



National
Coaching
Certification
Program

Programme
national de
certification des
entraîneurs



Sport: Alpine Skiing

Discipline: None

Context: Competition – Introduction (Alpine Development Level)

Participant age group: 11-14 Estimated number of participants: 2500

Age range of coaches: 18-55 Estimated number of coaches: 500

Date of conditional approval: May 24, 2005

Official launch date (both official languages):

Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions	T	E
Plan a Practice	T	E
Support to Athletes in Training	T	E
Analyze Performance	T	E
Design a Sport Program		
Support the Competitive Experience		
Manage a Sport Program		
**Sport-specific outcomes		

Which multi-sport modules will the coaches access through the provincial/territorial delivery system?

Integrated Program

No modules are taken through the Provincial delivery system

Training Description:

- Introductory 5-day course – 40-45 hours of training (on snow and indoors)
- Coaches complete an online preparation application “ePrep” that introduces and reviews and tests concepts and terminology in the course. Successful completion of ePrep is mandatory and allows the candidate to be better prepared and get more out of the 5-day course.

Evaluation Description:

- On-course evaluation of skiing skills and course setting.
- Completion of additional training: conditioning seminar, officials seminar and a Canadian Ski Instructors’ Alliance (CSIA) Level 2 course which can be taken in any order before or after the Introductory 5-day course.
- CSIA Level 2 course has a skiing and teaching evaluation component completed on the course.
- Completion of a portfolio and “on the hill” evaluation for Analyze Performance, Support to Athletes in Training and Plan a Practice.
- Completion of the Make Ethical Decisions online evaluation.
- High need to operationalize the program at a club or regional level for feasibility and cost reasons.

Learning Facilitator & Evaluator training:

- Learning Facilitators are trained annually by a group of 3 Master Learning Facilitators.
- Evaluator training happens at Mentor/Leader sessions at 5 locations across the country annually in the fall by the same group of Master Evaluators. This will ensure an adequate pool of “on the hill” evaluators.

NSO Contact Information

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Coaching
Association
of Canada

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canadienne
des entraîneurs

3 most innovative features of your program:

1. Mandatory Development Level ePrep Internet application
2. Evaluation of skiing skills according to the Skill Development scale
3. "on hill" evaluation and debrief process

OUTCOME	CRITERIA	Multi-sport module	Integration
Make Ethical Decisions	Apply an ethical decision making process	Already taken in Entry Level course – equivalency set	Yes
Plan a Practice	Design an emergency action plan Produce a day training plan Identify logistics for a training day	Already taken in Entry Level course – equivalency set	Yes
Design a Sport Program	Outline seasonal program plan based on available training and race opportunities	Part B Design a Sport Program	Yes
Analyze Performance	Analyze performance in free skiing and gates Improve performance in free skiing and gates		
Provide Support to Athletes – Slalom (SL) and Giant Slalom (GS) Training	Ensure the training environment is safe Coach a structured and organized training session Make coaching interventions that promote learning Set a gate drill course Demonstrate free skiing and gate skills		Yes
Support Athletes – Fitness Training	Analyze and improve priority physical fitness capacities and abilities		
Support Athletes – Speed Training	Introduce speed skills and related safety factors		
Support the Competitive Experience	Introduce basic mental skills training	Part A Basic Mental Skills	Yes
Assist at Competitions	Communicate competition rules to athletes Set a regulation GS or SL course Act as a jury member at a competition		
Manage a Program			