



**Coach Driven**  
**Expert Led**  
**Peer Enriched**  
**Mentor Supported**  
**Structured Learning Community**

# **ACD** | ADVANCED COACHING DIPLOMA

The most extensive NCCP training  
offered to Canada's top coaches.



# ADVANCED COACHING DIPLOMA

The Advanced Coaching Diploma (ACD) is the most extensive multi-sport training program offered by the National Coaching Certification Program (NCCP) in Canada. ACD coaches are recognized as being among the most qualified coaches and leaders of athletes and sport programs provincially, nationally, and internationally.

The Diploma consists of four core themes; Coaching Leadership, Coaching Effectiveness, Performance Planning, and Training and Competition Readiness. Each theme requires coaches to complete a series of modules comprised of seminars, workshops or labs. Coaches will be assessed in each module based on their ability to demonstrate competency while coaching their athletes. Coaches enrolled in the diploma program will work with a designated master and/or mentor coach who will support them in their completion of program requirements. The diploma program requires a mid-point and final assessment by a panel of content specialists. The Diploma is one step towards the certification in the Competition – Development Advanced Gradation context. To complete his/her certification, the coach must contact his/her National Sport Organization to apply for the sport-specific evaluation.

Please contact the ACD Director in your province or region for more information.



## TARGET COACHES

The Advanced Coaching Diploma offered by the Canadian Sport Institute Network targets coaches with athletes from Train to Train, Train to Compete, and Train to Win, which may include:



*Generally, coaches engaged in the ACD Program are implementing a year round plan with their athletes and on average spend 12+ hours a week engaged in coaching.*

# THE DIPLOMA PROGRAM

The Advanced Coaching Diploma provides an opportunity for the active coach with a busy schedule to engage in advanced learning. The ACD Program is available in a two-year, part-time program, yet may also be obtained in more or less time depending on the various delivery schedules available. The diagram below outlines the usual structure of the ACD Program. For more information please visit [coach.ca/ACD](http://coach.ca/ACD) or contact your local Canadian Sport Institute/Centre.

Program Structure	Part A (Year 1)		Part B (Year 2)	
	Semester 1	Semester 2	Semester 1	Semester 2
<b>Coaching Leadership</b> 24 Units	Effective Leadership Behaviour (4 Units) Creating Your Coaching Philosophy (3 Units)	Leading Change (3 Units) Living Your Coaching Philosophy (3 Units)	Building Effective Teams (5 Units)	Leading a Program (6 Units)
<b>Coaching Effectiveness</b> 18 Units	Teaching that Enables Learning (4 Units)	Analysing and Developing Skill (5 Units)	Quantifying and Monitoring Performance (5 Units)	Demonstrating Coaching Effectiveness (4 Units)
<b>Performance Planning</b> 24 Units	Profiling Sport Performance (9 Units)	Developing Integrated Training Plans (6 Units)	Living the Training Plan (5 Units)	Managing the Training Plan - with Mentor (4 Units)
<b>Training &amp; Comp. Readiness</b> 19 Units	Health and Safety (4 Units)	Athlete Identification and Selection (3 Units)	Preparing for Competition (7 Units)	Strategic Planning for Training and Competition (5 Units)
<b>TOTAL UNITS</b>	<b>44 UNITS</b>		<b>41 UNITS</b>	

Mid-Point Assessment Presentation

Final Presentation

Each unit consists of 3 hours in a blended learning environment, a combination of in-person, synchronous and asynchronous learning. Coaches can expect an additional 10-12 hours per week applying classroom content to their practices.

## ENTRY REQUIREMENTS

Interested candidates should consult their transcript in The Locker to begin the application process. Ideally, coaches are NCCP Competition Development Certified when entering the ACD Program. Alternately, the coach needs to be NCCP Fully Trained Competition Development, or Level 3 certified, and have successfully completed Make Ethical Decisions online evaluation.

**Coaches can find more information, and apply for the ACD Program directly through their CAC Locker transcript. To enter the program the coach must also submit:**

A completed online application form

A letter from their National Sport Organization supporting the coaches entry into the ACD program

A personal resume demonstrating a minimum of 3 years, relevant coaching experience

A letter of intent from the candidate indicating their reasons for completing the ACD Program

A completed Comp Dev portfolio or completed ACD pre-portfolio workbook

Payment of the application fee of \$75.00 (non-refundable)

A memorandum of understanding signed by the candidate, the Canadian Sport Institute and the National Sport Organization

# COST

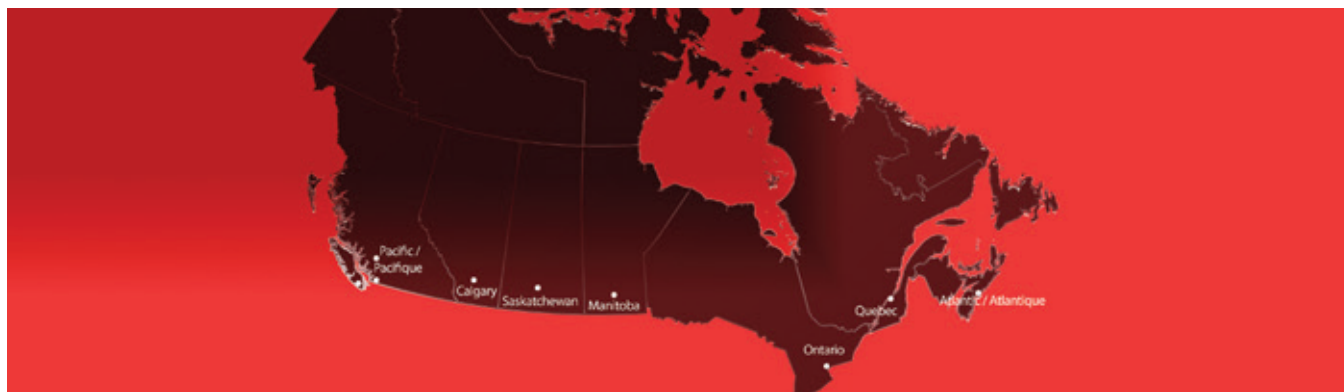
Contact the ACD Director in your region to learn more about program costs and to find out about installments or any bursaries that may be available.

Business Card Here

# ABOUT THE CANADIAN OLYMPIC AND PARALYMPIC SPORT INSTITUTE NETWORK

The Canadian Olympic and Paralympic Sport Institute Network (COPSI Network) provides world-leading training environments to elite athletes and coaches across Canada. The team of experts delivers sport science and medicine, coaching, research and innovation, education and Game Plan services to power podium performances and help Canada win more medals. The Canadian Olympic and Paralympic Sport Institute Network includes four Canadian Sport Institutes (Pacific, Calgary, Ontario and Québec) and three Canadian Sport Centres (Saskatchewan, Manitoba and Atlantic).

# COPSI NETWORK LOCATIONS & CONTACT INFORMATION



## Canadian Sport Institute Pacific

[csipacific.ca](http://csipacific.ca)

## Canadian Sport Institute Calgary

[csicalgary.ca](http://csicalgary.ca)

## Canadian Sport Centre Saskatchewan

[csc-sask.ca](http://csc-sask.ca)

## Canadian Sport Centre Manitoba

[cscm.ca](http://cscm.ca)

## Canadian Sport Institute Ontario

[csiontario.ca](http://csiontario.ca)

## Institut national du sport du Québec

[insquebec.org](http://insquebec.org)

## Canadian Sport Centre Atlantic

[cscatlantic.ca](http://cscatlantic.ca)



SPORT INSTITUTE NETWORK  
RÉSEAU DES INSTITUTS DU SPORT

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