

Portfolio details for “Coaching an On-Snow Practice Session with L2T Athletes”

- The coach will **submit their completed Coach Portfolio** to the Evaluator prior to the scheduled evaluation. The portfolio will include:
 - The practice plan that will be used for the on-snow observation evaluation.
 - The plan will clearly specify, among other things, which **skills and/or abilities** the coach plans to focus on during the practice session, which **tools** the coach plans to use to accomplish this and how the practice plan adheres to **LTAD principles**.
 - An **Emergency Action Plan (EAP)** pertaining to the on-snow observation session.
 - The evaluator will **review the practice plan and emergency action plan** specific to this practice session:
 - for structure and completeness of the plan.
 - questioning the coach for clarification as needed.
 - providing feedback to the coach on the plan prior to the on-snow observation.

2.2 (a) Sample Practice Planning Sheet

Team/Program: Snow Mountain Nordic

Date: Nov 10/2014

Location: Snow Mountain Nordic Trails

Time: 6:00pm

Duration: 1hr 45 min

Objective(s): Work on basic ski skills with first on snow practice: balance and agility. Complete an easy ski to get team comfortable skiing around the race trails. Specifically focus on one-foot balance, and various jumping and hopping exercises on skis. Fun games at start of practice will be used for warm up and to practice mental skills

Equipment: Athletes: skate ski gear, water and food; Coaches: cones, soccer balls, first aid kit

Coaches: Steve and Julie.

<p style="text-align: center;">Activities</p> <p>Goals: Athletic abilities, type of effort, length, intensity, movements, etc.</p>	<p style="text-align: center;">Key Points/Messages</p> <p>Guidelines, Safety, etc.</p>
<p>Introduction (duration = 5 min)</p>	<ul style="list-style-type: none"> • Welcome athletes • Explain goals for today • Make sure all have proper equipment and clothing and ready to go • Safety guidelines

	<ul style="list-style-type: none"> • Explain first game
<p>General Warm-up (duration = 25 min)</p> <ul style="list-style-type: none"> • Scooter-soccer <p>Specific Warm-up (duration = 5 min)</p> <ul style="list-style-type: none"> • Dynamic stretching and instructions for the rest of the practice. 	<ul style="list-style-type: none"> • Games held in stadium; set up before arrival • Athletes join in as they arrive, assigned teams by coaches • Incorporate switching focus drill into the game (see below) • Multiple games/groups to ensure that all athletes are active • Incorporate switching focus drill
<p>Main Part (duration = 35 min)</p> <p><input type="checkbox"/> Practice downhill and stopping (15 min.)</p> <p><u>Three stations:</u></p> <p>Snowplow – multiple turns around cones</p> <p>Step turns – do s-turns with step turns</p> <p>Skid turns – focus on side slipping down the hill</p> <p><input type="checkbox"/> Balance Games (20 min.):</p> <ol style="list-style-type: none"> Squat and stand on skis while moving. Hopping on skis (on flat). Small standing hops, 90s, 180s. Standing on one foot with poles. Progress to moving. Moving one foot balance drills (for those who are comfortable, two foot hopping for those working on balance). 	<p><u>Downhill:</u></p> <p><input type="checkbox"/> No poles. Use the Jackrabbit loop. Set up cones in advance.</p> <p><u>Balance:</u></p> <p><input type="checkbox"/> Use Gradual downhill if possible for balance drills.</p> <p><input type="checkbox"/> Athletes with poor quality boots will have difficulty balancing, modify to two foot hopping exercises.</p>

<p>Warm-down (duration = 25 min)</p> <p><input type="checkbox"/> Ski easy terrain, do 50 double pole, 50 legs only pushes drills to keep things interesting.</p>	<p><input type="checkbox"/> Divide into groups as need depending on skill and ability.</p>
<p>Conclusion (duration = 15 min)</p> <p><input type="checkbox"/> Return to lodge lot and finish with 5min of static stretching in the lodge.</p>	<p><input type="checkbox"/> Review pointers for the day.</p>

Rationale for the practice: This group of athletes is just returning to skiing from the dryland season, therefore the focus of practice will be on agility and balance skills. The L2T stage of development includes the late window of optimal trainability for motor skills and therefore balance and agility exercises are still an important focus for L2T athletes. Practicing these skills is also a good refresher for the athletes before we start doing longer skis on more difficult terrain. As the on snow season progresses and skills improve, the balance and agility drills incorporated in this practice will be more of a warm up activity. We are also incorporating mental skills training into this practice with the switching focus drill during soccer. This drill is used to help athletes learn to focus their attention on different cues while completing a physical activity. Every time the whistle blows during the game, athletes must switch their focus from a teammate to an opponent (or vice versa) and must try to spend as much time as possible watching that person while playing the game.

