



National  
Coaching  
Certification  
Program

Programme  
national de  
certification des  
entraîneurs



CANADIAN SKI COACHES FEDERATION  
FÉDÉRATION DES ENTRAÎNEURS DE SKI DU CANADA

## Sport: Alpine Ski

Discipline: none

Context: Instruction – Beginners (Alpine Entry Level)

Participant age group: 6-10

Estimated number of participants: 10,000

Age range of coaches: 16-25

Estimated number of coaches: 1200

Date of conditional approval: March 2005

Official launch date (both official languages): 04/05

### 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:

- 3 day course – Approximately 24 - 28 hours of training.
- Coaches complete an on-line preparation application "ePrep" that introduces them to the concepts and terminology used on the course. This allows the candidate to be better prepared and they get more out of the 3 days on the snow.

### Evaluation Description:

- On course evaluation of skiing skills and setting skills
- Completion for a "Coaching Learning Guide and Journal" under the direction of a club mentor
- An "In the field" evaluation for Analyze Performance and Support Athlete in Training
- High need to operationalize the program at the Club level for feasibility reasons

### Learning Facilitator & Evaluator training:

- LFs trained annually in 4 locations across the country by the same group of MLFs. This allows for good consistency of the message
- Evaluator training happens along with LF training and Head Coach training events in the fall. This will create an adequate pool of "in the field" evaluators.

### NSF Contact Information

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### 3 most innovative features of your program:

1. Entry Level ePrep Internet application
2. Entry Level Mentor guidelines
3. Entry Level Coach Learning Guide and Journal



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des entraîneurs

<b>OUTCOME</b>	<b>CRITERIA</b>	<b>Multi-sport module</b>	<b>Integration</b>
Make Ethical Decisions	Apply an ethical decision making process	Multi-Sport Part A Make Ethical Decisions	Yes
Plan a Practice	Identify logistics for a training day  Produce a day training plan  Design an emergency action plan	Multi-Sport Part A Plan a Practice	Yes
Design a Sport Program			
Analyze Performance	Assess and improve fundamentals of skiing performance		
Provide Support to Athletes in Training	Maintain a safe training environment  Conduct a drill session to develop fundamental skiing skills  Demonstrate technical and tactical fundamental skills to an acquisition level.		No
Support the Competitive Experience			
Manage a Program			