

## **Level III – 20+ Coach**

The Level III Course builds on the experiences of Level II and can be thought of as the development of performance coaching, providing coaches with advanced level instruction in their chosen event group. As with Level II, the Level III syllabus includes event specific elements but more of the common core elements are now studied with a specific application to the event group context. On completion of the Level III Course, coaches will be able to identify and coach high level and advanced competition models for their specific event or events. They will also be expected to be able to plan and implement meso & macro-cycles of training for high level athletes within the context of a multi-year plan. These plans should lead to the achievement of potential, elite performance and competitive results. Level III Courses are conducted at the Area Development Centres, using IAAF accredited Level III Lecturers and standardised new course materials (Interactive “Coaches’ Eye”).

Entry to Level III is open to coaches who pass the Level II assessment procedures, have completed a minimum of one further year of practical coaching experience and have been recommended by their national federation.