

Coaching for parents

How to better support your children skiers

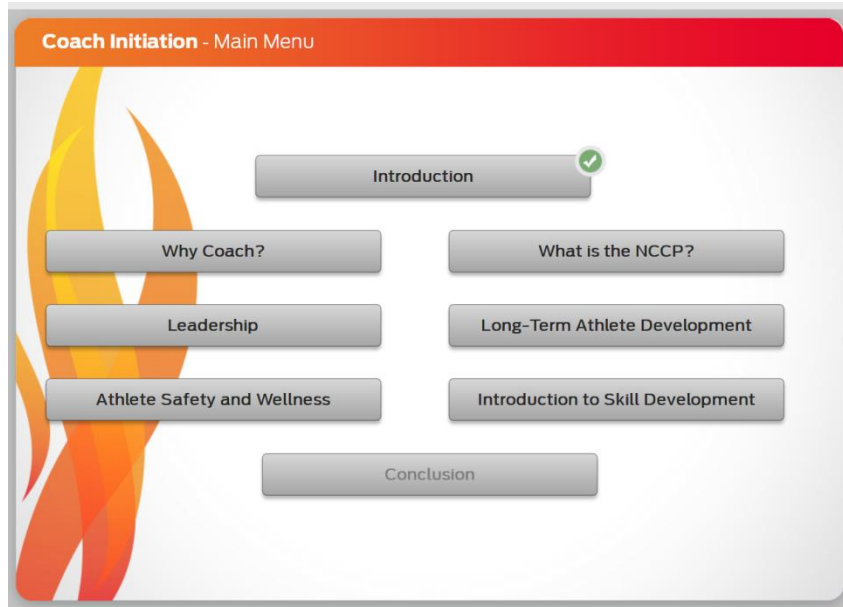


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Your parent role

- **Many questions arise from parents who are new to cross-country skiing as well as for many of the seasoned veterans. The simple fact that you have enrolled your child in a ski program is testament to the intention of contributing to their development.**
- **Parents may not realize how their support can enhance their child's skiing experience and few may know where to solicit support and information, whether you only wish for your young skier to have fun outdoors in winter or to establish a foundation for your developing athlete.**

- **Cross-Country Canada in partnership with the Coaching Association of Canada, has established an easily accessible coaching development pathway that all cross-country ski coaches must follow.**
- **The starting point is a combination of two online learning courses that can be done from anywhere at the learner's own pace.**



Benefits of Intro to Community Coaching training for parents

While these courses were specifically developed for aspiring community coaches, many parents (coaches or not) have expressed how useful and valuable taking this training has been for them.

Parents of young skiers inevitably become the coach's assistants!



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Please consider the following benefits of taking CCC's two step Intro to Community Coaching training

- **Getting a clear understanding of the content and progression of the Skill Development Program for Children (*you've signed your kids up; now do you know what they are supposed to be doing?*)**
- **Enabling yourself to better interact with coaches and the club (*you are going to have questions about the programs and services.*)**
- **Increasing your confidence in the professional aptitudes and responsibility of the coaches (*what are the expectations of those to whom you've conferred your child?*)**
- **Building an understanding of how to best support your budding cross-country skier (*what can you do to help them love the sport?*)**
- **Understanding your child's equipment needs and how to maintain it (*if you are to expect kids to have fun, they need to be appropriately dressed and equipped.*)**

Benefits (continued)...

- Contributing to a healthier cross-country ski culture beyond club practices *(you'll be better aligned with the coaches' messages and lessons.)*
- Acting as an ambassador for the sport *(greater knowledge and awareness helps us in promoting the passion with others.)*
- Understanding the greater world of cross-country skiing that exists beyond the immediate club *(there are many levels of support that may not be evident and with which you may eventually wish to reach out to.)*
- Discovering a latent desire *(who knows, you might want to become a coach yourself!)*
- *And as a bonus, all learners completing CCC's Intro to Community Coach training will have access to the upcoming (November 2018) elearning ski waxing clinic, for free!*

How to get started

For step by step guidelines of how to sign up for the "Introduction to Community Coaching" elearning training, please consult the following guide: [ICC elearning step by step](#)

Or visit: <http://www.cccski.com/Programs/Coaching-Development/New-Introduction-to-Community-Coaching-e-learning-.aspx>

Registration fees:

- 1- CAC's Coaching Initiation in Sport: \$15 (takes about 1 hour)
- 2- CCC's Intro. to Community Coaching: \$52 (takes 4 to 5 hours)

NB: you can take a pause and exit training at any time and continue where you last left off for both these modules.

THANK YOU!



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