Competition-Coaching Introduction L2T

Step 12:

Evaluation

**Reference Material
for Dryland Workshop**

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.

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<u>Table of content</u>

> This section complements the information provided in section 4.4 of your Introduction to Community Coaching Reference Material and section 11 in your Community Coaching Reference Material, and is directed primarily at supporting you in your role as a coach working with children in the Learning to Train stage of development

12.1   Comp-Intro (L2T) Certification Process

The NCCP is a competency-based program. This program trains coaches, and then permits trained coaches to become certified. Certification is based on demonstrating abilities to "do" certain things that are deemed important for meeting the needs of those being coached, thereby creating an environment that will both optimize athletic development and encourage individuals to make a life-time commitment to sport and physical activity.

The Learning to Train (L2T) stage of athlete development is a very important period for developing physical literacy and refining ski skills, as children who do not develop their fundamental motor skills by 12 years of age are unlikely to reach their full potential. Together the L2T and Training to Train (T2T) stages constitute important stages of athletic preparation. It is therefore essential for the children you are coaching that you continue to improve your skills and stay current.

In the NCCP system a coach is described as:

- **In Training** - when the coach has completed some of the required training for a context.

- **Trained** - when the coach has completed all required training for a context.

- **Certified** - when the coach has completed all evaluation requirements for a context.

To achieve _trained_ status coaches must complete both the dryland and on-snow workshops as outlined below.

a. CCI (L2T) Dryland Workshop (19 hrs): This is the third step in the NCCP coach education program. Coaches are taught about developmental age, physical literacy, team building, making ethical decisions, athletic components (aerobic fitness, speed, etc.), nutrition, how to design their own sport program, adventure-based activities (year-round), roller-skiing and planning a practice. Prerequisite: NCCP Community Coaching trained.

b. CCI (L2T) On-Snow Workshop (16,5 hrs): This is the second half of the CCI (L2T) program and the fourth step in the NCCP progression. This workshop is designed to train coaches on team management, supporting athletes at a competition, teaching and learning, equipment selection, ski preparation and how to effectively teach intermediate-level ski technique. Successful completion of the NCCP CCI (L2T) Dryland Workshop is a prerequisite.

To achieve _certified_ status coaches must complete all the steps listed below

1.   Complete practical requirements for L2T (L2T experience form)
2.   Complete other tasks outlined on the L2T Certification Checklist

March 28, 2017

3. Complete the Coaching Association of Canada (CAC) "Making Ethical Decisions"(MED) evaluation for Comp-Int . This component is evaluated online by the CAC.

Standards of evaluations and details of portfolio items to provide:

- CCI Making Ethical Decisions (online)
- Designing a practice plan for L2T athletes / (portfolio details and forms to provide)
- Designing a seasonal training plan for L2T athletes / (portfolio details and forms to provide)
- Delivering an on-snow practice session with L2T athletes / (portfolio details and forms to provide)

NB: only one practice plan is needed and should be the one used for the on-snow practice evaluation

Coaches only need to complete the CCI training steps and become "trained" Competition-intro coaches to be eligible to initiate training in the next step in the NCCP progression: Competition-Introduction advanced

Your Certification Checklist

❑ **CCI-L2T (Dryland) Workshop**

    ✓ Complete the workshop.

❑ **CCI-L2T (On-Snow) Workshop**

    ✓ Complete the workshop.
    ✓ Personal ski technique skills assessed.
    ✓ Ski technique analysis skills assessed.
    ✓ Complete CCI-L2T Certification Test and submit to **Facilitator**.

❑ **Prior to Completing the CCI-L2T Context for Certification**

    ✓ Complete the NCCP CCI-L2T practical experiences and submit the Experience Form to your **Division Office**. Practical experiences include (see Experience Form for details):

- Completing one season of coaching experience (minimum of 40 hours).
- Organizing and leading an overnight, interclub skill development camp.
- Leading a club team to an age-appropriate competition for athletes in the L2T/FUNdamentals stages of development.

    ✓ Design a Seasonal Training Plan for L2T athletes and have it successfully evaluated.

    ✓ Design a Practice Plan for L2T athletes and have it successfully evaluated.

    ✓ Complete the Making Ethical Decisions Online Evaluation.

    ✓ Contact your Division Office to register for a formal observation session with an evaluator:

- Deliver a safe, appropriately structured and organized on-snow practice session with L2T athletes and receive a satisfactory evaluation.

Maintenance of certification policy and professional development

The Coaching Association of Canada and its partners recognize the value of having certified NCCP coaches that are engaged in Professional Development programs which reinforce the values of lifelong learning and sharing amongst the coaching community.

