



National  
Coaching  
Certification  
Program

Programme  
national de  
certification des  
entraîneurs



## Sport: Cross-country Skiing

Discipline: Cross-country Skiing

Context: Community Sport – Initiation

Participant age group: U10

Estimated number of participants: 6,000+

Age range of coaches: various

Estimated number of coaches: 1,500

Date of conditional approval: September 2004

Official launch date (both official languages): November 2004

### 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 | T       | E         |
| Manage a Sport Program             | T       | E         |
| Sport-specific outcomes            |         |           |

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

None - All modules are fully integrated into the ICC and CC workshops.

### Training Description

There are two parts to Community Coach training – an Introduction to Community Coaching (ICC) workshop (10 hrs) and a Community Coaching (CC) workshop (16 hrs). The first workshop provides information on basic technique, practice plans and other aspects of coaching that are important for beginner coaches and coaches working with children in the Active Start stage of athlete development. The second workshop is more advanced than the first and is aimed at coaches working with children in the FUNdamentals stage of athlete development.

### Evaluation Description

The objective is to implement basic evaluation at the Community Coach level. Cross Country Canada recognizes that many coaches participating in the Community Coach program will not complete their certification. However, certification is both encouraged and a requirement for advancing to the Competition Coaching – Introduction level.

Coaches are evaluated on the following during the workshops: teaching/coaching a practice session; personal technique; Emergency Action Plan; facility safety and their understanding of the key concepts of the Community Coaching program curriculum. They are also evaluated on their ability to complete a successful season of coaching, coach athletes at an entry-level competition, and develop an appropriate practice plan. The final component of evaluation is the Ethics module.

## **Learning Facilitator & Evaluator Training**

Cross Country Canada (CCC) has trained over 100 facilitators/evaluators across the country. The training program is 16 hours.

### **NSO Contact Information**

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### **Three most innovative features of your program:**

1. An increased emphasis on evaluation in the training workshops.
2. The integration of CCC's Skill Development Program for children, the new competency-based NCCP, and the LTAD principles outlined in the *Canadian Sport for Life* document.
3. The introduction of a competitive progression to CCC's Skill Development Program for children.



Coaching Association  
of Canada Association  
canadienne  
des entraîneurs