

## Way forward towards UKCC L3 completion

### (Ideally) Pre day 4

- completion of tasks 1 to 14; if you have questions about any of this, refer to your coach educator link.
- assessed to 'competent'; please send these tasks electronically to Hilary who will then distribute.

### Day 4

Negotiate the day / time with:

North (SD, EF, JH) = Hilary Quick

South (GG, RS, IM) = Lynne Walker

- prepare for an observed session = task 15
- coaching 4 to 6 athletes, 30 min (excluding warm up and cool down), TD5
- "Professional discussion"
- what to do towards final assessment.

### Also be doing:

- coach two athletes for at least 12 weeks
- while doing that, complete tasks 16 to 22 start to plan the 'extended training camp' (tasks 22, 23 or 24, 25)

### Extended training camp

Chat with your mentor to ensure that you will be ready for final assessment at this.

Date: contact Hilary to check that this is OK for assessment

Location: your choice (within reason!)

Athletes: one of your coached athletes must be at the camp (and the assessor will chat to them for up to an hour)

### Final assessment (day 5)

1. Paperwork (all tasks except task 26) to the assessor at least 3 weeks before assessment (via Hilary please).
2. Takes place during extended training camp:
  - ✦ technical session (task 23)
  - ✦ physical or mental session (task 24)
  - ✦ chat to one of your athletes (takes up to an hour)
  - ✦ task 26: professional discussion
  - ✦ competent / not yet competent