



National
Coaching
Certification
Program

Programme
national de
certification des
entraîneurs



FREESTYLE
SKI
ACROBATIQUE

Sport: Freestyle skiing

Discipline: None

Context: Entry-Level/ Competition – Introduction

Participant age group: 6-12

Estimated number of participants: 505

Age range of coaches: 15-55

Estimated number of coaches: 85

Date of conditional approval: March 31, 2007

Official launch date (both official languages): November 1, 2007

Outcomes trained and evaluated:

| Outcome | Trained | Evaluated |
|------------------------------------|---------|-----------|
| Make Ethical Decisions | | |
| 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 | | |
| **Sport-specific outcomes | T | E |

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

Make Ethical Decisions

Planning a Practice

Teaching and Learning

Training Description:

- Introductory 3-day course – 24-30 hours of training (on snow and indoors)
- Coaches complete preparation reading and assignment that introduces concepts and terminology in the course. Assignment and reading is mandatory and allows the candidate to be better prepared and get more out of the 3-day course.

Evaluation Description:

- On-course evaluation of skiing skills and safety.
- Completion of additional on-course training: mental training workshop, competition workshop, and diet workshop.
- Completion of a workbook portfolio and “on the hill” evaluation for Analyze Performance, Support to Athletes in Training, Support the Competitive Experience and Plan a Practice.
- Completion of the Make Ethical Decisions online evaluation.
- High need to implement the program at a club or regional level for feasibility and cost reasons.
- Training of club Head Coaches as Evaluators, to enable “in training” coaches to receive ongoing mentorship and evaluation in a real-world environment.

Learning Facilitator & Evaluator training:

- Learning Facilitators are trained bi-annually by a regional Master Learning Facilitator (1 East, 1 West, 1 National Coordinator).
- Evaluator training happens at Mentor/Leader sessions at 2 locations across the country bi-annually in the fall by the same group of Master Evaluators. This will ensure an adequate pool of “on the hill” Evaluators.
- We have currently trained approximately 75% of qualified Head Coaches to be entry-level Evaluators, and are continuing to increase this number.

NSO Contact Information

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3 most innovative features of your program:

1. Training club Head Coaches as Evaluators to enable our “in training” coaches to be evaluated over the course of a season under real-world conditions in addition to having Evaluation days as an option for coaches without local mentors.
2. Ability of Learning Facilitator to grant a coach “in training” status, even if the candidate cannot complete all of the technical skills during the workshop; these skills can be added to the candidate’s evaluation. There are still minimum technical requirements, but there are a broad range of skills and facilities necessary to complete the technical portion of the course. This flexibility allows coaches to gain experience coaching the skills that they can complete on-course, while practicing the ones they cannot.
3. Introduction of games-based Mental Training at Entry Level.

| OUTCOME | CRITERIA | Multi-sport module | Integration |
|---|---|--|-------------|
| Make Ethical Decisions | Apply an ethical decision making process | Taken in "On-Line Coaching and Ethics" | No |
| Plan a Practice | Plan a fun, safe skill development session Identify appropriate logistics for the training session Plan a structured and organized on snow training session Implements LTAD principles into on snow session Implements basic mental training Coach athletes with different learning styles Design an emergency action plan | Also taken in Multi-sport Part A | Yes |
| Design a Sport Program | | | |
| Analyze Performance | Analyze performance in free skiing and freestyle disciplines Improve performance in free skiing and freestyle disciplines | | Yes |
| Provide Support to Athletes in Training | Demonstrate development level appropriate flat skiing skills Coach a structured and organized on snow training session Make interventions that promote learning Ensure the training environment is safe for flats, moguls, air, rails, switch, pipe Demonstrates skill specific exercises for flats, moguls, air, rails, switch, pipe Demonstrate basic mogul skiing, switch, rails, air and pipe skills Demonstrate upright tricks and twisting skills | | Yes |
| Support the Competitive Experience | Prepares for competitions Understands competitive experience Performance at a competition Coach/athlete competition follow up | | Yes |
| Manage a Program | | | |
| SPORT SPECIFIC | | | |