

TRYstars Coaches Checklist

Pre Program

- Meet with club to establish goals
- Set dates and times for program
- Organise regular weekly volunteer's roster
- If parents call to enquire, rope them into giving you a hand

During Program

- Organise volunteers and parents to direct and run activities
- Ensure all activities are conducted in a safe environment - regular risk assessment
- Conduct each session using a variety of game - based activities
- Provide an opportunity for all participants to try each activity

Post Program

- Assess all participants of the program
- Present participants with certificates