

CAS COACH CREDENTIALING PROGRAMME HANDBOOK

INFORMATION

Cheerleading Association Singapore(CAS) is the National Governing Body for Cheerleading in Singapore as recognized by the International Cheer Union. The CAS Coaches Credentialing Programme takes alignment from the International Cheer Union (ICU) Coaches Course Syllabus and USA Cheer Safety and Risk Management Course, which has proven to be a great educational asset to the cheer community around the world and has now become the worldwide standard for coaches & athletes.

ELIGIBILITY

It organizes coaching competency in Four core categories – Foundation (Level 1), Intermediate Foundation (Level 1 & 2), Intermediate (Level 3 & 4), and Advance (Level 5 & 6), which are pegged according to the ICU divisions. These efforts are to create a safer environment, by developing standards through proper skill progressions. Please refer to the **CAS Classes of Coaches Certification** for the respective eligibility requirements. Coaches are reminded to undergo a refresher course before the certification expires.

Coaches are required to be **eighteen [18] years of age** to be eligible for the credentialing program.
Note: Coaches between 18-20 years of age can only work as assistant coaches.

CREDENTIALING COMPONENTS

The credentialing programme duration is 4 hours and consists of 5 components:

1. Coaching Workshop;
2. Written Examination;
3. Practical Test; and
4. Coaching Practical Experience (CPE).
5. Coach Codes of Ethics and Conduct

Coaching Workshop

The workshop is segregated into two parts;

1. Theory Lesson: To educate participants on the knowledge required within the corresponding category. It also serves to be a FAQ session for coaches to clarify their doubts.
2. Practical Session: To showcase the stunts/tumbling/tosses elements covered within the category. It also serves to be a FAQ session or a hands-on session for coaches to try out particular elements.

Written Examination

Coaches are required to complete the written test for the corresponding category on the day of the credentialing session.

Practical Test

The practical portion of credentialing is to prove that you understand how to teach certain skills within each Category. Coaches will neither have to perform these skills nor will be working with athletes during the testing. However, you will have to explain to the instructor how to perform each skill just as if one were coaching a team. The instructor will have a list of key points that you must cover in order to pass that skill and or Category. You do not have to cover the key points word for word as listed on the instructor's paper.

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The instructor's job is to validate that you cover in your own words the key points of each skill in order to teach proper technique and ensure that you know what you are talking about in order to keep the athletes safe. You must score a 70% or higher in both practical and theory component tests to become credentialed at that level and qualify to move on to the next.

Coaching Practical Experience (CPE)

Coaching Practical Experience is a component that requires coaches to accumulate a designated amount of coaching hours in the relevant category before they are eligible to be credentialed at the next level. This is to ensure that coaches are proficient in coaching foundational skills and are aware of skill progressions, thus enabling a higher standard in coaching as they progress through the Levels. Coaches are required to get their gym owners (for private gyms), teacher/officer-in-charge (for schools) or Head Coach to validate their coaching hours in the CPE Validation Form. You will validate your coaching hours using the CAS CPE Validation Form and submit along with your application.

Coach Code of Ethics and Conduct

Coaches play the integral role in setting a good role model for our cheerleaders and ensuring their health and safety. CAS certified coaches are required to follow a set of CAS coach code of ethics and conduct. Coaches are required to endorse it at the end of the coaching workshop.

CAS CLASSES OF COACH CERTIFICATIONS

CAS certified coaches are required to be subscribed as technical members of CAS. Coaches' membership would be cost at \$60 for the 1st year of subscription and \$40 for receding years per year with a 1-year expiry date. Renewal must be made before membership ends and would be cost at \$40 per year. All classes of full level certifications would be revoked and application to Probationer certification is required if renewal of certification is not done within the full level certification expiry date.

1. Recognition to Prior Learning(RPL)(Level 1) - (Course Fees: \$120; Validity: 2 Year)

- After attaining CAS RPL (Level 1), coaches are allowed to coach up to Level 1 teams only.
- Applicants will have direct access to a practical test and theory test without the needs to undergo course works.
- This class of certification is to recognize prior learnings from the candidates.
- Prerequisite of 100 hours as a cheer athlete is needed and endorsed by a registered CAS Level C coach member.
- Membership fee would be waived for the first year for new applicants.

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2. CAS Coach Level A (Level 1 & 2) - (Course Fees: \$150; Validity: 3 Years)

- After attaining CAS Coach Level A (Level 1 & 2), coaches are allowed to coach up to Level 1 & 2 teams and skills only.
- Prerequisite of 100 hours as a cheer athlete is needed and endorsed by a registered CAS Level C coach member.
- A minimum of 70% pass score is needed for both theory and practical test component.

3. CAS Coach Level B (Level 3 & 4) - (Course Fees: \$180; Validity: 3 Years)

- Coaches will require a minimum of 1 year experience at Level A (Level 1 & 2) to apply for **CAS Coach Level B (Level 3 & 4)**.
- After attaining CAS Coach Level A (Level 3 & 4), coaches are allowed to coach up to Level 3 & 4 teams and skills only.
- A minimum of 70% pass score is needed for both theory and practical test component.

4. CAS Coach Level C (Level 5 & 6) - (Course Fees: \$240; Validity 3 Years)

- Coaches will require a minimum of 1 year experience at Level B (Level 3 & 4) to apply for **CAS Coach Level C (Level 5 & 6)**.
- After attaining CAS Coach Level C (Level 5 & 6), coaches are allowed to coach up to Level 5 & 6 teams and skills only.
- Coaches will require a minimum of 150 hours coaching experience at Level 3 & 4 to apply for **CAS SG-Coach Advanced (Level 5 & 6)**.

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Important Note

Please note that CAS reserves the right (and ethical obligation) to make further inquiry about coach experience hours and levels and to run background checks to confirm the eligibility of the applicants if deemed necessary.

It is important that the gym/club owner, teacher/officer-in-charge or Head Coach who signs off the CPE Validation Form to be accurate in the number of practical experience hours. If discrepancies are detected, **ALL** coaches whose CPE Validation Form is signed by the same gym/club owner, teacher/officer-in-charge or Head Coach will be considered null and invalid and all issued credentials will be revoked.

OTHER INFORMATION

Registration

Upon registration, you will check-out with a designated staff member who will ensure that you have all your particulars sorted to confirm all of your details for certification purpose.

Reminders:

1. Membership application before the start of CCP application.
2. Coaches CCP Registration Form (Filled Up and Signed)
3. CCP course fee bank transfer payment.
4. Photo ID (For actual day registration purposes)
5. Writing Materials

Credentialing Results

Once all the exams are handed in, they will be marked on the spot. Certification would be issued on the spot or via post to the address you provided.