



DNZ Coach Development and Accreditation Policy

APPLICATION

Diving coaches seeking development and accreditation with Diving New Zealand (DNZ)

PURPOSE

To provide an accredited development pathway for diving coaches throughout New Zealand

INTRODUCTION

The DNZ Coaching Programme (DNZCP) exists to encourage an environment of education and learning, retention and development of coaches at all levels within the sport of diving

It operates at three levels:

- Level 1 - Safe teaching up to age group
- Level 2 - Enabling coaches to coach up to junior elite level and beyond
- Level 3 - Enabling coaches to help deliver medals on a senior world stage

The continuous development of coaches is fundamental to the ongoing advancement of the sport of diving in New Zealand. Clubs should aim to run a Level 1 and a Level 2 course each year.

POLICY

Structure and pathway

Accreditation

All coaches applying for DNZCP accreditation must:

- be a member of DNZ
- comply with all requirements of applicable DNZ Rules and Regulations (DRs), and policies and procedures

Age requirements

DNZCP accreditation candidates must be 14 years or over at the commencement of the DNZCP Level 1 course

DNZCP accreditation candidates must be 16 years or over at the commencement of the DNZCP Level 2 course

Coaching Levels

DNZCP LEVEL 1 COACH

Course Content:

- Teach safety and class management
- Understanding the role of a coach
- Understand and deliver all skills within the national grade scheme
- Teach beginner divers the techniques of good body alignment and teach exercises and drills to develop diving specific positions
- Understand beginner skills participation and competition pathway
- Basic biomechanics

To Graduate as a Level 1:

Must have

- completed the 2.5 day practical course and passed a practical, competency-based assessment that will be carried out over the course
- completed 30 hours post course practical, signed off by a level 2 facilitator

Facilitators: A Level 1 course can be delivered by any qualified Level 2 practitioner who has completed the Level 1 course.

DNZCP LEVEL 2 COACH

Pre-course Requirements:

Candidates must have:

- a Level 1 coaching course held for a minimum of one year
- experience in coaching age group level divers

Course Content

Technical:

- Diving skills through the appropriate skill chains up to 2.5 somersaults in all directions
- Forward and back twist movements
- Take-offs in all directions on both springboard and platform and what is required for multiple rotations and/or twists
- Entries
- Visual spotting
- Handstand technique
- Understanding of when a diver is ready to perform a more advanced skill/dive
- Understanding of safe and unsafe techniques

Dryland Training and Body Prep:

- Understanding the importance of dry land training
- Hand spotting for somersaults in all directions
- Learn to use overhead harness
- Teach the principles of strength and conditioning applicable for this level of diving
- Strategies to reduce the risk of injury during training sessions
- Demonstrate an understanding of the importance of mobility
- Integrate recovery strategies into diving programmed

Psychology:

- Implement strategies to encourage divers to take responsibility for themselves
- Assist athletes set appropriate goals
- Understand basic personality types
- Competition strategies

- Coach and athlete welfare

Other

- Periodisation plan to maximise competition performance
- Development of the sport
- How to ensure a safe environment for this level of diving
- Safely use the bubble machine in learning new dives

To Graduate as a Level 2:

Must have

- completed the 3 day practical course and a passed a practical, competency-based assessment that will be carried out over the course
- completed 50 hours post course practical, signed off by a level 3 facilitator

Facilitator: A Level 2 course can be delivered by any Level 3 coach

DNZCP LEVEL 3 COACH: ELITE

Pre-Course Requirements: (Acceptance is subject to DNZ approval)

- Has held accreditation as a Level 2 coach for a minimum of 2 years
- Has chosen coaching as their main profession and understands the commitment and flexibility required in the lifestyle of an elite coach
- Desire to be coaching at the highest level and to be the best coach they can be
- Wanting to undertake a journey of personal development

Evaluation:

Level 3 coaches will be involved in an ongoing mentored personal development journey for a minimum of 12 months. A personal development plan will be created to enable candidates to develop strengths and weaknesses and will be tracked against the following key competencies:

- Knowledge: Biomechanics, Body Preparation, Anatomy/Physiology, Nutrition, Technical, Psychology
- Communication: Divers, Hierarchy, Parents, Support Team, Written, Staff, Other Coaches, Body Language, Partners
- Skills: Rigging, Spotting, Calling, Planning
- Innovation
- Technology
- Confidence
- Flexibility

To graduate

- Completed a 12 month (minimum) mentorship following their personal development plan
- Must have coached at a senior international level
- Submitted a 1000-1500-word opinion piece relevant to elite sport based on personal experience or research and reviewed by the mentor

Facilitator: A Level 3 mentorship can be delivered by any Level 3 coach

DNZCP LEVEL 3: DEVELOPMENT ROLE

Pre-Course Requirements: (Acceptance is subject to DNZ approval)

- Have held accreditation as a Level 2 coach for a minimum of 2 years
- Desire to grow and develop diving within New Zealand
- Understands the commitment and flexibility required in the lifestyle an elite coach

- Is wanting to undertake a journey of personal development

Evaluation:

Level 3 candidates will be involved in an ongoing mentored personal development journey for a minimum of 12 months. A personal development plan will be created to enable candidates to develop strengths and weaknesses and will be tracked against the following key competencies:

- Knowledge: Club sport models within New Zealand, Education system, TID Testing recruitment, NZ Diving pathway, logistics of a diving program, community objectives of local council (sports and recreation), the economics of diving within New Zealand and strategic conflict management strategies in all aforementioned areas
- Communication: Relevant Partners, Divers, Parents, Support Team, Written, Staff, Other Coaches, Body Language
- Innovation
- Technology
- Confidence
- Flexibility

To graduate

- Completed a 12 month (minimum) mentorship following their personal development plan
- Creation of long term development plan and effective delivery of the first 12 months relevant to their center
- Submitted an opinion piece on national/global sports development/recruitment and reviewed by the mentor

Facilitator: A Level 3 mentorship can be delivered by any Level 3 coach

GOOD PRACTICE AND ADDITIONAL QUALIFICATIONS/LEARNING:

Level 1:

- First aid
- Lifeguard

Level 2:

- As level 1
- Trampoline coaching qualifications
- Gymnastics coach qualifications
- Dance teaching qualifications

Level 3:

- As Level 1 and 2
- Qualifications in strength and conditioning
- Qualifications in Nutrition
- Qualifications in Psychology

These qualifications are not necessarily for coaches to be the main practitioner in each discipline but to understand the role of each discipline within the sport of diving.

Document Management

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