



## Tenpin Bowling: Performance Group

Athletes Profile	<b>Deaf &amp; Hard-of-hearing</b>
Estimated number of athletes	<b>10</b>
Training Venue	<b>SuperBowl (Toa Payoh)</b>
Training Frequency (min.)	<b>3 sessions/week, 2hrs a session</b>

\* Initial contracting period: Jan 2022 to Mar 2024

### RESPONSIBILITIES

#### Planning, Administration & Implementation

- ✓ Design individualised training programs for different athletes on a yearly basis.
- ✓ Monitor and implement training plans; review and modify where necessary.
- ✓ Keeping track of the athletes' performances.
- ✓ Keeping track of the athletes' attendance at training sessions.
- ✓ Recommend appropriate competitions for athletes, especially high-performance athletes.

#### Coaching and Performance Management

Having the ability to:

- ✓ Develop athletes' tenpin bowling skills through instruction, and ensure they acquire the skilfulness required for high performance.
- ✓ Evaluate performance and provide adequate feedback, balancing criticism with positivity and motivation.
- ✓ Evaluate athletes' performances and identify areas for skill correction, improvement, and/or further development.
- ✓ The ability to adapt coaching and instruction skills to meet the needs and interests of individuals or groups.
- ✓ Communicate instructions and commands clearly. Knowledge of sign language is helpful but not a prerequisite as training will be provided.
- ✓ Maintain an athlete's health, well-being, and safety at all times, to ensure high standards of training and performance.
- ✓ Help athletes gain a better understanding of fitness, injury, sports psychology, nutrition, and sports science.
- ✓ Measure, report, and track athletes' performance.
- ✓ Coordinate with other partners in performance management, such as DSA sports officers, physiotherapists, doctors, and nutritionists.



## WHO SHOULD APPLY?

It is important for a coach to understand the processes of reflection, identity, relationship building, and how their actions and behaviours help to create high-performance environments for their athletes.

Coaches who are highly motivated, knowledgeable, innovative and enthusiastic about the needs of athletes with hearing impairment (deaf) or hard-of-hearing and willing to work and excel in a challenging environment are encouraged to apply.

## QUALIFICATIONS

- ✓ Minimum SBF Level III certification or equivalent. Applicants on the verge of obtaining the required certification may be considered.
- ✓ With 10 years of school/club/national and/or 15 years of private coaching.
- ✓ Must be registered with Sport Singapore's National Registry of Coaches (NROC) or in the process of applying/renewing.
- ✓ An individual with comprehensive knowledge of mental skills training, technical aptitude, and accomplished performance records would be ideal.
- ✓ **Performance coaching for individuals** is well understood and proficient.

## PERFORMANCE COACHING FOR INDIVIDUALS

Performance coaching for individuals focuses on building confidence, controlling nerves and anxiety, increasing attention and focus, determining individual goals, and developing individual strategies. As an added benefit, performance coaching helps athletes relax and evaluate their performances after they have finished; this will help them move forward and progress in the future.

## ASSESSMENT CRITERIA

The following criteria will be used to evaluate your ITB submission:

- ✓ Fees
- ✓ Knowledge & experience in coaching
- ✓ Achievements as a coach
- ✓ Responses to the aptitude questionnaire

## INVITATION TO BID (ITB) SUBMISSION

Applicants can only submit their applications online.

Apply online at <https://dsa.org.sg/itb-bowling>

Submission deadline: **Saturday, 18 December 2021 at 12:00pm.**