development Manager  
Scottish Rugby