



National
Coaching
Certification
Program

Programme
national de
certification des
entraîneurs



Sport: Figure Skating

Discipline: Learn-to-Skate

Context: Instruction - Beginner

Participant age group: 3-12, Adults Estimated number of participants: 106,014

Age range of coaches: 16-60 Estimated number of coaches: Total #: 4,538 Total CS: ~3000

Date of conditional approval: February 10, 2005

Official launch date (both official languages): CanSkate Training (implemented)
CanSkate Evaluation (September 2005)

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	T	E
Support the Competitive Experience	N/A	
Manage a Sport Program	T	

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

**Introduction to Competition Part A:
Make Ethical Decisions
Plan a Practice
Nutrition**

Training Description:

1. Introduction to Competition Part A

2. 3 day CanSkate Training course (on-ice and off-ice)

Course prerequisite: participant must have passed the preliminary free skate, dance and skating skills test plus one complete Junior Bronze test in either dance, free skate or skating skills.

- *plan logistics for the session*
- *plan a safe and organized CanSkate session using progressions*
- *identify and correct CanSkate skills*
- *communicate program updates and progress to skaters/parents*
- *talent identification in the CanSkate program*
- *figure skating sport system*
- *coaching as a business*
- *leadership and ethics, SC Club/Coaches Code of Ethics*
- *train CanSkate program assistants*

3. Completion of emergency related first aid training

4. Assessments: - *punctuality, full attendance and participation in group/individual activities,*

- *completion of a pre-course worksheet*
- *small-group interviews,*
- *on-ice assessment of basic skills (edges and turns),*
- *coach stands and presents answers to questions on lesson planning/program*
- **successful completion of the CanSkate Assignment** (CanSkate program questions, lesson planning, design a five week lesson plan, 3 skill lessons, mentor coach interview)

*Coach now receives trained status and can register with Skate Canada as a CanSkate Professional coach and teach in Skate Canada member clubs.

Evaluation Description:

Completion and submission of a CanSkate Certification Record Form which includes: Emergency Action Plan, Lesson Plans, proof of Skate Canada Coach membership, completion of first aid course, Introduction to Competition Part A MSM, completion of CanSkate Training course and CanSkate Assignment, observe and summarize two CanSkate sessions in full, declaration signed by the club for 20 hours of coaching CanSkate, submission of a CanSkate 15-minute video lesson for evaluation (lesson can also be evaluated in person).

The coach record form/portfolio is sent to one of four national video evaluators in Canada, to be evaluated. If successful, the coach will be granted CanSkate certified status.

Learning Facilitator & Evaluator training:

Learning Facilitator Training Process

- 1-2 Master Learning Facilitators trained per Section, i.e. 13-26 in total. Sections may wish to send more facilitators to be trained.
- National Training of CanSkate program and evaluation standards.

Evaluator Training process

- Four (4) National Video Evaluators were selected by Skate Canada National Office and trained on evaluation standards for certification; national evaluators were required to attend the Learning Facilitator training.
- attend a 1-2 day training session to determine standards (Good, Satisfactory, Needs Improvement) for lesson plans and video submissions.

NSF Contact Information

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Coaching Association
of Canada

Association
canadienne
des entraîneurs

3 most innovative features of your program:

1. The only Nationally recognized learn-to skate training program. All CanSkate trained coaches have met a National standard.
2. Small and select number of learning facilitators and evaluators.
3. All coaches are members of Skate Canada and must comply with the Coaches' Code of Ethics and all Skate Canada rules and policies. All coaches are covered by insurance.