



Competition-Coaching Introduction Advanced (T2T)

Step 9: Workshop wrap-up and evaluation



**Reference Material
for On Snow Workshop**



PARTNERS IN COACH EDUCATION

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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9.1 CCI Advanced (T2T) 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 Training to Train (T2T) stage of athlete development is the most important stage of athletic preparation. It is therefore essential that you (the coach) continue to improve your skills and stay current.

In the new 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.

- ❑ The CCI Advanced T2T Dryland and T2T On-Snow workshops provide you with the basic training you require in order to coach athletes in the T2T stage of growth and development.
- ❑ When you have completed the T2T (Dryland) workshop you will be designated a CCI Advanced coach “in training”.
- ❑ When you have completed both T2T workshops you will be designated a “trained CCI Advanced coach”.
- ❑ When you have successfully completed the two workshops and the required tasks and evaluations you will be CCI Advanced certified.
- ❑ CCI Advanced trained status is a prerequisite for entry into the next step in the NCCP progression (i.e. attendance at the first Competition Coaching: Development (CCD) workshop).
- ❑ Every step that you complete throughout the CCI Advanced coach pathway will be recorded on the Coaching Association of Canada (CAC) database (the Locker) as part of your coaching record.

- ❑ Your certification status will be valid for a period of five years (starting on the January 1st date following your certification), and can be extended by completing designated development activities, such as additional NCCP training.
- ❑ Your certification status can be revoked if you contravene the CCC Coaches Code of Conduct or NCCP Code of Ethics.

A complete explanation of the CCI Advanced certification process and the forms used in this process are available on the Cross Country Canada website. In addition the following chart identifies the key outcomes and evaluation components which comprise CCI Advanced certification:

Outcomes	Evaluation Components
<p>1. The coach provides an appropriately structured, organized and safe practice session.</p>	<p>a. Planning a Practice. The coach prepares appropriate practice plan for a roller ski session.</p> <p>b. T2T Practice Session. There is a formal observation of the coach implementing structured and organized roller ski session for athletes in the T2T stage of development.</p> <p>c. Risk Management. The coach demonstrates appropriate risk management practices during the above roller ski session.</p> <p>The formal observation is done by a trained Evaluator.</p>
<p>2. The coach analyzes ski technique.</p>	<p>d. Detects Technique Deficiencies. There is a formal observation of the coach working with T2T athlete(s), and correctly identifying aspects of techniques that require improvement.</p> <p>e. Corrects Technique. In the above situation the coach correctly prescribes changes that will result in improvement.</p> <p>The formal observation is done by a trained Evaluator.</p>
<p>3. The coach provides appropriate support to athletes.</p>	<p>f. Training Camps. The coach successfully completes a P/TCE assignment at a Provincial/Territorial Team Camp for athletes in the T2T stage of development and receives a satisfactory evaluation from the head coach.</p>
<p>4. The coach supports athletes at a competition.</p>	<p>g. Competitions. The coach successfully leads a club team to a nationally sanctioned competition (CPL or CSL) such as a Provincial/Territorial Cup where there is a formal observation of the coach coaching athletes in the T2T stage of development.</p> <p>h. Ski Preparation. During the observation session the coach</p>

	<p>demonstrates the ability to provide appropriate waxing support for his/her athletes.</p> <p>The formal observation is done by a trained Evaluator.</p>
<p>5. The coach designs a sport program for athletes in the T2T stage of development.</p>	<p>i. Yearly Training Plan (YTP). The coach develops an appropriate annual training plan for athletes in the T2T stage of development and submits it to the Facilitator/Evaluator to be evaluated.</p> <p>The evaluation is done by a trained Evaluator.</p>
<p>6. The coach has personal ski technique competence.</p>	<p>j. Technique Assessment. The coach demonstrates an intermediate level of technical skill in each of the ski techniques covered in the CCI Advanced (T2T On-Snow) workshop.</p> <p>Note: Coaches with a significant reason for being unable to complete the technical skill requirements have an opportunity to apply for an exemption.</p>
<p>7. The coach has experience coaching athletes in the T2T stage of development.</p>	<p>k. T2T Coaching Experience. The coach completes 60 hours of coaching in one season (dryland and on-snow mixed), working with athletes at the T2T stage of development, and receives satisfactory reviews from the parents and athletes</p>
<p>8. The coach manages a program for T2T athletes.</p>	<p>l. Managing a Program. The coach successfully demonstrates that they can manage a program for T2T athletes.</p> <p>The evaluation is done by a trained Evaluator.</p>

Your Certification Checklist

❑ CCI Advanced (T2T) Dryland Workshop

- ✓ Complete the workshop.
- ✓ Teaching skills assessed during a roller ski practice session.
- ✓ Ski technique analysis skills assessed.

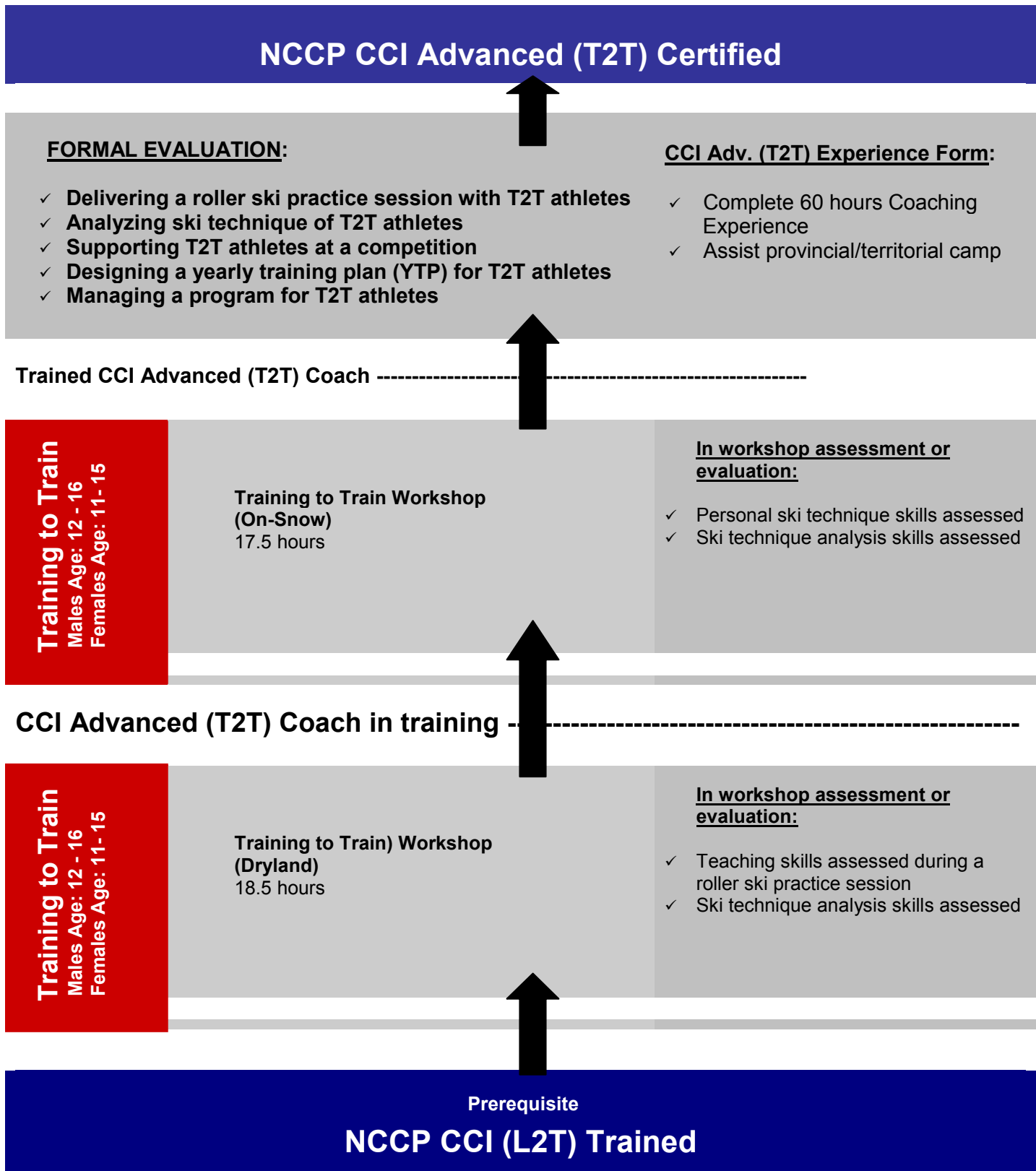
❑ CCI Advanced (T2T) On-Snow Workshop

- ✓ Complete the workshop.
- ✓ Personal ski technique skills assessed.
- ✓ Ski technique analysis skills assessed.

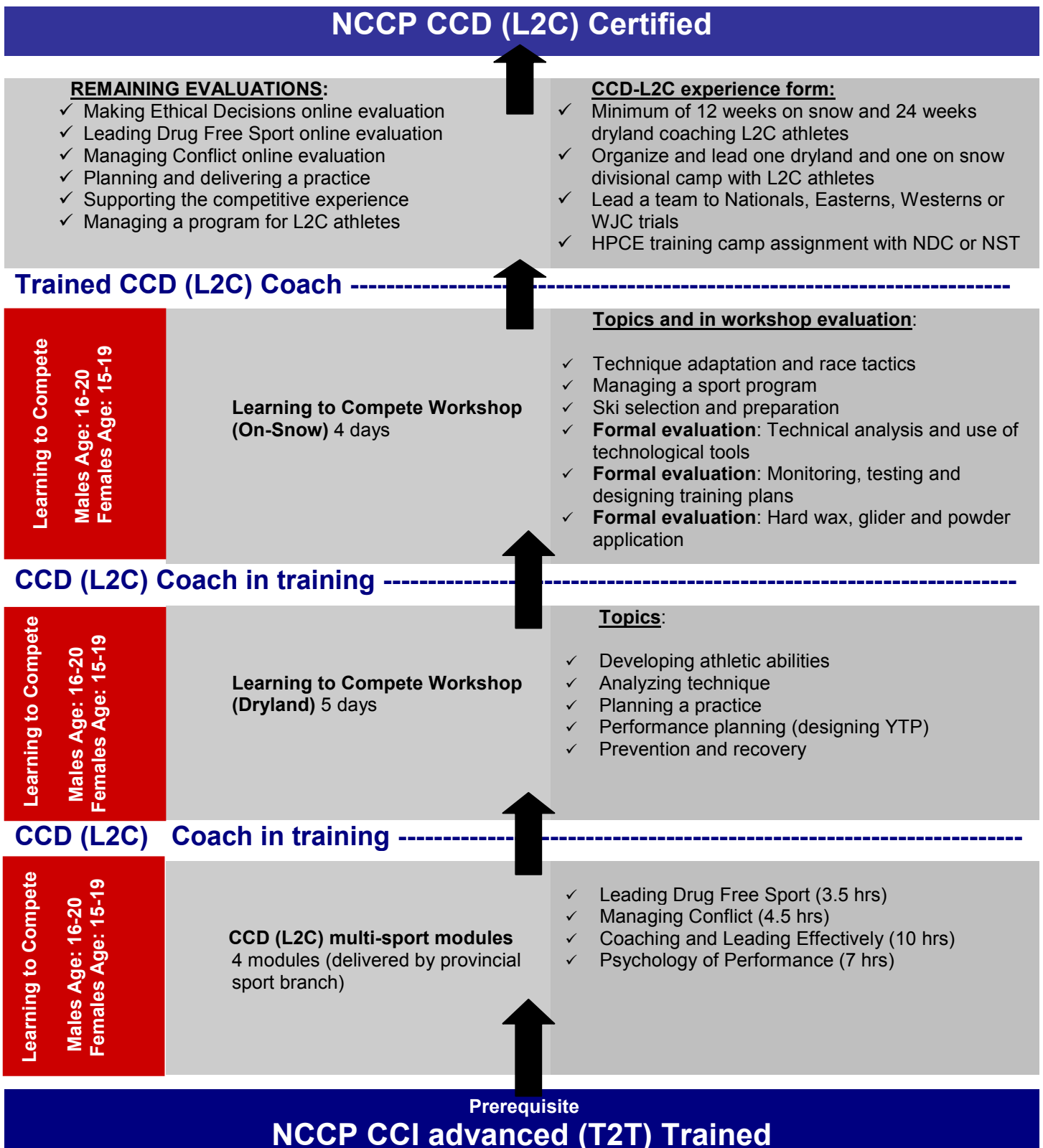
❑ Prior to completing the CCI Advanced (T2T) Context for Certification

- ✓ Complete the NCCP CCI Advanced (T2T) 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 60 hours).
 - Assisting a provincial/territorial team at a training camp.
- ✓ Complete the tasks for Managing a Program and have it successfully evaluated.
- ✓ Design a Yearly Training Plan (YTP) for T2T athletes and have it successfully evaluated.
- ✓ Contact your division office to register for a formal observation session with an evaluator:
 - Coaching a roller ski practice session with T2T athletes and receiving a satisfactory evaluation.
 - Analyzing the ski technique of T2T athletes and receiving a satisfactory evaluation.
 - Supporting T2T athletes at a competition and receiving a satisfactory evaluation.

9.2 CCI Advanced (T2T) Coach Pathway



CCD-L2C Coach Pathway



9.3 Workshop Evaluation Form



CCI Training 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 provided me with information on wax testing protocols (glide and grip) that are appropriate for supporting my athletes at national-level (CPL) competitions.**

1 2 3 4 5

Strongly disagree *Strongly agree*

- I have increased confidence in my ability to apply grip wax to support my athletes at a CPL-level competition.**

1 2 3 4 5

Strongly disagree *Strongly agree*

- I developed a better understanding of how to teach basic mental skills to my athletes.**

1 2 3 4 5

Strongly disagree *Strongly agree*

- I learned more about how to organize and deliver a safe, effective camp for athletes in the T2T stage of development.**

1 2 3 4 5

Strongly disagree *Strongly agree*

- I have a better understanding of the competition rules and regulations for the sport of cross-country skiing.**

1 2 3 4 5

Strongly disagree *Strongly agree*

- I developed more confidence in developing an effective competition plan for a team of athletes in the T2T stage of development.**

1 2 3 4 5

Strongly disagree *Strongly agree*

- I have a better understanding of national and international ranking systems and team selection processes.**

1 2 3 4 5

Strongly disagree *Strongly agree*

- I feel more competent in efficiently analyzing and improving my athletes' classic technique.**

1 2 3 4 5

Strongly disagree *Strongly agree*

- I feel more competent in efficiently analyzing and improving my athletes' skating technique.**

1 2 3 4 5

March 9, 2015

Strongly disagree

Strongly agree

I feel more competent in efficiently analyzing and improving my athletes' downhill technique.

1 2 3 4 5

Strongly disagree

Strongly agree

Having completed the workshop, I have increased confidence in my ability to lead an effective on-snow practice session to athletes in the T2T stage of development.

1 2 3 4 5

Strongly disagree

Strongly agree

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 found the Learning Facilitator motivating and encouraging.

1 2 3 4 5

Strongly disagree

Strongly agree

I thought the Learning Facilitator used a good balance of instructing, moderating and guiding to provide an ideal learning environment.

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.



9.4 NCCP CCI-T2T Experience Form

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

First Name: _____ **Street:** _____

City: _____ **Prov.:** _____

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

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

- 1. Complete one season of coaching experience (a minimum of 60 hours including preparation time; dryland and on-snow mixed) working with athletes at the T2T stage of development.

Beginning date: _____ Ending date: _____

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

- 2. Assist a provincial/territorial team at a training camp that includes athletes in the T2T stage of development and receive a satisfactory evaluation from the Head Coach (P/TCE Assignment).

Date and location of camp: _____

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-T2T experience requirements for cross-country skiing.

Date Signature of Applicant

I verify that _____ has completed the NCCP CCI-T2T experience requirements for cross-country skiing.

Date Signature of Club Official

Please forward to your Division Office