



Australian Government
Australian Sports Commission

Active After-school Communities

Helping kids and communities get active

Help kids get active

...become a community coach!

Be part of a national project that gets kids moving!

Around Australia, 150 000 kids have been jumping, throwing, catching, running, dancing, swimming, cycling, climbing, kicking, rowing, skiing, somersaulting ...

... thanks to the Active After-school Communities program.

You can be part of this program by becoming a community coach at your local school or out of school hours care service.

The Australian Sports Commission's Active After-school Communities (AASC) program aims to engage traditionally non-active primary school-aged children by providing free sport and other structured physical activity programs in the after-school timeslot at over 3200 schools and out of school hours care services across Australia.

The AASC program has already trained over 30 000 community coaches who run a huge variety of activity programs across the country. These coaches are students, club coaches, teachers, parents, brothers, sisters, retirees, community members, professional athletes and volunteers.

The AASC program is an Australian Government initiative, and the Australian Sports Commission has carriage of the program on behalf of the Australian Government.



What are the benefits of being involved?

- ★ Payment for coaching (if you have the necessary insurances)
- ★ Access to a free Australian Sports Commission coaching course (equivalent to the National Coaching Accreditation Scheme Beginning Coaching General Principles)
- ★ Access to excellent resources at all sites, including activity kits and equipment
- ★ Support and training through your locally based regional coordinator
- ★ Comprehensive resources, including the AASC program CD-ROM filled with innovative activities and games
- ★ A secure website where you can access loads of resources and information
- ★ Opportunities to develop networks and pathways to increase your club membership
- ★ A fantastic way to volunteer in your local community and/or to complete work experience and student placements

ausport.gov.au/aasc

How do I become involved?

Step 1

Contact your local AASC regional coordinator using the details provided on the back of this brochure. Visit the AASC website (ausport.gov.au/aasc) if you would like further information on the AASC program.

Step 2

Your AASC regional coordinator will invite you to their next Community Coach Training Program session and assist you with completing your registration.

Step 3

Attend and complete the Community Coach Training Program course.

Step 4

Your AASC regional coordinator will find you a school or out of school hours care service to deliver up to seven weeks of activity programs within a school term (based on program availability).

Step 5

Get kids active and have fun!

Your questions answered

What will I be doing?

As a community coach you will be delivering sport or other structured physical activity sessions to primary school-aged children in the after-school timeslot during the school term.

What sort of activities could I deliver?

We are seeking enthusiastic and motivated community coaches who can conduct game-based activity sessions in not only traditional sports such as netball, hockey and rugby league, but also non-traditional activities such as dancing, frisbee and martial arts. The possibilities for getting kids active are endless!

Do I need any qualifications or experience?

You will need to demonstrate sufficient experience within the activity you wish to deliver and a desire to have fun helping kids get active. Our Community Coach Training Program will show you the rest.

What do current community coaches think of the AASC program?

'I have learnt a lot about teaching children, which will really benefit me in the future.'

'The AASC Community Coach Training Program helped to improve my planning, organisation, communication and coaching techniques.'

'The program gave our organisation a good link into the local school and also trained us in the correct way to teach children ... how to interact with children positively and understand what kids enjoy.'

'I have made friends and contacts with the school and with children, which I feel is great for my growth as a person. The changes in some of [the children's] behaviour and attitudes really showed me that, with kids, if you give them a chance and with a little bit of effort anything is possible.'

'[I] have been able to pass on skills to children who had no idea how to play the sport.'



For further information visit ausport.gov.au/aasc or contact your local AASC regional coordinator.