



**NISA Level 2 Qualified Coach
Mentored Hours
Record Card**

Name: _____
Date: _____
Session N^o: _____

Session Content: Please delete as appropriate Skate UK levels / Beginner group lesson /
Beginner individual lesson / other

Age of participants: _____ Skating Ability: _____

What skills did you have to teach during this session?

Give an example of how you helped a learner/learners within this session:

What coaching styles did you use during this session?

How did you check for understanding?

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

Give a brief evaluation of this session:

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

Trainees signature:

Date:

Mentors signature:

Date: