



National  
Coaching  
Certification  
Program

Programme  
national de  
certification des  
entraîneurs



## Sport: Synchronized swimming

Discipline: n/a

Context: Competition – Introduction

Participant age group: 6-15 years old

LTAD Stages: FUNdamentals, Learning to Train, Training to Train

Estimated number of participants: 3000

Age range of coaches: 16 + Estimated number of coaches: 300

Date of conditional approval: April 2007

Official launch date (both official languages): January 2008

### 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	T	E
Manage a Sport Program	N/A	N/A

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

Make Ethical Decisions (MED)

### Training Description:

The Synchro Competition – Introduction Coach will work with swimmers involved with the Tier 1-5 swimmers and/or involved in the FUNdamentals, Learning to Train or Training to Train stages of the Synchro Canada Long-Term Athlete Development model.

### Workshop description

The workshop is divided in 5 sport-specific modules and 1 multi-sport module (MED). To be fully trained the participants have to complete all 5 sport-specific modules, which add up to a two-day workshop. Each module can also be taught individually.

Sport-specific modules:

- 1- Introduction Module
- 2- Design a Sport Program Module
- 3- Plan a practice Module
- 4- Support athlete in training and competition Module
- 5- Analyze performance Module

Multi-sport module:

- 6- Make Ethical Decisions

### Evaluation Description:

The Evaluation Process is a three step process.

- STEP 1- Submit a portfolio
- STEP 2- Observation while coaching athletes in training
- STEP 3- Observation while coaching athletes in competition

## Portfolio Content

- Coach Assessment Forms completed by stakeholders
- Submission of Emergency Action Plan
- Complete Analyze Performance Referent Model
- Communication documents for athletes and parents
- Submission of Practice Plan
- Submission of Seasonal Training Plan
- Submission of Competition Plan
- Transcript of online evaluation of Make Ethical Decisions

The evaluation marking grids and standards can be found on the Synchro Canada website at <http://www.synchro.ca/e/coaching/nccp.php>.

### Outcome: Design a Sport Program

- Outline structure of own program based on training and competition opportunities
- Identify appropriate measures to promote athlete development within own program
- Integrate seasonal training priorities for synchro in own practice plan

### Outcome: Plan a Practice

- Identify appropriate logistics for practice
- Identify appropriate activities in each part of the practice
- Design an Emergency Action Plan

### Outcome: Provide Support to Athletes in Training

- Ensure that the practice environment is safe
- Implement an appropriately structured and organized practice
- Make interventions that promote learning
- Assist athletes in the area of sport science to achieve desired training goals

### Outcome: Support the Competitive Experience

- Prepare for readiness in competition
- Make effective interventions during and after the competition
- Assist athletes to be mentally prepared for competition

### Outcome: Analyze Performance

- Coach detects performance
- Coach corrects performance
- Synchro-specific coach knowledge

### **Learning Facilitator & Evaluator training:**

Synchro Canada has developed an Evaluator Guide and a Learning Facilitator Training Manual which includes all the information pertaining to recruitment, selection, training, certification, and maintenance of certification of LFs, MLFs, Es, MEs,

### **NSO Contact Information**

Bryan Cook  
Sport Development Manager  
Synchro Canada  
[bryan@synchro.ca](mailto:bryan@synchro.ca)  
[www.synchro.ca](http://www.synchro.ca)  
(613) 748-5674, ext. 224



Coaching Association of Canada  
Association canadienne des entraîneurs

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

1. Integration of the Synchro Canada Long-Term Athlete Development model and recommendations into the synchro-specific NCCP material.
2. Modules can be taught individually
3. Three steps chronological evaluation tool