

Leadership Programs

National Coaching Certification Program (NCCP)

Multi-Sport Modules ■ Introduction to Competition Modules ■ Ages 16 years+

The National Coaching Certification Program (NCCP) is a national coach training and certification program for 65 different sports across Canada. NCCP prepares coaches for the responsibilities associated with coaching athletes of all ages and abilities from the first-time coach to the head coach of a national team. Training and certification is based on coaching streams (community, competitive and instruction) and contexts that reflect the different types of coaches. In the competition stream, the theory context of the certification has been packaged into a new Competency Based Education and Training (CBET) that includes two courses called “Introduction to Competition Part “A” and Part “B”. These courses have replaced the old NCCP Theory Level 1 and 2 and most sports now require their coaches to obtain Part A to be a Level 1 Certified Coach and Part B to be a Level 2 Certified Coach. Part A and Part B can be taken in any order. For more information visit www.coach.ca. Maximum: 20

A coach is described for training and certification purposes as:

- In Training when a coach has completed some of the required training for a context.
- Trained when a coach has completed all required training for a context.
- Certified when a coach has completed all evaluation requirements for a context.

Introduction to Competition ■ Part A ■ Ages 16 years+

This course covers important information on planning a safe, dynamic practice, including sport analysis, making ethical sport decisions and nutritional advice for athletes of all ages.

Saturday, February 13, 10:00 am – 5:00 pm

Sunday, February 14, 9:00 am – 5:00 pm

Canada Games Centre — Boardroom

2 classes/\$30

Introduction to Competition ■ Part B ■ Ages 16 years+

Learn the important concepts necessary to plan a full season of training. Apply a variety of principles that address long-term athlete development, structure of a sport program, analysis of skill development and learning, preparing your athletes mentally and physically.

Saturday, April 10, 10:00 am – 5:00 pm

Sunday, April 11, 9:00 am – 5:00 pm

Canada Games Centre — Boardroom

2 classes/\$30

Welcome to the new NCCP — Competition-Development Multi-sport

Coaching Theory Program ■ Courses offered in the Winter and Spring session.

The City of Whitehorse and the Government of Yukon — Sport and Recreation Branch is pleased to roll out the new coaching modules. We are now able to offer all six modules with Yukon Learning Facilitators. Please welcome Alain Masson, Shelley Gellatly, Tracey Bilsky and Kathryn Zrum who are trained to offer the six Competition-Development modules.

Competition-Development Modules

The NCCP Theory 3 has now been officially phased out and is no longer available. Coaches are now required to complete the six Competition-Development modules as outlined below.

Coaches beginning training in the NCCP Competition-Development context should first consider completing training in Part A and Part B modules. These courses provide the necessary foundation for the additional modules in this context.

This NCCP context is designed for coaches who are coaching to refine basic sport skills, to develop more advanced skills and tactics and are generally preparing for performance at the provincial and national level. These sessions are interactive and bring together coaches from different sports, which provide an increased value to the learning environment. All participants completing this training will receive a credit in the NCCP, which is a recognized national standard in coach education.

Coaches beginning training in the NCCP Competition-Development context must FIRST complete training and/or evaluation in the following modules in the NCCP program:

- Planning a Practice (from Part A)
- Design a Basic Sport Program (from Part B)
- Make Ethical Decisions (From Part A)
- Online Evaluation for Make Ethical Decisions

Coaches wishing to complete all of the training in the Competition-Development context will need to complete the six multi-sport modules and a number of sport specific modules.



National
Coaching
Certification
Program



Coaching
Association
of Canada



Yukon
Community Services
Sport and Recreation



WHITEHORSE
Parks & Recreation

Modules Offered in Spring 2010:

The Competition-Development context focuses on training coaches who are working with athletes who are in the training to train or training to compete stages of long-term athlete development (www.ltad.ca)

Developing Athletic Abilities ■ 10.0 hour module + 2.0 hours e-learning ■ Learning Facilitators: Shelley Gellatly and Kathryn Zrum

Coaches trained in the Developing Athletic Abilities module will be able to implement general and sport-specific training protocols and methods to appropriately develop or maintain sport-specific athletic abilities. Coaches focus on applying training principles and variables to training methods that build on athletes' fitness in endurance, strength and speed as well sport-specific conditioning. After completing the module coaches will also be able to select and adapt testing and training protocols and methods to athletes training from 6 – 9 to 9 – 12 times per week in single to triple periodization.

Pre-requisites: For the Developing Athletic Abilities module there is also an 'on-line' component that coaches must complete before attending this course. This will generally take an additional 2 hours to complete prior to taking the module. Completion of this on-line component is mandatory before attending the course.

Tuesday, March 23 and Thursday, March 25

6:00 pm – 9:30 pm

Saturday, March 27

9:00 am – 1:00 pm

Canada Games Centre — Boardroom

Developing Athletic Abilities Module/\$50

Psychology of Performance ■ 8.0 hour module

■ Learning Facilitator: Tracey Bilsky

The Psychology of Performance module focuses on developing coaches' ability to guide athletes through the building of advanced mental preparation skills and focusing skills. It provides coaches with tools to assist athletes in learning how to manage distractions and conduct visualization so they can prepare themselves technically and tactically for training and competitive conditions. The coaches gain knowledge and ideas on how to work with athletes or teams to identify appropriate outcome, performance and process goals related to their ability to focus on performance. Coaches also gain debriefing skills that both they and athletes can apply to assist athletes in assessing their performance in training and in competition.

Tuesday, April 13 and Wednesday, April 14

5:30 pm – 9:30 pm

Canada Games Centre — Boardroom

Psychology of Performance Module/\$50

Remaining Competition-Development Multi-Sport Modules will be offered during Fall 2010 and Winter 2011.

- **Leading Drug-free Sport** — 4.0 hour module
Learning Facilitator: Kathryn Zrum
This module focuses on the ability of the coach to apply the NCCP Decision-Making Module to sport situations with ethical implications for drug-free sport.
- **Managing Conflicts** — 5.0 hour module
Learning Facilitator: Kathryn Zrum
Coaches will learn to identify common sources of conflict in sport.
- **Coaching and Leading Effectively** — 10.5 hour module
Learning Facilitators: Tracey Bilsky and Kathryn Zrum
This module focuses on applying intervention techniques that enhance learning with the aim to improve athletes performance and to promote group and skill development.
- **Prevention and Recovery of Injuries** — 8.0 hour module
Learning Facilitator: Shelley Gellatly
Learn to identify common injuries in your sport and develop appropriate prevention and recovery strategies for your athletes.

For more information and detailed module descriptions, contact Kathryn Zrum at 668-8328, or email kathryn.zrum@whitehorse.ca.