

NCAS COURSE

Saturday 12th November 2011

**Do you want to update your accreditation?
Do you want to be a Level 1 club coach?**

**Come along to the next new NCAS course
THIS IS DAY TWO OF A TWO DAY COURSE**

Venue: Bushido Judo Club
Address: Bareena St, Canley Vale
(Behind the swimming pool)
Time: 8.45am to 5pm
Cost: \$75 (paid directly to Judo NSW)
Bring: Judogi, Pen, paper, own lunch

**All coaches will need to attend the full day.
All coaches will need to fully participate on the day.**

In preparation, all coaches will need to bring the following:

- current first aid certificate (copy to be retained)
- completed log book (updating coaches only)
- lesson plan for a 10 minute warm-up and cool-down (to be handed in)
- lesson plan to teach a tachiwaza and newaza skill (to be handed in)

Spaces are limited for this course. Please book through Phil at the Judo NSW office: office@judonsw.com.au

Other enquiries to be directed to Kerrye Katz at katzfamily@accc.net.au