



National
Coaching
Certification
Program

Programme
national de
certification des
entraîneurs



Sport: Speed Skating

Context: Competition – Introduction

Participant age group: Boys 9-12, Girls 8-11 Estimated number of participants: 2,500

Age range of coaches: Varies

Estimated number of coaches: 200

Date of conditional approval: March 2007

Official launch date (both official languages):

Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions		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	T	
Manage a Sport Program	T	
**Sport-specific outcomes		

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

None. All necessary modules are integrated.

Training Description:

There is 4 days of training for this context. It is typically delivered over two different weekends with a few weeks between weekends. Coaches spend time in the classroom as well as on the ice during the training. Modules include: Role of the Coach, Planning a Practice II, Decision Training, Technique II, Analyze Performance II, Equipment II, Mental Preparation, Fitness, Nutrition, Design a Sport Program, and Support the Competitive Experience.

Evaluation Description:

Coaches complete a portfolio and will also be evaluated while coaching athletes in their club environment. A meeting between the coach and the Evaluator to discuss the evaluation and create an action plan is held.

Learning Facilitator & Evaluator training:

26 Learning Facilitators have been trained to delivery the program. Branches are responsible for the training of additional Learning Facilitators and Evaluators.

NSO Contact Information

Dawn Currie
Sport Development Director
Speed Skating Canada
dcurrie@nb.sympatico.ca

Most innovative features of your program:

1. Module format allows for greater flexibility of program implementation.



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OUTCOME	CRITERIA	Multi-sport module	Integration
Make Ethical Decisions	<ul style="list-style-type: none"> • Coach applies an ethical decision making process 	Make Ethical Decision	(in the FUNdamentals context)
Plan a Practice	<ul style="list-style-type: none"> • Identify appropriate logistics for practice • Identify appropriate activities in each part of the practice • Design an emergency action plan 	Plan a Practice	Integrated
Design a Sport Program	<ul style="list-style-type: none"> • Outline program structure based on available training and competition opportunities. • Identify program measures to promote athlete development. • Coach integrates seasonal training priorities into own practices plans. 	Design a Basic Sport Program	Integrated
Analyze Performance	<ul style="list-style-type: none"> • Coach detects performance errors in speed skating • Coach corrects performance errors in speed skating 	N/a	
Provide Support to Athletes in Training	<ul style="list-style-type: none"> • Coach ensures that the practice environment is safe • Coach implements an appropriately structured and organized practice • Coach makes interventions that promote learning 		
Support the Competitive Experience	<ul style="list-style-type: none"> • Prepare for readiness in competition. • Make effective interventions during and after competition. • Assist athlete to be mentally prepared for competition. • Give basic nutritional advice. 	Nutrition Basic Mental Skills	Integrated Integrated
Manage a Program	<ul style="list-style-type: none"> • Coach manages administrative aspects of program and oversees logistics • Coach reports on athlete progress throughout the program • Coach develops strategies to address and resolve conflict • Coach develops a constant learning relationship with a mentor coach 		