A company limited by guarantee incorporated in Scotland registered number SC265151

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Dear Candidate,

Firstly TTS would like to welcome you to becoming a coaching member.

It is important you complete the necessary forms so that you acquire a grant towards this 1st4sport

Level 1 coaching course.

These forms are on the TTS WEBSITE – an application form for Table Tennis Scotland and a grant form for Sport Scotland (which needs to be applied for at least 4 weeks prior to the start of your course).

The course consists of 3 parts-

Part 1 - Training day from 10am to 4pm.

This covers basic skills, coaching techniques, fun games, warm up and cool down exercises and explains about filling in lesson plans/ risk assessments/ diversity scenarios.

Part 2- Over a period of 4 weeks you will be required to coach at your club, 3 beginner sessions.

Complete 3 (30min) lesson plans, 3 evaluations.

Complete workbook assignments.

Online multi choice assessment will be sent to your email and requires to be completed before final day. Each candidate is allowed 2 attempts at each section of this.

Part 3- Assessment day from 10am to 4pm.

Using one of their lesson plans on a given stroke you will coach a 15 minute coaching session to 4 candidates playing with their opposite hand. A health and safety form will be completed at the start of the session and an evaluation form at the end.

Completed workbook to be handed in.

At the end of the course you will be given a Coach Licence application form. You will be required to achieve a basic first aid award and a Child protection certificate, (both valid for 3 years)

Your completed form together with copies of your certificates and £20 fee should be sent to the TTS office. When processed you will receive a licence and insurance cover for one year.

I hope you enjoy the course and feel enthusiastic about entering your coaching path.

**Senga Thomson**

**Director of Coach Education**

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