



**NISA Assistant Coach Level 1  
Mentored Hours  
Record Card**

Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Session N<sup>o</sup>: \_\_\_\_\_

Content of Session: \_\_\_\_\_  
Age of pupils: \_\_\_\_\_ Skating Ability: \_\_\_\_\_

What skills did you have to teach during this session?

Give an example of how you helped a pupil(s) within this session:

What coaching styles did you use during this session?

How could you ensure continuity to the next session for these pupils?

How did you check for understanding?

Give a brief evaluation of this session:

i.e. How well did it run/ What have you learned/ What went wrong/right/ How would you deal differently with similar situations in the future

Trainees signature:

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Mentors signature:

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Date:

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Date:

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