

Post-Activity Report

SUBMISSION INSTRUCTIONS

- Complete this report within 2 weeks of completing your coaching attachment
- Self-upload this report to your SportSync account
- Include your daily schedule and 3-5 photos as attachments
- Maximum length: 6 pages (excluding attachments)
- CCE Hours: Up to 10 hours may be awarded based on quality and depth of reflection

SECTION 1: ATTACHMENT DETAILS

Participant Name	
NROC	
Start Date of Attachment	
End Date of Attachment	
Total Duration (Hours)	
Host Organization/Country	
Sport/Discipline	
Coach/Mentor	

SECTION 2: PRE-ATTACHMENT PREPARATION

What were your learning goals for this attachment?	
Why did you choose this specific organization/coach?	

Coaching Attachment



What preparation did you do before the attachment?	
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Be specific about your intentions and expectations going into the experience.

SECTION 3: ATTACHMENT EXPERIENCE OVERVIEW

A. Activities & Observations

Training sessions observed (describe types, levels, contexts)	
Competitions/events attended	
Meetings or planning sessions participated in	
Hands-on coaching opportunities	
Administrative or support activities	

Provide a comprehensive picture of what you actually did and observed during the attachment.

B. Host Organization Context

Organizational structure and coaching philosophy	
Resources and facilities available	
Learning... ?	
Notes ...? (differences from your context)	

Understanding the context helps you evaluate what practices are transferable to your own setting.

SECTION 4: KEY LEARNING POINTS & INSIGHTS

Reflect on what you learned and why it matters.

A. Technical & Tactical Coaching

New drills, exercises, or training methods observed	
Coaching techniques or communication approaches	
Session planning and periodization insights	
Assessment and feedback methods	

B. Athlete Development (could be HEART)

Athlete-coach relationship approaches	
Motivation and mental skills development	
Long-term athlete development practices	
Individual vs. team dynamics management	

C. Program Management & Leadership

Organizational systems and processes	
Stakeholder management (parents, clubs, NSA)	

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Support staff coordination and team culture	
Resource management and innovation	

SECTION 5: REFLECTION & ANALYSIS

Go beyond describing what you saw. Analyse, compare, and evaluate based on your coaching philosophy and evidence-based practice.

What surprised you most during this attachment?	
What practices challenged your existing beliefs or methods?	
What evidence (research, data, outcomes) supports the practices you observed?	
What are potential limitations or challenges of implementing what you learned?	

Strong reflections question assumptions, consider evidence, and acknowledge complexity.

SECTION 6: APPLICATION TO YOUR COACHING PRACTICE

Be specific and realistic.

A. Immediate Applications (Next 1-3 months)

Specific practices you will implement immediately	
How you will adapt them to your context	
Resources or support you need	
How you will measure success	

B. Medium-Term Changes (3-12 months)

Coaching Attachment



Larger changes to your program or approach	
Professional development you will pursue	
Collaborations or resources you will seek	

C. Long-Term Vision (?? years)

How this experience influences your coaching philosophy	
Career development implications	

SECTION 7: HOST COACH/MENTOR FEEDBACK (Optional but Recommended)

If possible, request feedback from your host coach or mentor on your engagement and learning during the attachment.

Host Coach Comments on Participant's Engagement	
Observed Strengths	
Suggested Areas for Continued Development	

Host Coach Name: _____	Contact Email: _____
Signature: _____	Date: _____

SECTION 8: DECLARATION & SUBMISSION

I declare that:

- This report is my own work and accurately reflects my learning experience
- All sources and influences have been appropriately acknowledged
- The attached evidence is authentic and accurately documented
- I have obtained necessary permissions for photos and materials included

Participant Name: _____	Date of Submission: _____
Signature: _____	CCE Hours Claimed: _____ (max 10)

