

## National Coach

### Roles and Responsibilities

The following guidelines outline South African Sailing's requirements of any person who takes on the function of a national COACH for any team/squad selected by SAS to represent South Africa at an ISAF Youth Worlds, ISAF Worlds, All Africa Games, ISAF Nations Cup or Olympic Games.

#### Roles

1. Training Coordinator
2. Sports Science intervention
3. Official team coach at the event
4. Monitoring of training/fitness/psychological profile of each team sailor

#### Responsibilities

1. Coaching at all SAS High Performance Development Squad training camps as well as assessing sailors at these camps to determine their skill training needs, possible injuries and any interventions required (sports science, nutrition, psychology, physiotherapy, etc).
2. Assist team manager and SAS with talent identification and selection making recommendations for best practice (best boat type and training regime for each identified sailor).
3. Implementation of specific individualised interventions as identified and sourcing the best supplier/provider for this that suits the sailor (profile, location and budget). This could mean one-on-one training sessions with the coach or input from other coaches/sports scientist/therapists.
4. Assisting parents (if the team sailor is under the age of 18yrs) with guidelines as to how they can best help the sailor (diet, training, attending events, racing schedules, moral support, where to get involved and where not to, etc). Where conflicts arise, the coach is to defer the issue to the team manager and/or SAS officials.
5. Monitoring of training and skill levels throughout the training period leading up to the event including an analysis of progress and needs as and when they arise.
6. Developing appropriate periodization schedules for each individual team sailor (when to train what, when to compete and when to rest for recovery) based on the SAS Long Term Participant Development (LTPD) model – April 2011 onwards.
7. Attending the event with the team and ensuring that each course and each SA team member receives an equal amount of your attention during racing as well as constructive and helpful advice or feedback after the race/racing day.
8. Debriefing all sailors and the team manager at the end of each day of racing.
9. Submitting a detailed report including analysis of each team sailor's achievements or areas needing improvement, with recommendations, to SAS no later than 3 weeks after the event.

