



2014 PERFORMANCE COACH (formerly Competition Development)

REGISTRATION & COURSE INFORMATION

Montreal, QC

November 13-16, 2014, French and English course delivery will be offered

Registration Deadline: April 30, 2014

Online Modules Begin: May 1, 2014

Context Description: You are coaching year round (40 + weeks a year) and 5-10 sessions a week. Your athletes are junior or senior aged and competing at the national level. They are focused on one or two events within an event group. You may have athletes competing internationally and you may work with an integrated support team. Annual planning and periodization are skills you have. This course will help develop them further. A course outline and requirements can be found on the following page.

Prerequisite: Any of the following designations coupled with branch approval will be accepted: Club Coach Trained; Club Coach Certified; Level 2 Certified (Old NCCP). **All participants must be approved for participation in the course by their provincial branch.** You will be contacted by your branch or Athletics Canada to confirm you meet the prerequisites once your online registration is complete.

Dates and Times: Thursday, November 13 through Sunday November 16 will be full days beginning at 8:30am and running through to 5pm. Coaches MUST attend all sessions

Registration and payment: The course fee is \$465 (online and face to face are covered in this fee). Go <http://nccp.athletics.ca/> to register. You will need to create an account (this is free) and then search for clinics in Quebec in 2014 from the menu at the top of the page. Be sure you select either the French or the English option as the course will be offered in both languages at the same time.

Event Hotel and Course Location: This information will be provided in May.

Important Course Information: In 2014 the course will be offered in English and French.

1. Please be sure you are aware of the multisport module (theory) requirements for certification (see following page). Athletics Canada highly recommends that these are completed BEFORE you attend the face to face course.
2. Your credit card will be charged immediately upon completion of registration. Refunds will be provided as follows: Withdrawal by August 30 full refund less \$30 processing fee; withdrawal on or after September 1 50% refund less a \$30 processing fee.
3. You will receive an email confirming your registration. Additional information regarding the online components and how to access them will be provided in mid April. There will be one module to complete each month between May and October and you can expect to spend between 1 and 4 hours a month on this content.
4. Coaches are responsible for making their own lodging and travel reservations. Lunch will be provided at the course. The hotel will be a 15 minute walk from the course location.

2445 St. Laurent Blvd. Suite B1-110 Ottawa, ON K1G 6C3

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ATHLETICS CANADA PERFORMANCE COACH COURSE OUTLINE

Part 1: Theory

Coaches must complete four generic theory modules through the provincial organization that is responsible for coaching education. These modules are generic sport modules and coaches from all sports will be in attendance. These courses are modular and are offered individually. There are home study options available for each of the modules below. The four required for Athletics coaches are:

- Coaching and Leading Effectively (10 hours, 1.5 days)
- Leading Drug Free Sport (3.5 hours) + the CAC online evaluation
- Managing Conflict (4 hours) + the CAC online evaluation
- Performance Psychology (7 hours)

NOTE: If not completed through prerequisite requirements, the completion of Make Ethical Decisions (MED) and the associated online evaluation is required for certification at Performance Coach.

Athletics coaches **ARE NOT** required to take Developing Athletic Abilities or Prevention and Recovery as these have been integrated into the Athletics specific workshop.

These modules **SHOULD** be completed before a coach attends the sport specific parts of the workshop. They are required for certification. These elements can be completed at any time and are offered in all provinces. For information on attending a course or completing the modules by home study, contact the provincial organization responsible for coaching education in your province.

Part 2: Sport Specific

The content covered in this course includes: event audit, technical models, planning and periodization, nutrition, physiology, biomechanics, recovery, strength and practical coaching all taught specific to an event group.

- The sport specific element will be offered in two parts: 1) online modules and 2) face to face course (4 days)
- **PART ONE** is a series of online modules that must be completed prior to attending the face to face session. You will receive a schedule of the online modules once you have registered and prior to start of the online sessions.
- **PART TWO** is the four day face to face course. This session features a 2 day hands on technical session with athletes and 2 days in the classroom. Elements covered in the online modules are reinforced in the face to face session.
- The online sessions are taught by subject area experts and the face to face sessions are taught by Athletics Canada trained Learning Facilitators.

Part 3: Evaluation

To achieve certification a coach will need to successfully complete the evaluation process. The evaluation for Performance Coach will require the coach to submit a portfolio and be observed in practice and competition. The evaluation fee is \$465. The evaluation fee is not charged until the coach engages in the evaluation process.

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