



Irish Tenpin Bowling Association (ITBA) Tutors, in accordance with the requirements of the Coaching Development Programme for Ireland, have designed the various courses for the ITBA. The Coaching Development Programme for Ireland is a partnership between the ITBA and Coaching Ireland. The aim of the coaching programmes is to facilitate the development of coaching and coach education in the sport of tenpin bowling, thus providing bowlers with an essential element for their efforts in training and competition.

It is a requirement of the ITBA that all Active ITBA Coaches:

- Are full members of the ITBA and in good standing.
 - Adhere to the Code of Ethics / Good Conduct.
 - Require “Children in Sport” awareness training.
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Introductory Level Coach (Coaching Assistant)

Aim of the Course:

The aim of this course is to provide a basic understanding of the skills and knowledge required to act in the role of a **Coaching Assistant** with emphasis on:

- Promoting an understanding of what coaching is about.
- Arousing an interest in coaching.
- Introducing the Code of Good Practice for children’s sport.

Entry Requirements:

- Minimum age of 18 years (as recommended by the Irish Sports Council).
- Have a basic understanding of the game of Tenpin Bowling (the course is intended to provide basic coaching skills; it is not designed to teach participants how to bowl).
- Have read and have a reasonable understanding of the **Introductory Coaching Manual**.
- Have a reasonable understanding of the basic **Rules of Tenpin Bowling**.
- Have read and have a reasonable understanding of the ‘**Children in Sport**’ guide.
- Complete an Introductory Coach application form and personal profile to help the Tutors understand each person’s background in the sport and the organisation.

Having completed the Introductory Level course requirements and practical sessions, participants will qualify as an **ITBA Introductory Level Coach (Coaching Assistant)**.

Level 1 Coach

Aim of the Course:

The Level 1 course is designed to equip the Coach with a range of basic information about tenpin bowling, under three headings; The Sport; The Bowler; and The Coach. Once the Coach has become familiar with the contents of this course, they will be able to adapt what they have learnt; to develop their Coaching ability to match the bowlers’ requirements. The Coach, through patience and resolution, can help each athlete to enjoy the game, improve skills and knowledge, thereby helping bowlers to gain a feeling of satisfaction and accomplishment.



ITBA Coaches Sub-Committee

Course Overview

email: coaches@tenpinbowling.ie

Entry Requirements:

- Minimum age of 18 years (as recommended by the Irish Sports Council).
- Have completed the Introductory Level Coach (Coaching Assistant) (depends on experience).
- Complete a Level 1 Application Form, and personal profile to help the Tutors understand each person's background in the sport and the organisation.
- Be proposed by two members of the ITBA Coaching group.
- Have an understanding and/or experience of league / competition play.
- Have an understanding of tenpin bowling (experience has shown that it is impossible to Coach if there is insufficient background knowledge of the sport).

Having completed the Level 1 course requirements and practical sessions, participants will qualify as an **ITBA Level 1 Coach.**

Level 2 Coach

Aims of the Level 2 course are to provide coaches with:

- The ability to prepare and deliver planned coaching sessions.
- The ability to be able to individualise programmes by measuring the athletes' capacities and addressing any areas of concern.
- Knowledge and skills to help bowlers who are ready to learn how to train for a high level of competition, with the emphasis on learning rather than on results.
- Expertise to aid and guide participants up to national level competition and/or a high standard of regional adult club competition.
- Knowledge and experience to decide where their abilities best place them and whether to pursue the 'Development' or 'Performance' route in relation to the bowlers they coach.

Entry Requirements:

- Minimum age of 19 years or older (as recommended by the Irish Sports Council).
- Have completed the Level 1 course.
- Be active in coaching for at least 1 year after completion of the Level 1 course.
- Complete a Level 2 Application Form, and personal profile to help the Tutors understand each person's background in the sport and the organisation.
- Be proposed by two members of the ITBA Coaching group.
- Have a range of league / competition experience.
- Have a good understanding of tenpin bowling and coaching (experience has shown that it is impossible to Coach if there is insufficient background knowledge of the sport).

Having completed the Level 2 course requirements and practical sessions, participants will qualify as an **ITBA Level 2 Coach.**

Level Coach 3

This course is currently under development.

For further information contact: ITBA Coaches at coaches@tenpinbowling.ie.
