

CCI Seasonal Plan

2019



CCI-L2T Outcome: Designing a seasonal training plan for L2T athletes		
Criterion: Outline program structure based on available training and competition opportunities		
Does not yet meet expectations	Meets expectations	Exceeds expectations
<ul style="list-style-type: none"> ❑ Present only basic athlete information and seasonal logistics (practices and competitions) ❑ Do not present calendar outlining program plan 	<p>On a seasonal planning calendar:</p> <ul style="list-style-type: none"> ❑ Identify major program goals and objectives ❑ Identify basic athlete information (age, stage of sport development, differences in growth and development) ❑ Identify competition schedule and number of competitions during the program ❑ Identify length of each period of the program (preparation, competition, and transition) ❑ Identify number, duration, and frequency of training sessions in each period of the program (preparation, competition, transition) 	<p>Meet “Standard for Core Certification” and:</p> <ul style="list-style-type: none"> ❑ Indicate on the program plan the relative importance of the training factors and training components for each period (e.g., weighted line, colour, percentage) ❑ Identify the relative importance of competitions in order to promote athlete long-term development ❑ Identify sufficient opportunities for recovery and learning/athlete development between important competitions

CCI-L2T Outcome: Designing a seasonal training plan for L2T athletes		
Criterion: Identify program measures to promote athlete development		
Does not yet meet expectations	Meets expectations	Exceeds expectations
<ul style="list-style-type: none"> ❑ Do not calculate training-to-competition ratios ❑ Do not compare training-to-competition ratios to NCCP or NSO long-term athlete development norms ❑ Do not present any strategies or solutions to assist in aligning training-to-competition ratios to NCCP or NSO long-term athlete development norms 	<p>On seasonal planning calendar:</p> <ul style="list-style-type: none"> ❑ Prioritize athletic abilities for development in the program plan ❑ Determine the ratio of training to competition opportunities within the program ❑ Compare and assess the ratio of training to competition opportunities within the program to the recommended Nordiq Canada norms pertaining to long-term athlete development <ul style="list-style-type: none"> ○ Identify whether there are adequate training and competition opportunities for developmental potential based on Nordiq Canada long-term athlete development norms as a reference ○ Coach provides a brief rationale that identifies whether seasonal program promotes adequate developmental potential 	<p>Meet “Standard for Core Certification” and:</p> <ul style="list-style-type: none"> ❑ Determine if trends observed in own program are generalized in the sport ❑ Identify systemic strategies or measures to offset critical program elements that show major inconsistencies with Nordiq Canada long-term athlete development framework and that are prevalent in the sport

	<ul style="list-style-type: none">❑ Identify strategies used in program to improve alignment of development of athletic abilities with Nordiq Canada norms pertaining to long-term athlete development / Canadian Sport for Life principles<ul style="list-style-type: none">○ i.e., identify major issues within the seasonal program and presents realistic solutions that are consistent with Nordiq Canada long-term athlete development norms	
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CCI-L2T Outcome: Designing a seasonal training plan for L2T athletes		
Criterion: Develop practice plans that integrate seasonal training priorities		
Does not yet meet expectations	Meets expectations	Exceeds expectations
<ul style="list-style-type: none"> ❑ Do not correctly prioritize athletic abilities within a given week of the preparatory period of a seasonal plan ❑ Do not identify objectives for each of the athletic abilities within a given week of the preparatory period of a seasonal plan ❑ Do not design weekly outlines or submit practice plans for the weekly outlines 	<ul style="list-style-type: none"> ❑ Use Nordiq Canada template and procedures to correctly identify athletic abilities and training objectives (development, maintenance, consolidation) to be emphasized at specific points of the season ❑ Taking into account own program logistics, use Nordiq Canada procedures to determine how to effectively break down the total training time available for a given week of the program into each practice <ul style="list-style-type: none"> ○ Determine the total number of training or practice sessions and their duration and calculate the total training or practice time within weekly plan ❑ Design weekly outlines and practice plan(s) that are consistent with the above for the beginning, the middle, and the end of the season 	<p>Meet “Standard for Core Certification” and:</p> <ul style="list-style-type: none"> ❑ Identify adjustments to Nordiq Canada template to better reflect own program situation while remaining consistent with Nordiq Canada long-term athlete development framework, growth and development principles, principles for training athletic abilities, and stages of skill development <ul style="list-style-type: none"> ○ Provide rationale to support suggested adjustments ❑ Develop and present a seasonal planning template that integrates sport-specific components, physical components, and specific mental strategies into program design (e.g.,

	<ul style="list-style-type: none"> ○ i.e., present a one-week plan for each period of the seasonal program that correctly identifies main objectives and priorities for athletic abilities ○ i.e., provide a practice plan that identifies appropriate types of exercises for athletic abilities, and practice conditions for technical or tactical factors within each of the weekly plans 	<p>visualization, goal setting, etc.)</p> <ul style="list-style-type: none"> □ Present a seasonal planning template that prioritizes key training factors, components, and objectives and provides appropriate sequencing of these items within each period of the plan that is adopted by Nordiq Canada and modeled by other coaches
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