

Level 1 coaches' practical report card

Coachs' name: _____

Date _____

Required competency	A	B	Date	Master coach name & signature**
Teach technical skiing skills (provide lesson plan)				
Teach technical shooting skills (provide lesson plan)				
Provide coaching services, while being supervised, at the club level (minimum of 10 sessions)				
Perform zeroing task at the club training sessions				
Complete a rifle fit				
Demonstrate shooting positions a- prone position b- standing position				
Demonstrate the ability to clean a rifle				
Shoot 50/100 points on a prone precision test				
Demonstrate the following ski skills: a- double pole b- straight downhill c- basic skating skills				
Attend and coach at club level races				
Demonstrate the ability to apply glide wax (include scraping and brushing skis). Clean skis using hot glide wax.				
Complete the take home exam from the technical course				

**The master coach must be a certified level-2 coach or division head coach.

A = The coach surpassed the required level of competency

B = The coach displayed an acceptable level of competency

Recommendation for certification

This coach has demonstrated an acceptable level of performance in all I required competencies and has met all other conditions for certification. The coach is therefore recommended for full certification at level 1.

ABA National Coaching Co-ordinator

ABA president or representative