In order for NCCP coaches to maintain their certified status, they will be required to obtain Professional Development (PD) points. PD points can be earned through a multitude of activities including: national and provincial sport organization conferences and workshops, eLearning modules, NCCP workshops, coach mentorship programs, and active coaching.

For more information please see CCC's Maintenance of Certification Policy

12.2 CCI-L2T flowchart

NCCP CCI-L2T Certified

FORMAL EVALUATION:

- ✓ CCI Making Ethical Decisions (online)
- ✓ Designing a practice plan for L2T athletes
- ✓ Designing a seasonal training plan for L2T athletes
- ✓ Delivering an on-snow practice session with L2T athletes

CCI-L2T Experience Form:

- ✓ Complete 40 hours Coaching Experience
- ✓ Organize/lead Skill Development Camp
- ✓ Lead club team at L2T competition

Trained CCI-L2T Coach -

Learning to Train
Males Age: 9 - 12
Females Age: 8 - 11

Learning to Train Workshop (On-Snow)
16.5 hours

In workshop assessment or evaluation:

- ✓ CCI-L2T certification test
- ✓ Personal ski technique skills assessed
- ✓ Ski technique analysis skills assessed

CCI-L2T Coach "in training" -

Learning to Train
Males Age: 9 - 12
Females Age: 8 - 11

Learning to Train Workshop (Dryland)
19 hours

Prerequisite
NCCP Community Coach (CC) Trained

CCI Learning to Train (Dryland) Workshop

Date of Workshop: _____ Location: _____

Facilitator's Name: _____

Please fill in this form and hand it in to the Facilitator before you leave. Your comments are important to the ongoing development of the National Coaching Certification Program.

Please answer the following:

The workshop gave me a better understanding of how to work effectively with parents to help achieve our shared goals.

1	2	3	4	5

Strongly disagree   *Strongly agree*

The workshop provided me with tools to assist me in making developmental, age-appropriate choices with my coaching.

1	2	3	4	5

Strongly disagree   *Strongly agree*

I learned about creating a fun, team-oriented environment that will motivate skiers to achieve their personal goals in sport.

1	2	3	4	5

Strongly disagree   *Strongly agree*

The workshop helped me determine how well my program reflects the guidelines outlined in Cross Country Canada's LTAD model.

1	2	3	4	5

Strongly disagree   *Strongly agree*

Having completed the workshop I can teach my athletes age-appropriate flexibility and strength exercises.

1	2	3	4	5

Strongly disagree   *Strongly agree*

The workshop provided me with information on the nutritional needs of athletes participating in an endurance sport.

1	2	3	4	5

Strongly disagree   *Strongly agree*

I developed a better understanding of how to teach roller skiing to my athletes.

1	2	3	4	5

Strongly disagree   *Strongly agree*

I understand the importance of introducing adventure-based activities into my program.

| 1 | 2 | 3 | 4 | 5 |

Strongly disagree   *Strongly agree*

The workshop taught me how to develop effective and motivational practice sessions.

| 1 | 2 | 3 | 4 | 5 |

Strongly disagree   *Strongly agree*

During this workshop I had several opportunities to exchange with and learn from other coaches.

| 1 | 2 | 3 | 4 | 5 |

Strongly disagree   *Strongly agree*

I found the Workbook and Reference Material to be relevant to my coaching needs.

| 1 | 2 | 3 | 4 | 5 |

Strongly disagree   *Strongly agree*

I would recommend this workshop to other coaches I know.

| 1 | 2 | 3 | 4 | 5 |

Strongly disagree   *Strongly agree*

Please answer the following questions:

What sections of the workshop did you find particularly useful?

_____

_____

_____

_____

Would there be anything you would like to see added to this workshop? If so, what would it be?

_____

_____

_____

_____

Are there any additional comments or suggestions you wish to add?

_____

_____

_____

_____

Thank you for your feedback, and best wishes in your coaching.

12.4   Self Test

The following is your "CCI-L2T (Dryland)" Self Test. Please answer T (true) or F (false) to each of these statements.

