



Australian  
Calisthenic  
Federation

**LEVEL ONE PROGRAM**

**NON-CALISTHENIC-PRESENTED UPDATE**

It is an ACF requirement that coaches seek prior approval for update points for attendance at any update session not conducted by their State/Territory calisthenics coaching body, e.g. a Health and Nutrition seminar presented by a local community group, football league, etc.

The information provided will enable coaching coordinators to assess the content of the proposed seminar for approval of update points.

An Approval Form will be forwarded to applicants and after attending the session the completed form will need to be submitted for verification of update points.

**NON-CALISTHENIC UPDATE APPLICATION FORM**

Name of Applicant: \_\_\_\_\_ ASC Coach No: \_\_\_\_\_

Address: \_\_\_\_\_ Post code \_\_\_\_\_

Phone: \_\_\_\_\_ (H) \_\_\_\_\_ (W) \_\_\_\_\_ (M)

Brief description of Seminar Content:

---

---

---

---

---

---

---

---

---

---

Seminar Date: \_\_\_\_\_ Venue: \_\_\_\_\_

Presenter: \_\_\_\_\_ Length of Seminar: \_\_\_\_\_

*Please return completed form to:*

**Coach Education Administrator  
C/- VCCA  
P O Box 8085  
East Oakleigh 3166**

*You will receive written notification of your approval at this non-calisthenics presented seminar.*



**Australian Government**  
**Australian Sports Commission**