**Performance Coach Registration Application Form**

Prospective Performance Coaches can apply to join an experienced cohort of candidates, who will then attend three core training courses together on fixed dates. Course booking information will be available as soon as we have a viable cohort – we will confirm this by 15th August so please apply before then if you are ready to do so.

If you are interested:

1. Read the information on the [**Performance Coach webpage**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.tahdah.co%2Fr%2FNDIxMTk0Mw&data=05%7C01%7Cmartin%40mountain-training.org%7Cc4e2e15f5e0e4d206b5508db91aed3d6%7C31282c7249fe40498c8fa9f579dc72e0%7C0%7C0%7C638263952309524277%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Fw%2BP%2Bqay2NrycxREtVg7wzpOZDMiOtVaoiK9Lf5JtU8%3D&reserved=0) to check whether the qualification is appropriate for you.
2. Check the dates on the Training tab – successful applicants will need to attend all three courses.
3. Complete **BOTH** this form **and** your DLOG with the prerequisites, including a referee.
4. Register on the scheme through your [**CMS account**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.tahdah.co%2Fr%2FNDIxMTk0NA&data=05%7C01%7Cmartin%40mountain-training.org%7Cc4e2e15f5e0e4d206b5508db91aed3d6%7C31282c7249fe40498c8fa9f579dc72e0%7C0%7C0%7C638263952309524277%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=W6k4rx%2F4o%2BF95vVS4pa18UbRo3m25UPbvlYfx5kjsuk%3D&reserved=0) and pay the registration fee.
5. Notify Mountain Training (via the 'Send to Mountain Training' button on the 'Share' tab in DLOG) that your DLOG is ready to be reviewed.
6. Return completed form to [megan@mountain-training.org](mailto:megan@mountain-training.org)

Your DLOG and this form will then be reviewed by a technical officer and you will be notified by email with the result of your application. Applications with less than the minimum experience cannot be approved.

# Personal Details

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** |  | **Mountain Training ID** |  | |
| **E-mail** |  |  | |  |
|  | | | | |
| Date Registration fee Paid | |  | | |

# Prerequisites:

In order to be considered for the Performance Coach training, an applicant must meet the requirements listed below. These details can also be found online: <https://www.mountain-training.org/qualifications/climbing/performance-coach>)

**Please complete the following table, to tell us how you meet the prerequisites; and indicate where they are evidenced:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Prerequisites** | | **Date** | **Location of evidence (DLog, CMS, Additional files, etc)** |
| FUNdamentals of Climbing 1 (date attended) | |  |  |
| FUNdamentals of Climbing 2 (date attended) | |  |  |
| FUNdamentals of Climbing 3 (date attended) | |  |  |
| Physical Training 1 course (date attended) | |  |  |
| First aid certificate (date issued) | Provider/course |  |  |
| Safeguarding course (date attended) | Provider/course |  |  |

**The following two courses are under development, and we respect the fact that you may not have had the chance to attend them (yet). Hence, please let us know if you have – or tell us how you have gained the required levels of competency via alternative means. Please be as explicit as you can.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Physical Training 2** | **Date attended:** | | |
| **Or please complete the following:** | | | |
| **Key syllabus area** | **Skills & knowledge** | **Alternative training** | **Experience** |
| Physiology for climbing coaches |  |  |  |
| Physical training and training programme design |  |  |  |
| Appropriate and inappropriate training methods |  |  |  |
| Injury awareness and prevention |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Mental Skills Training (Coaching The Mind)** | **Date attended:** | | |
| **Or please complete the following:** | | | |
| **Key syllabus area** | **Skills & knowledge** | **Alternative training** | **Experience** |
| Psychological Harm: knowing our limitations and when/how to refer to professional help |  |  |  |
| Professionalism: quality, support and safeguarding |  |  |  |
| Motivation: from learning environment to student led approach |  |  |  |
| Mindset: supporting self-efficacy |  |  |  |
| Goal Setting: group to individual over time |  |  |  |
| Anticipation: mental preparation & visualisation |  |  |  |
| Attentional Focus & Flow state |  |  |  |
| Arousal: understanding and management |  |  |  |
| Tactics: problem solving and decision making |  |  |  |
| Reflection: supporting climbers (& coaches) to learn from experience |  |  |  |

# Mountain Training Digital Logbook (DLOG)

We anticipate experienced Development Coaches to have an extensive coaching CV – and you need to have logged over 200 hours of relevant coaching in climbing. To help us review your experience, we recommend the following:

* Write or record a summary of your relevant coaching experience, outlining the depth and breadth of what you've done. The quantity and quality of your coaching should be clear.
* Upload this as a Word doc to the Files tab in DLOG. If you would prefer to record yourself talking about your experience, please share a link to a video or audio file in the 'DLOG Overview Description' box on the Files tab. Unfortunately audio and video files cannot currently be uploaded directly to DLOG.
* Add individual entries for sessions you have coached since January 2023, including some reflective comments in the description box for several of them. This will give us a clearer picture of what you're doing now.

To help us review your experience, please confirm if you have included:

* Enough entries of your previous experience in the DLOG to give a clear representative impression of the depth and breadth of your experience.

**YES / NO**

* Uploading supporting (or previously recorded) evidence of experience in the CV section of the DLOG under ‘Files’ (most file formats are supported)

**YES / NO**

# Relevant (additional/coaching) qualifications & training

|  |  |
| --- | --- |
| **Qualification** | **Date** |
| E.g. UKCC level 2 kayak and canoe coach |  |
|  |  |
|  |  |
| Please add more rows as required |  |

# Personal Climbing Experience

You must have a substantial depth and breadth of personal climbing experience, and provide evidence of having successfully climbed (onsight) up to 7a within your climbing career. Please ensure your DLOG is representative of the quality, quantity and variety of your climbing experience over time. Please use this table to evidence your best examples of your ability to climb (onsight) 7a:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Route** | **Grade** | **Venue** | **Date** | **Partner(s)** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

# Name and address of Referee

|  |  |  |  |
| --- | --- | --- | --- |
| **Referee (**Your referee should know you as a climbing coach so they can support your application to join the Performance Coach scheme. They can be another coach, a centre manager or other person who is able to confirm your suitability for the scheme.) | | | |
| **Name** |  | | |
| **Email** |  | Check to confirm details added to the Referee tab of your DLOG |  |

Please return the completed form to [megan@mountain-training.org](mailto:megan@mountain-training.org) using the format: Performance Coach\_registration application form\_My name