



KARATE IRELAND O.N.A.K.A.I. COACHING COURSES 2018

Introduction to Coaching

- Date: 28TH April 2018. 10am start.
- Venue: Sheldon Park Hotel, 131 Kylemore Park Road, Dublin 12.
- Course fee is €65
- **Closing date for applications 14th April 2018**



Level 1 Coaching Course

- Part 1 - 12/13th May, 10am start
- Part 2 - 29/30th September 2018
- Venue: Sheldon Park Hotel, 131 Kylemore Park Road, Dublin 12.
- Course fee is €250 and is run over the two weekends.
- NOTE: Only those who have completed The KARATE IRELAND O.N.A.K.A.I. Introduction to Coaching or Coaches who have been assimilated to Level 2, can attend Level 1 Courses
- **Closing date for applications 30th April 2018**

Pre-booking is essential. Contact the Coach Tutors Secretary (details below) Applications and payment must be received by the secretary by the dates above in order to book your place. Numbers may be limited.

Coaching Ireland have laid down criteria for all members of NGB's that to receive a Level 1 coaching certificate, the member must provide evidence of having successfully completed a First Aid Course, a Child Protection Course & be Garda vetted. However, not having these will not exclude a member from completing the Level 1 course in coaching.

There are numerous Child Protection/Code of Ethics courses provided country wide at local sports partnership level. Please look at our Club development section for [link](#) to safeguarding and 1st Aid course available Ireland wide. Ensure the courses are backed by Coaching Ireland.

To Book places or for further information please contact the Coach Tutors Secretary:

Leo Mulvany
10, College Court
The Pines
Ballinasloe
Co. Galway
087 4159 858
Email: leomulvany1@eircom.net

Karate Ireland O.N.A.K.A.I. Coach Tutor Committee Members:



Stephen Murray
Chairperson



Michael Hogan
Liaison Officer to
Coaching Ireland



Leo Mulvany
Secretary

Becoming A Coach

Karate Ireland O.N.A.K.A.I. is part of the National Coaching Development Programme. This programme designed by Coaching Ireland is based on the best practice of several coach education programmes and is the benchmark for Karate Ireland O.N.A.K.A.I. Coaching Ireland has a quality control mechanism for ensuring this. Our coach development model aligns itself with the Long Term Athlete Development model with the courses designed to meet the competencies necessary at each stage of development for the karateka and the coach.

Karate Ireland O.N.A.K.A.I. is the National Governing Body (NGB) for Karate in Ireland and our objective is to organise and administer karate in Ireland. Karate Ireland O.N.A.K.A.I. administers karate by training and deploying coaches; organising representative level sport; providing sporting opportunities and pathways leading from local sport to national and international competition.

Coach Education Course

The aim of Karate Ireland O.N.A.K.A.I. is to continually support and develop the education of its coaches. Karate Ireland O.N.A.K.A.I. has currently two courses;

- An Introduction to Coaching
- Level 1 Coaching
- Level 2 Coaching (release date Q4 2018).

The introductory course must be completed before progressing to Level 1. One year must elapse between the Introductory course and Level 1. Our courses are designed to be practical and educational and to meet the needs of the modern coach.

The Level 1 Coaching Course is designed to raise the standard, status and profile of coaching in Karate Ireland O.N.A.K.A.I. and to provide karateka with the best quality coaching through their involvement in sport.

The Level 1 coaching course is a 4 day course run over two weekends. It is both interactive classroom and practical based. The course involves many aspects of coaching which are of huge practical benefit to instructors/coaches of karateka and who manage clubs or associations. The Level 1 coaching course has been developed in close association with Coaching Ireland (CI) and their Coaching Development Officers.

The course is broad based and looks at many aspects of coaching such as training children including mental aspects, preparing for competitions, technical & tactical aspects, anatomy, lifestyle, safety, physical fitness, just to give you a flavour of what's involved. The course allows for discussion of opinions also and everyone has a chance of learning from each other's experiences.

Useful resources can be found at the following:

<http://www.onakai.org/>

<http://www.irishsportscouncil.ie/>

<http://www.coachingireland.com/>



LEVEL 1 & Introduction to Coaching



APPLICATION FORM

PLEASE COMPLETE THIS APPLICATION IN FULL
PLEASE PRINT IN BLOCK CAPITALS

All of this information is confidential and will only be used by Karate Ireland O.N.A.K.A.I. Coaching Committee

Personal Details

Title: _____ First Name: _____ Surname: _____

Date of Birth: _____ Gender: _____

Address: _____

Contact Details

Home: _____ Work: _____ Mobile: _____

Email: _____

Karate Style: _____

Association: _____

Do you have a medical condition which may affect your participation on this course?

Yes No

If 'Yes' please give full details. _____

Do you have a disability (Physical, Learning or Sensory)

Yes No

If 'Yes' please give full details. _____

Course applying for:

Course: _____

Dates: _____

Location: _____

Course Fees - €

Method of Payment

Cheque / Postal Order: I enclose a cheques / postal order for €_____ (made payable to ONAKAI)

I agree to abide by the course regulations

Signature: _____ Date of Application: _____

Please return your completed application form and payment to:

Leo Mulvany
Secretary
Coach Tutors Committee
10, College Court
The Pines
Ballinasloe
Co. Galway