



SINGAPORE WATER POLO

Singapore Water Polo SGCoach NROC Accreditation

Eligibility of enrolment - Level 2 Integrated Course

(For coaches that aspire to be High Performance coaches
and/or Club & School Head Coaches.)

Course prerequisites

1. Age (21 years or older)
2. Actively coaching Water Polo within the Club/School or National Program environment for at least the last 5 years
3. Passed SGCoach Water Polo Level 1 coaching course and an Accredited NROC Coach (including Standard First Aid (SFA), CPR & AED certificate)
4. Completion of CoachSG Level 2 Online Course (SportSG-ED)
5. A registered member in Singapore Water Polo coaching membership platform

Exemptions/RPL

Foreign Coaches

For equivalent qualification (country of origin certification) and/or recognition of prior learning experience accreditation, SSA/SWP & COACHSG reserves the right to evaluate individual's qualifications/accreditation and/or prior experience (detailed coaching positions and references) before accrediting coaches based on SGCoach SWP integrated level 2 modules or it's equivalent.

*any academic qualifications that are more than 10 years upon graduation shall be re-evaluated by SWP & COACHSG through a test and/or interview

Length of Course

- Online SGCoach Level 2 Theory course (SportSG-ED)
- Face to Face - 24 hours (consisting of Theory Review, Fundamental Sport Science for Water Polo, Practical Coaching, Technical skills and Tactical Elements)

Key Competencies

Understand what Leadership skills are, how they are applied to coaching and what 'Coach As Leader' means.

Match coaching practices according to the needs and abilities of your athletes to create an inclusive environment for learning, developing and effective coaching.

Explain National Water Polo structures, including coaching pathways.

Understand the purpose, design and implement a Season Plan for the current (or within the last two years) Team/Program you are coaching

Display tactical awareness, knowledge and comprehension of all the different defensive and attacking systems during training and game play.

Assessment

1. Full attendance of face to face course required
2. Theory Review (questions and answers)
3. RAMS
4. Tactical Skills Assessment scenarios
5. Practical Assessment - Season Plan
6. Coaching Attachment (20 hours with SWP Mentor/Coach)

Practical Assessment

Prepare and implement a Season Plan – show training phases and periodization cycles, progression through physical preparation components, integration of SSSM, Technical skill development, Tactical developments, tournament/game play and regular review/evaluation processes)

An assessment checklist is used to outline the competencies that the coach must demonstrate. The candidate must be rated as competent on all aspects of the assessment checklist to pass.

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