

## LEVEL 1 COACHING COURSE 2009

### DATES

### COURSE OUTLINE STRUCTURE:

18 <sup>th</sup> Oct	Theory FOIL	8 am to 1:30 pm
20 <sup>th</sup> Oct	Revised Theory FOIL at SQUADS with practical application	5pm to 9:30 pm
8 <sup>th</sup> Nov	Theory EPEE	8 am to 1:30 pm
10 <sup>th</sup> Nov	Revised Theory EPEE at SQUADS with practical application	5pm to 9:30 pm
13 <sup>th</sup> Dec	Theory SABRE	8 am to 1:30 pm
15 <sup>th</sup> Dec	Revised Theory SABRE at SQUADS with practical application	5 pm to 9:30 pm

NSW Head Coach, Antonio Signorello, will run the Level 1 Coaching Course.

The venue for the course will be Marrickville on Sundays & the following Tuesday, at the Steel Park Leisure Centre.

The Cost for the Level 1 Coaching Course is \$50.00.

You must attend all 6 sessions.

Please advice by email if you would like to attend the course, to Coaching Commission.

Contact: Alex Andre

Email: [Alexandra.andre1@three.com](mailto:Alexandra.andre1@three.com)

Regards,

NSW FA Coaching Commission