



National
Coaching
Certification
Program

Programme
national de
certification des
entraîneurs



Canadian Cycling Association
Association cycliste canadienne

Sport: Cycling

Discipline: Cycling – all disciplines

Context: Competition – Introduction

Program title: Ready to Race! Introduction to Competition

Participant age group: Ages 12-18 + adult

Estimated number of participants: 7,500

Age range of coaches: various

Estimated number of coaches: 250-300

Date of conditional approval: April 2008

Official launch date (both official languages): March 2010

Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions	T	E
Plan a Practice	T	E
Provide 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 Program	T	E

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

None – All modules are fully integrated into the Cycling workshops.

Training Description

Introduction to Competition is the context for coaches who will primarily work with new competitive cyclists at the community and club level. These athletes will likely be in the Learn to Train to Train to Train stages of LTAD, and have basic cycling skills and the desire to begin competing within a structured training and competition program. The theme of the course is “Ready to Race: Preparing for Competitive Success”.

The key objectives for an Introduction to Competition Cycling Coach are:

- Ensure participants have fun, safe, stage-appropriate experiences that make them want to continue in competitive cycling;
- Introduce participants to regular training 3 to 6 times per week in a season-long program;
- Introduce participants to competition in multiple cycling disciplines, within club, school or basic provincial-level competition programs;
- Assist the development of cyclists passing through their growth spurt, and be ready to modify training and competition accordingly, consistent with the LTAD Model;
- Create a foundation to prepare participants to advance to a more specialized development level of training and competition as they develop.

Coaches must complete five of the six Ready to Race! Introduction to Competition modules. These are divided into two parts. Coaches must complete Part 1 before participating in Part 2.

Part 1: Training Coach

Ready to Race! Training Basics: 14 hours (required)

Ready to Race! Basic Cycling Skills: 8 hours (required; complete prior to Skills and Tactics)

Ready to Race! BMX, MTB or Road Skills and Tactics: 7 hours (select one of three disciplines)

Part 2: Race Coach

Ready to Race! Training to Race: 14 hours (required)

Ready to Race! BMX, MTB or Road Skills and Tactics: 7 hours (select a second discipline)

Evaluation Description

Evaluation of coach competence against a set of pre-determined standards is a key component of NCCP. All coaches must successfully complete evaluation in order to become Certified. The "Ready to Race! Introduction to Competition" program includes several different evaluation opportunities. These are:

Make Ethical Decisions Online Evaluation: Managed by the Coaching Association of Canada as a required online evaluation. The coach should complete this evaluation after the Ready to Race! Training Basics workshop.

Formative Assessment: During and after completing the Ready to Race! Training Basics and Training to Race workshops, the coach will complete a Portfolio of written work, such as preparation of plans or answers to scenario questions. Prior to completing training an Evaluator will assess this work and provide constructive feedback. This is an assessment, not an evaluation, and is intended to support the coaches' learning.

Basic Cycling Skills and Skills and Tactics Modules: The performance of the coach in observing, analyzing and teaching skills and detecting and correcting errors in skills and tactics will be assessed by the Learning Facilitators of these modules, and the coach will receive constructive feedback at or following the Module.

Summative Evaluation: Upon completion of all five Ready to Race! workshop modules the coach participates in evaluation. Successful evaluation is required for NCCP certification as an Introduction to Competition Race Coach. The final evaluation of the coach will involve seeing the coach "in action" and measuring his/her performance against program standards. This will occur at an event scheduled by the Provincial/Territorial Cycling Association.

Learning Facilitator/Evaluator Training

Canadian Cycling Association has trained Learning Facilitators/Evaluators (LFs/Es) across the country. The LF/E training program is 14 hours. LFs/Es must be Certified in Ready to Race! Introduction to Competition prior to LF/E training.

NSO Contact Information

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Three most innovative features of your program:

1. The on-bike Basic Cycling Skills workshop, which is also used by the Community Initiation context.
2. The integration of the CCA's Long Term Athlete Development principles, and an introduction to working with Athletes with a Disability (AWAD).
3. The requirement to train in two of three Cycling disciplines (BMX, MTB, Road) to promote multi-discipline skills development consistent with LTAD.



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