



## Sport: Diving

Discipline: n/a

Context: Competition-Introduction

Participant age group: 9-14

Estimated number of participants: 700

Age range of coaches: 18-65

Estimated number of coaches: 150

Date of conditional approval:

April 1, 2005

Official launch date (both official languages):

### Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions	T	E
Plan a Practice	T	E
Design a Sport Program	T	E
Manage Aspects of a Program	T	E
Plan Equipment Maintenance	T	E
Analyze Performance	T	E
Provide Support to Athletes in Training	T	E
Support the Competition Experience (Nutrition, Mental Preparation)	T	E

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

All modules are fully integrated into the Diving workshop.

### Training Description:

-4 day training (or 2 weekends)

- Training includes in-class sessions and sessions at the pool and using training equipment (e.g. trampoline)

### Evaluation Description:

Evaluation is based on:

- submission of coach workbook
- athlete meeting national standard
- observation during competition and at practice
- submission of training video
- understanding use of trampoline belt

### Learning Facilitator & Evaluator training:

-2 day training in-class and on trampoline belt usage – facilitators teach one module each to the other facilitators

-Evaluators must observe and evaluate coaches during training and competition

### NSF Contact Information

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### 3 most innovative features of your program:

1. Evaluation at a practice and also at a competition
2. Mentoring by a certified coach
3. Inviting certified judges to be involved as evaluators



Diving – Outcomes & Criteria

<b>OUTCOME</b>	<b>CRITERIA</b>	<b>MSM</b>	<b>Integration</b>
Make Ethical Decisions	Make Ethical Decisions	Make Ethical Decisions	Fully integrated
Plan a Practice	Produce a safe and structured practice plan that shows development of one or more sport skills and/or athletic abilities	Plan a Practice	Fully integrated
Design a Sport Program	Design a basic sport program that reflects principles of seasonal program design	Design a Basic Sport Program	Fully integrated
Analyze Performance	Detect and correct basic skill errors	Sport Specific module	
Provide Support to Athletes in Training	Coach a safe, organized and effective practice that develops sport skills and athletic abilities  Use effective teaching principles and adapt to different athlete learning styles	Sport specific module  Teaching and Learning	Fully integrated
Support the Competitive Experience	Implement strategies that contribute to improved individual/team performance in competition  Integrate basic mental skills to improve competitive performance  Give basic nutritional advice	Sport specific module  Basic Mental Skills  Nutrition	Fully integrated  Fully integrated
Manage Aspects of a Program	Communicate program philosophy, organization and athlete progress to athletes and parents	Sport specific module	
Plan Equipment Maintenance	Understand the use of diving equipment	Sport specific module	
Manage all Practical Aspects in Diving	Complete 200 hours of coaching in the sport of diving	Sport specific module	