1)   Physical literacy should be developed before the onset of the adolescent growth spurt.   T   F

2)   The L2T stage of development is a window of optimal trainability for strength   T   F

3)   Tracking growth before, during and after maturation allows coaches to address the critical periods of physical development (fitness, strength, speed and flexibility) and skill development.   T   F

4)   The five basic elements of training and performance are: T   F
   - ✓   Endurance
   - ✓   Strength
   - ✓   Speed
   - ✓   Skill
   - ✓   Flexibility

5)   The systematic development of self-reliance skills begins during the L2T stage of development.   T   F

6)   A sport program is a planned and progressive sequencing of activities.   T   F

7)   During the L2T stage athletes should be encouraged to take increasingly systematic approach towards the development of their own an fitness.   T   F

8)   The body derives energy from four different fuel systems.   T   F

9)   The "zone 1" level of exercise intensity is too low to have any meaningful training benefit.   T   F

10) When stretching is done incorrectly or at the wrong time it can do more harm than good.   T   F

11) For girls a window of optimal trainability for speed occurs between six and eight years of age.   T   F

12) Fundamental movement skills should be mastered, motor development emphasized and basic cross-country ski skills refined during the L2T stage of development.   T   F

13) Core strength development (abdominal wall and lower back) is important For athletes participating in any activities or sports beginning at the L2T stage.   T   F

14) Skill Development Camps should not be introduced to children before
the end of the L2T stage of development.   T   F

15) Carbohydrate consumption should be avoided before, during and after
long training sessions and competitions.   T   F

16) It is not beneficial to wear eyewear with UV protection during the
Winter months.   T   F

17) Athletes should be introduced to roller skiing during the L2T stage of
development for the purpose of building their upper body strength.   T   F

18) Ski walking is a dryland technique that is used to prepare athletes
For Double Poling during the winter season.   T   F

Answer Sheet

1) Physical literacy should be developed before the onset of the adolescent growth spurt.   **True**

2) The L2T stage of development is a window of optimal trainability for strength.   **False**

3) Tracking growth before, during and after maturation allows coaches to address the critical periods of physical development (fitness, strength, speed and flexibility) and skill development.   **True**

4) The five basic elements of training and performance are: **True**
   - ✓ Endurance
   - ✓ Strength
   - ✓ Speed
   - ✓ Skill
   - ✓ Flexibility

5) The systematic development of self-reliance skills begins during the L2T stage of development.   **False**

6) A sport program is a planned and progressive sequencing of activities.   **True**

7) During the L2T stage athletes should be encouraged to take an increasingly systematic approach towards the development of their own fitness.   **True**

8) The body derives energy from four different fuel systems.   **False**

9) The "zone 1" level of exercise intensity is too low to have any meaningful training benefit.   **False**

10) When stretching is done incorrectly or at the wrong time it can do more harm than good.   **True**

11) For girls a window of optimal trainability for speed occurs between six and eight years of age.   **False**

12) Fundamental movement skills should be mastered, motor development emphasized and basic cross-country ski skills refined during the L2T stage of development.   **False**

13) Core strength development (abdominal wall and lower back) is important for athletes participating in any activities or sports beginning at the L2T stage).   **False**

14) Skill Development Camps should not be introduced to children before the end of the L2T stage of development.   **False**

15) Carbohydrate consumption should be avoided before, during and after long training sessions and competitions.   **False**

16) It is not beneficial to wear eyewear with UV protection during the winter months.   **False**

17) Athletes should be introduced to roller skiing during the L2T stage of development for the purpose of building their upper body strength.   **False**

18) Ski walking is a dryland technique that is used to prepare athletes for Double Poling during the winter season.   **False**

12.5 NCCP CCI-L2T Experience Form

NCCP CC #: _____ **Last Name:** _____

First Name: _____ *Street*: _____

City: _____*Prov.:*_____

Postal Code: _____ **Tel:** _____ **Email:** _____

Date of Birth (d/m/y): _____ ❑ **Male or** ❑ **Female**   ❑ **English or** ❑ **French**

Please check box if the practical experience requirements have been achieved with Para-Nordic athletes: ❑

1. Complete one season of coaching experience (a minimum of 40 hours including preparation time; dryland and on-snow mixed) working with athletes at the L2T stage of development.

   Beginning date: _____ Ending date: _____

   Receive a satisfactory evaluation from a club leader (i.e. Club Head Coach, SDP Programmer) who has gathered comments from skiers and parents involved with the program).

2. Organize and lead an overnight, interclub skill development camp (dryland or on-snow) for athletes in the L2T/FUNdamentals stages of development.

   Date and location of camp: _____

3. Lead a club team to a Regional Cup, Midget Championship or similar age-appropriate competition for athletes in the L2T/FUNdamentals stages of development and provide appropriate waxing support for your athletes.

   Date and location of competition: _____

   Please sign the following statement and have it verified by a leader from your ski club (Head Coach, SDP Programmer, Club Executive):

   I, _____ have completed the NCCP CCI-L2T experience requirements for cross-country skiing.

   _____   _____
   DATE   Signature of Applicant

   I verify that _____ has completed the NCCP CCI-L2T experience requirements for cross-country skiing.

   _____   _____
   DATE   Signature of Club Official

Please forward to your Division Office