



Introduction

This document should be viewed as a guide in helping a coach train towards a coaching exam and or the submission of an examination via video.

Here is what video does well for training of coaches and those coaching fencers:

- Allows both the fencer and the coach to share the same view or perspective, literally getting them on the same visual page together
- Captures specific actions and or moments so that they can be modulate to improve performance in an objective and finite way
- Discovers truths in training that you couldn't extract by any other means with movement, skill, or sporting technique
- Teaches how others execute actions and or movements and build a movement strategy that may be effective for the fencer and or coach
- Audits the consistency and the development process of training compared to competition

In all Fencing IFCA contexts coaches in training must undergo practical evaluation to transition from IN TRAINING status to CERTIFIED. The elements of this evaluation are clearly laid out in IFCA publications.

Evaluation Portfolio

The coach must submit a completed portfolio to the evaluator prior to the formal evaluation.

The coach portfolio should contain:

1. Coach Profile Form
2. Fencer's Profile Form – indicating the level the fencer's development and or national ranking
3. Emergency Action Plan/Risk Assessment for venue where practice is occurring
4. Written practice plan for practice that will be formally observed

Evaluation Procedure

1. Coach contacts the International Fencing Coaches Association (IFCA) who arranges evaluation with an evaluator and the payment of fees.
2. Coach and evaluator determine a mutually agreeable time and location for evaluation. Should the coach wish, a video evaluation can be arranged through the IFCA.
3. Coach provides Evaluation Portfolio to Evaluator for initial assessment at least three (3) weeks prior to the scheduled evaluation date.
4. Evaluator assesses practice plan and provides feedback to coach to ensure every possible success for coach.
5. Evaluation day:
 - a. Coach and evaluator meeting for a Pre-briefing (outline of how evaluation will occur)
 - i) If the evaluation is being performed by video submission, the pre-briefing may occur by telephone, skype or zoom etc. prior to the video being taken
 - b. Formal observation during which time the evaluator shall
 - i) Gather data during the practice to support the verification of evidences
 - ii) Critically reflect on the evidences in order to determine the successful attainment of the required criteria.
 - c. Evaluator will then take some time to prepare the debriefing session.
 - d. Debrief and action planning with coach. This may be performed in person or via email etc. A written copy of the evaluation will be provided to the coach
6. Evaluator submits results to IFCA for entry into the locker, etc.

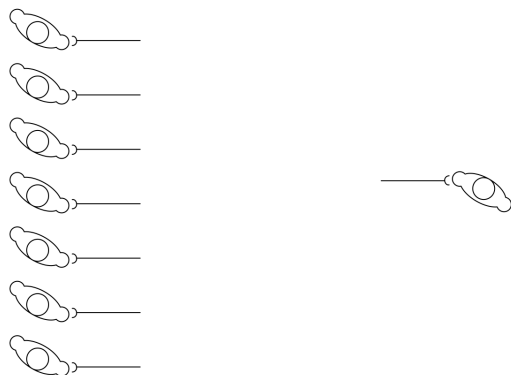


Video Protocol

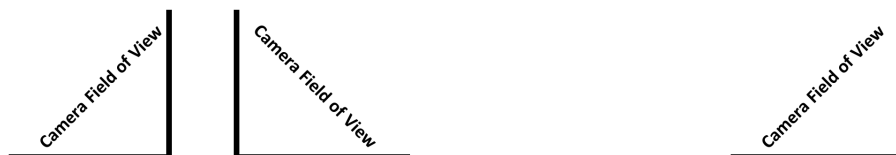
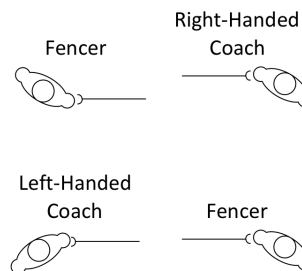
1. Videotaping **MUST** be done by a third party/assistant
2. Position of the camera, see examples below – for righted hand coach, the camera should be place to the left and behind the coach and for left-handed coaches the camera should be place to right and behind the coach
3. Focus of the video is on the coach’s competency and ability to interact with fencer, not the ability of the fencer
4. Tripods should be used whenever possible. If not using a tripod, try to keep the camera stable and steady
5. Videoing should be done in proximity where coach and fence can be heard, wherever possible coaches should use a microphone
6. Lighting may be an issue, please maximize the amount of light possible for your video by altering your camera’s shutter speed settings (see your camera’s user manual for instruction)
7. Minimize the use of the zoom feature – instead move camera closer if necessary
8. Try to video when there is the least amount of activity on other greens
9. Videos may be submitted in an avi/mp4 file
10. Video duration – non-edited:
 Training/practice – 30 sec to 5 mins per subject matter
 Examinations in accordance with the IFCA processes and procedures
11. Video files should be sent to the IFCA through a pre-arranged means, e.g. Dropbox, GoogleDrive etc.

Position of the camera

Group/Class Lesson View



Individual/One-to-One Lesson View



International Fencing Coaches Association
VIDEO – EXAMINATION & TRAINING GUIDANCE/ASSESSMENT



Coach's Profile

Name

Email:

Main Club:

Present Qualifications
 (please include dates)

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I wish to apply for examination/training guidance and assessment in the following section(s) of the IFCA Coaching Award (s)

Please complete the appropriate section(s)

	Foil	Sabre	Epee	Written Paper
Assistant Moniteur (*)				
Moniteur (*)				n/a
Prévôt (**)				
Maître (**)				

* Please indicate your requirements – examination (leading to certification) or training guidance/assessment

** Only available for training guidance/assessment (no certification)

Fencer's/Student's Profile

Name

Country of Origin:

Country of Residence:

Email:

Main Club:

Weapon:

National Ranking: