



# Competition-Coaching Introduction L2T

## Step 9: Evaluation



**Reference Material  
for On Snow Workshop**





National  
Coaching  
Certification  
Program



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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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This section is a reminder of the information provided in section 12 of your Learning to Train (Dryland) Reference Material. You will also find the evaluation form pertaining to the on CCI-L2T snow workshop you have just completed.

## 9.1 CCI 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](#)

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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.

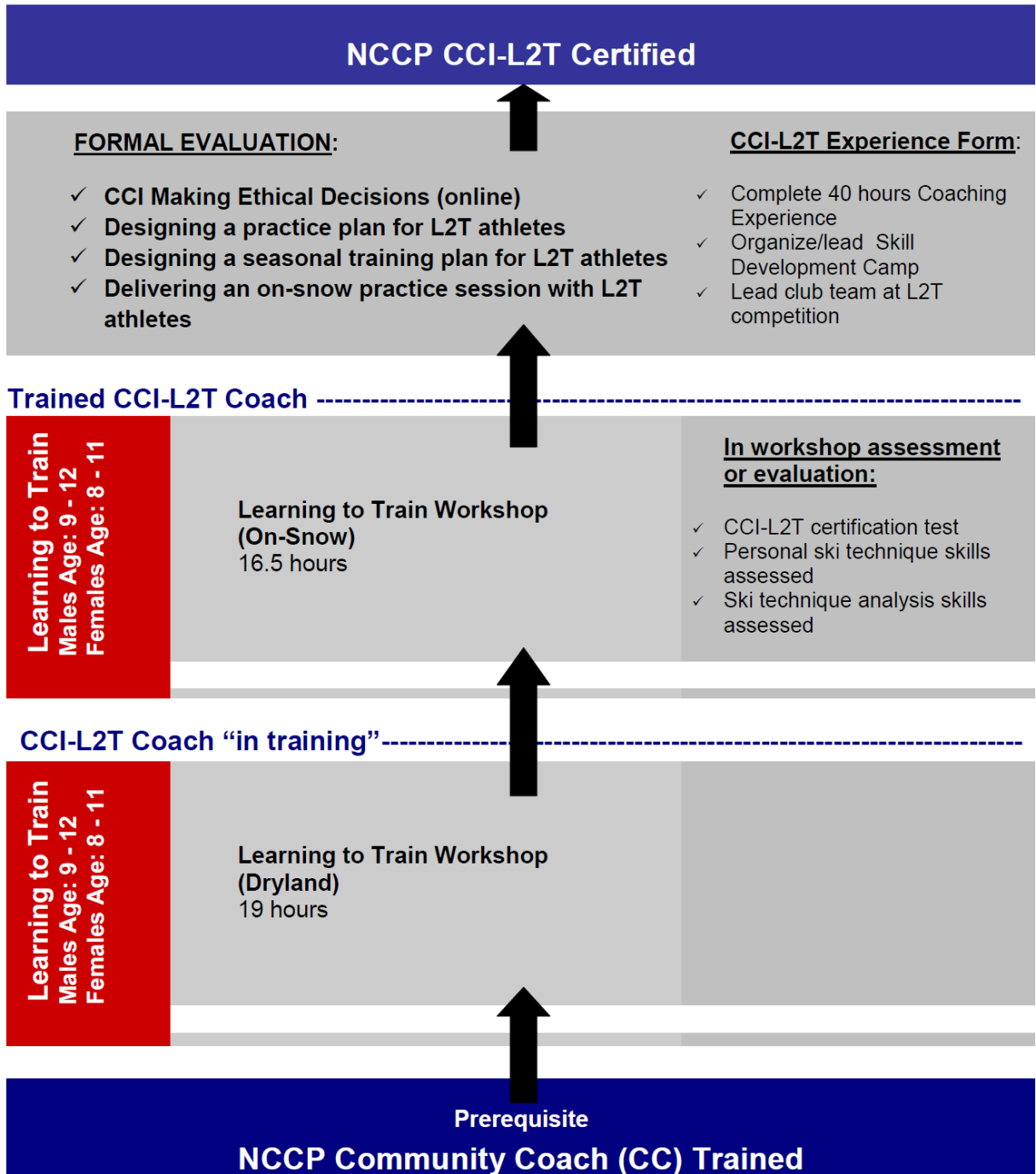
## Maintenance of certification policy and professional development

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](#)

## 9.2 CCI-L2T flowchart





## CCI Learning to Train (On Snow) 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 new ideas about how to recruit children to cross-country skiing.

1 2 3 4 5  
*Strongly disagree* *Strongly agree*

The workshop provided me with new tools to assist me in creating a good team environment for my athletes.

1 2 3 4 5  
*Strongly disagree* *Strongly agree*

I developed an overall understanding of the different learning styles and the implications this has on teaching.

1 2 3 4 5  
*Strongly disagree* *Strongly agree*

I developed a better understanding of how to help the parents of my athletes acquire appropriate ski equipment for the level of program their child is in.

1 2 3 4 5  
*Strongly disagree* *Strongly agree*

I have an improved understanding of the key considerations for the organization and set up of an effective learning environment.

1 2 3 4 5  
*Strongly disagree* *Strongly agree*

I have increased confidence in my ability to effectively analyze and improve my athletes' skating technique.

1 2 3 4 5  
*Strongly disagree* *Strongly agree*

I have increased confidence in my ability to effectively analyze and improve my athletes' downhill technique.

1 2 3 4 5  
*Strongly disagree* *Strongly agree*

I have increased confidence in my ability to effectively analyze and improve my athletes' classic technique.

1 2 3 4 5  
*Strongly disagree* *Strongly agree*





### 9.4 CCI Learning to Train Certification Test

Date of Workshop: \_\_\_\_\_ Location: \_\_\_\_\_

Facilitator's Name: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

The following is your "CCI Learning to Train Certification Test". Please answer T (true), or F (false), to each of these statements:

- |   |   |   |
|---|---|---|
| 1) If you give parents information pertaining to athlete development, they are more likely to interfere with your coaching, so it is recommended that you restrict your communications to administrative information only.                          | T | F |
| 2) Fundamental movement and fundamental sport skills permit a child to move confidently and with control in a wide range of physical activity and sport situations.   | T | F |
| 3) Physical literacy should be developed after the adolescent growth spurt ends.  | T | F |
| 4) Developmental age refers to the number of years and days elapsed since birth.  | T | F |
| 5) "Windows of trainability" are periods of sensitivity to particular emphases of training.   | T | F |
| 6) A sport program is a planned and progressive sequencing of activities. The nature, number, frequency, duration and content of these activities are adapted to the athletes' stage of development, skill level and sport experience.              | T | F |
| 7) During the L2T stage, athletes should be encouraged to take an increasingly systematic approach towards the development of their own fitness. The objective is to establish habits that will lay the groundwork for a healthy, active lifestyle. | T | F |
| 8) A good flexibility program will shorten the length of the muscles, prepare the muscles for intense work and help in recovery.  | T | F |
| 9) For girls, the first speed training window occurs between six and eight years of age.  | T | F |

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- |     |  |   |   |
|-----|--|---|---|
| 10) | Stretching is easy, but when it is done incorrectly or at the wrong time it can do more harm than good.  | T | F |
| 11) | All basic technique skills, both classic and skating, should be refined by the end of the L2T stage of development.  | T | F |
| 12) | Core strength development (abdominal wall and lower back) is important for children participating in any activities or sports beginning at the L2T stage of development. | T | F |
| 13) | Skill development camps should not be introduced to children until after the L2T stage of development.   | T | F |
| 14) | Carbohydrate consumption should be avoided before, during and after long training sessions and competitions.   | T | F |
| 15) | It is not beneficial to wear eyewear with UV protection during the winter months.  | T | F |
| 16) | Athletes should be introduced to roller skiing during the L2T stage of development for the purpose of building their upper body strength.                                | T | F |
| 17) | Ski walking is a dryland technique that is used to imitate the on-snow Uphill Diagonal Stride technique (without the glide).   | T | F |
| 18) | Athletes in the L2T stage of development should rely solely on their coach to prepare their skis both for practices and competitions.                                    | T | F |
| 19) | A good understanding and facilitation of team building concepts will aid in the development of an effective and healthy team environment.                                | T | F |
| 20) | Even though each athlete has a preferred learning style it is best to gear your coaching to the style that represents the majority of the group.                         | T | F |
| 21) | One of the most important goals of the L2T stage of development is for athletes to master all basic ski techniques and become equally proficient in each of them.        | T | F |
| 22) | Athletes should only practise technique in ideal snow and weather conditions.  | T | F |
| 23) | The "gear" analogy for techniques gives an indication of the relative speed of the skier using them.   | T | F |



### 9.5 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**