



Application form for the introduction and intermediate level course for Para Dance Sport coaching

World Para Dance Sport would like to thank you for your interest in participating in our education programme. This course provides an introduction to World Para Dance Sport for coaches and dancers, who are eager to develop skills to practice and teach Para Dance Sport.

The participants of the Introductory course offered in 2018 are welcomed to join the intermediate level. The attendance of the introduction part during the first day of the course again is highly recommended.

The course will be conducted by one member of the World Para Dance Sport Technical Committee.

Please submit the below form, fully completed including any necessary attachments, to Info@WorldParaDanceSport.org. Before filling in the form, please carefully read the below programme details:

Programme dates:

- Arrival date: 31 October 2019
- Course: 01, 02 and 03 November 2019
- Departure date: 03 or 04 November 2019

Programme location: CREPS Bordeaux Aquitaine
653 cours de la Libération
33405 Talence Cedex, France

Participant fee: 120 Euros

The participation fee includes: attendance, coffee breaks and participation certificate.

Please note that as a participant of the programme it will be your responsibility to arrange flights and ground transport as well as any insurance that you may need (e.g. medical and travel). It will also be your responsibility to arrange accommodation and meals.

You will find enclosed a list with the hotels nearby.

To reach the hotel from the airport, participants can take taxi, bus or trams. The local organisers might be also able to support with pick up too. Feel free to share with us your arrival and departure time.

The nearest airport is: Bordeaux airport.

Candidate profile for the programme:

Candidates must have:

- Completed the free online course: IPC introduction to Para Sport <http://ipc-academy.org/?academy=1&course=47>
- An interest in Paralympic sports and specifically Para Dance Sport;
- Desire to serve as a dance coach;
- Coaching or other relevant background in the sport of World Para Dance Sport or Dance Sport is welcome;
- Dancers are welcome if a rational is provided.

Candidates must send, in addition to this application form, the following documents:

- Curriculum Vitae or Resume with information about education and professional experience in dance (if the case);
- Certificates and other documents validating your qualifications;
- IPC Introduction to Para Sport online course certificate of completion*.

*participants of the Introductory course offered in 2018 do not need to send the IPC Introduction to Para Sport online course certificate.

Learning objectives:

- Understanding of the development of World Para Dance Sport
- Understanding of the World Para Dance Sport Rules and Regulations
 - Wheelchair options that can be used for Para dance Sport
 - The use of space in the wheelchair
 - Different styles (Single dance, Duo dance, Combi dance freestyle/showdance)
 - Technique and practice for single dance
 - Similarities and differences among combi styles and duo styles
 - Judging criteria in approved WPDS competitions
- Understanding of the World Para Dance Sport Classification Rules and Regulations
 - Eligible impairment types for Para Dance Sport
 - Classification, medical information and doping

- Understanding technical aspects of dancing with a wheelchair
- Getting started
 - Partner connection and leadership
 - Working with dancers
 - Aspirations
- The body and wheelchair in one unit
 - Wheelchairs, basic steps, moves and turns (combi)
 - Body coordination and connection of two main elements
 - Difference between sitting female athlete and male athlete with standing female and male standing partner.

Outcomes:

- 1. Candidates that complete the course will receive a certificate confirming attendance to the introductory course to Para Dance Sport.

Please write down your details:

Last name:		
First name:		
Gender:		
Nationality:		
Date of Birth:		
Full address: (street, city, ZIP code, country)		
Email address:		
Mobile phone number:		
What is your native language?		
Are you fluent in English?	<input type="checkbox"/> No	<input type="checkbox"/> Yes

What is your profession?		
What are your qualifications (e.g. university degree, professional certifications)?		
Do you have the support of your NPC* to participate in this programme?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
If yes, which is your NPC?		
If yes, NPC contact person name:		
Documents attached to this form:	<input type="checkbox"/> Any certificates proving qualification as outlined in the candidate profile above (e.g. certificate, coaching certificates)	
	<input type="checkbox"/> Any relevant certificates	

* National Paralympic Committee

Have you attended the Introductory course offered in Jurmala in December 2018?

If you have experience as a Para Sport Coach, please list your experience below (e.g. competitions officiated, type and number of athletes coached):

If you have any experience with Para sport in roles other than Coach for Dance or Para Dance Sport, please provide a brief description below (e.g. adjudicator, team official):

Signature of the applicant: _____



Below only to be filled out by applicants who are members, volunteers or coaches with their National Paralympic Committee / National Federation:

Name of the NPC / NF: _____

NPC / NF signature: _____

NPC / NF stamp:

Invoicing instructions for participant fee (if different from contact details above):

Name/Organisation:	
Full address: (street, city, ZIP code, country)	
Email:	

Please return your application form no later than 01 October 2019 to:

By email: Info@WorldParaDanceSport.org

The candidates will have their participation confirmed by 10 October. Candidates will receive an invoice for the participant fee and once the fee is paid, the participant has confirmed his/ her attendance and the fee can no longer be refunded.

Invoices to be paid by 15 October.

Please be informed that there are a limited number of participants.

Hôtels périphériques au CREPS de Bordeaux-Aquitaine - saison 2018/2019 -

1/ SOUS CONVENTION AVEC LE CREPS

Pour obtenir les tarifs préférentiels accordés au CREPS vous devez lors de votre réservation, informer votre interlocuteur que vous êtes stagiaire au CREPS de Bordeaux-Aquitaine et que le service « Accueil et Relations Extérieures » (SARE) vous a dirigé vers eux.

- **Le lycée Hôtelier et de Tourisme de Guyenne :**
15 rue F. Rabelais 33405 Talence .Tél : 05.56.84.48.60 / Courriel : hotel.de.guyenne@hotmail.fr
Hôtel situé à 5 min à pied du CREPS.
- **Ténéo Hôtel Talence ** (apparthotel) :**
8 allée du 7^{ème} art, 33405 Talence Tél : 05.57.35.76.00.
Hôtel situé au centre ville de Talence, accessible en 5 min en tram du CREPS (arrêt Doyen Brus ou François Borde) et à proximité de lieux de sorties sur Talence et Bordeaux (cinéma, restaurants).
- **Résidence «Les Studines d'Ornon» (studio avec kitchenette) :**
Rue Pierre Proudhon, 33140 Villenave d'Ornon Tél : 05.56.84.75.75 / Courriel : abitel33@abitel.com
Hôtel situé à 15 minutes en bus (liane 8) du CREPS et 8 minutes en voiture. Proche de lieux de sorties sur Talence et Bordeaux (cinéma, restaurants).
- **Best Hôtel **:**
6 Rue Salvador Dali, 33405 Talence Tél : 05.56.37.90.00
Hôtel situé en bordure de la rocade, à 10 min en voiture du CREPS.
- **Campanile Hôtel ** :**
23 chemin des Maures, 33170 Gradignan Tél : 05.56.80.63.33
Hôtel situé à 10 min en voiture du CREPS.

2/ SANS CONVENTION

- **Hôtel B&B ** :**
4 rue Salvador Dali, 33140 Villenave d'Ornon Tél : 05.56.84.21.63
Hôtel situé en bordure de la rocade.
- **Hôtel Beau- Soleil *** :**
Chemin Plantey, 33170 Gradignan Tél : 05.56.89.00.48
- **Hôtel Aréna ** :**
7 allée des demoiselles, 33170 Gradignan Tél : 05.57.83.07.07
- **Hôtel Altica** :**
Lot. Haut Madère Ouest, 33140 Villenave d'Ornon Tél : 05.56.04.64.64
- **Hôtel Anta *** :**
Avenue de l'hippodrome, 33170 Gradignan Tél : 05.56.75.20.00
Capacité d'accueil de 20 personnes.
- **Hôtel Formule 1 ** :**
2 rue Salvador Dali, 33140 Villenave d'Ornon Tél : 08.91.70.51.92
- **Hôtel Première Classe ** :**
2 rue J. Fragonard, 33140 Villenave d'Ornon Tél : 05.56.37.68.46

DAY 1 – 1 November			
Time	Duration	Session	Topics
09:00	90 min	The development and history of World Para Dance Sport (WPDS)	Presentation - Historical review and sport development; - Dance styles; - Aims and goals building towards LA 2028
10:30	15 min		Break
10:45	75 min	Technique and practical skills for single dance	Presentation/Practical: - Movement techniques for athletes with and without motor impairments; - Three-dimensional motion of the body; - Body/wheelchair connection and flow
12:00	60 min		Lunch
13:00	120 min	Technical skills, single	Practical session: - basic elements in a wheelchair according to the different dance rhythms
15:00	15 min		Break
15:15	135 min	Eligibility	Presentation - Wheelchair athletes as couples; - International style technique
17:30		End of the day	

DAY 2 – 2 November			
Time	Duration	Session	Topics
09:00	120 min	Medical, Classification and Anti-doping	Presentation/practical - Minimum Impairment Criteria; - Classification and sport-classes; - Introduction to Anti-doping.
11:00	15 min		Break
11:15	45 min	Judging criteria in approved WPDS competitions freestyle	Presentation
12:00	60 min		Lunch
13:00	90 min	Male/female differences and considerations	Practical - Interaction patterns with male seated & female standing/male standing & female seated athlete
14:30	120 min	Technique and practical skills for combi dance: Quick step, Rumba	Presentation/Practical: - Movement techniques for athletes with and without motor impairments; - Three-dimensional motion of the body; - Body/wheelchair connection and flow
16:30	15 min		Break
16:45	60 min	Choreography and presentation	Presentation/practical - Standard, Latin, Freestyle/ Showdance
17:45		End of the day	

DAY 3 – 3 November			
Time	Duration	Session	Topics
09:00	105 min	Similarities and differences with combi style and duo style	Theory and Practice
10:45	15 min		Break
11:00	60 min	Freestyle single	Practical
12:00	60 min		Lunch
13:00	120 min	Freestyle Combi, Duo	Practical
15:00	15 min		Break
15:15	105 min	Technique and practical skills for combi dance: Waltz, Cha-cha-cha	Presentation/Practical: - Movement techniques for athletes with and without motor impairments; - Three-dimensional motion of the body; - Body/wheelchair connection and flow
17:00		End of the day	