

COACHING REFERENCES

Drugs in Sport

Australian Sports Anti-Doping Authority (ASADA)

<http://www.asada.gov.au/>

Hotline (substance enquiries) 1800 020 506

General Enquiries Phone: 02 6206 0200

Australian Sports Commission

<http://www.ausport.gov.au/index.asp>

To assist new coaches and officials in their role, the Australian Sports Commission, in conjunction with the State Department's of Sport and Recreation have developed a series of new web pages – Tools and Tips for New Coaches and Officials. To locate the site go to

<http://www.ausport.gov.au/coachofficial/index.asp> and click on the icon.

National Sports Information Services

<http://www.ausport.gov.au/nsic/index.asp>

Nutrition

General Nutrition - <http://www.ais.org.au/nutrition/documents/FuelSLS.pdf>

Gatorade - <http://www.gssiweb.com/>

General Coaching

Coaches Information service – <http://www.coachesinfo.com/>

<http://www.ideafit.com/index.asp>

<http://www.roble.net/marquis/coaching/>

<http://www.brianmac.demon.co.uk>

<http://www.pponline.co.uk> (Peak Performance)

<http://coaching.usolympicteam.com>

<http://nswis.com.au> (NSW Institute of Sport)

www.guidetocoachingsports.com/ (Guide to coaching sports)

Sports Injuries

The National Library of Medicine with Medline Plus

<http://www.nlm.nih.gov/medlineplus/sportsinjuries.html>

Smartplay

<http://www.smartplay.net/>

The Virtual Sports Injury Clinic

<http://www.sportsinjuryclinic.net/>

Women and Sport

National Women's Health Information Centre

<http://www.4woman.gov/BodyImage/>

Pregnancy in Sport Guidelines

<http://www.ausport.gov.au/women/pregnancy.asp>

SMA Women in Sport Fact Sheets

http://www.sma.org.au/information/women_in_sport.asp

The Women and Sport program of the Australian Sports Commission

<http://www.ausport.gov.au/women/index.asp>

Sport Psychology

Self-Help Magazine – Sports and Performance Psychology

<http://www.shpm.com/articles/sports/index.shtml>

Sport Psychology

<http://www.brianmac.demon.co.uk/psych.htm>

Junior Sport and Parents

<http://www.wellness.ma/youth-fitness/strength-training-youth-fitness.htm>

http://www.strongkid.com/pages/preseason_conditioning.htm

Magazines

Surf Coach Magazine is sent out each year to all accredited coaches with past articles soon to be available on the SLSA website.

Peak Performance and Sports Injuries Bulletin

Peak Performance Publishing

Reply Paid 4217

Weston ACT 2611

Phone: 02 6282 0822

Sports Coach

PO Box 176

Belconnen ACT 2616

Phone: 02 6214 1551

Books

Better Coaching - ASC

A Beachie's Dream (A training guide for runners) - By Darren Peters

Training for Speed and Endurance - by Peter Reaburn & David Jenkins

Guiding the Young Athletes - by Peter Reaburn & David Jenkins