Coach Name: Steve

CC#: 007

2.2 (a) Practice planning sheet (blank)

Team/Program:

Date:

Location:

Time:

Duration:

Objective(s):

Equipment:

Coaches:

Activities Goals: Athletic abilities, type of effort, length, intensity, movements, etc.	Key Points/Messages Guidelines, Safety, etc.
Introduction (duration = 5 min)	

<p>General Warm-up (duration = 25 min)</p> <p>Specific Warm-up (duration = 5 min)</p>	
<p>Main Part (duration = 35 min)</p>	
<p>Warm-down (duration = 25 min)</p>	
<p>Conclusion (duration = 15 min)</p>	

NB: Please ensure that you include a rationale for how your practice plan adheres to LTAD principles and why you are choosing the exercises and drills included in the plan.

Rationale for the practice:

Coach Name:

CC#

2.2(b) Emergency Action Plan (EAP)

An Emergency Action Plan (EAP) is a plan designed by coaches to assist them in responding to emergency situations. The idea behind having such a plan prepared in advance is that it will help you respond in a responsible and clear-headed way if an emergency occurs.

An EAP should be prepared for the facility or site where you normally hold activity/practice sessions and for any facility or site where you regularly host competitions.

An EAP can be simple or elaborate should cover the following items:

- 1) Designate in advance who is in charge in the event of an emergency (this may very well be you).
- 2) Have a cell phone or a similar communication devise that works from that location with you and make sure the battery is fully charged.
- 3) Have emergency telephone numbers with you (facility manager, fire, police, ambulance) as well as contact numbers (parents/guardians, next of kin, family doctor) for the participants.
- 4) Have on hand a medical profile for each participant, so that this information can be provided to emergency medical personnel. Include in this profile a signed consent from the parent/guardian to authorize medical treatment in an emergency.
- 5) Prepare directions to provide Emergency Medical Services (EMS) to enable them to reach the site as rapidly as possible. You may want to include information such as the closest major intersection, one way streets, or major landmarks.

- 6) Have a first aid kit accessible and properly stocked at all times, as well as a supply of blankets (all coaches are strongly encouraged to pursue first aid training).
- 7) The ski area should have a snowmobile and appropriate medical transport toboggan available at the trail head to transport injured skiers to an ambulance. The ski area may also have a portable heater available in case the injured person needs to be left on the snow until the Emergency Personnel arrive.
- 8) Designate in advance a “call person” (the person who makes contact with medical authorities and otherwise assists the person in charge). Be sure that your call person can give emergency vehicles precise instructions to reach the ski area, and the snowmobile operator precise directions to where the injured skier is located on the trail system.

When an injury occurs, an EAP should be activated immediately if the injured person:

- is not breathing
- does not have a pulse
- is bleeding profusely
- has impaired consciousness
- has injured the back, neck or head
- has a visible major trauma to a limb

2.2 (b) Sample Emergency Action Plan

Contact Information

Attach the medical profile for each participant and for all members of the coaching staff, as well as sufficient change to make several phone calls if necessary. The EAP should be printed two-sided, on a single sheet of paper.

Emergency phone numbers:

9-1-1 for all emergencies

Cell phone number of coach:

(xxx) xxx-xxxx

Cell phone number of assistant coach:

(xxx) xxx-xxxx

Phone number of home ski area:

(xxx) xxx-xxxx

In-Charge person (1st option):

Suzie Chalmers (coach)

In-Charge person (2nd option):

Joey Lemieux (assistant coach)

In-Charge person (3rd option):

Angela Stevens (parent, nurse, usually on site)

Call person (1st option):

Brad Fontaine (parent, cell xxx-xxxx)

Call person (2nd option):

Sheila Lachance (parent, cell xxx-xxxx)

Call person (3rd option):

Stefano Martinez (parent, cell xxx-xxxx)

Roles and Responsibilities



In-Charge person

- Reduce the risk of further harm to the injured person by securing the area and shelter the injured person from the elements.
- Designate who is in charge of the other participants.
- Protect yourself (wears gloves if he/she is in contact with body fluids such as blood).
- Assess ABCs (checks that airway is clear, breathing is present, a pulse is present, and there is no major bleeding).
- Wait by the injured person until emergency personnel arrive and the injured person is transported.
- Fill in an accident report form.



Call person

- Call for emergency help.
- Arrange for transport by snowmobile/ambulance for emergency personnel and injured skier as appropriate.
- Provide all necessary information to dispatch (e.g. facility location, nature of injury, what, if any, first aid has been done).

- Clear any traffic from the entrance/access to training to site before emergency personnel/vehicles arrive.
- Call the emergency contact person listed on the injured person's medical profile.

Coach Name:

CC#: