



## CKO Sprint's Coach Education - 2020

### NCCP Competition Introduction Canoe Kayak Coach

The Competition Introduction Coaching Course is the first step to coaching in the competitive stream. This Core Training Course includes the practical and theoretical components of coaching sprint Canoe and Kayak. Coach candidates will learn how to effectively plan a safe and effective weekly program as well as run safe individual practices designed specifically for learn to train and train to train athletes. Coaches will gain a greater appreciation of athlete energy systems, and work to develop their ability to analyze technique for this stage of athlete.

This course will be offered in a blended learning format for the 2020 season. Coach candidates will experience an enhanced learning experience, starting with some individual pre-course tasks to ensure readiness for the course. These tasks will be available to fully registered coach candidates on May 25<sup>th</sup>, and due for submission on June 4.

The online component of the course will take place on June 9, 11, 16, 18 and July 22. In this live, NCCP Learning Facilitator led, interactive course, you will be required to communicate and complete group work with other coaches. You must have your own computer with a headset containing a built-in microphone. Tablets and cellphones will NOT work.

Following the June 18<sup>th</sup> session, coach candidates will enter the third portion of the course. This will involve each coach fulfilling a set of practical tasks that will take place at their own Canoe Club. These tasks will allow the coach candidate to practice the skills that will be required during the Coach Evaluation. Competency in these tasks will be signed off by the Club Head Coach or a designate approved by the Learning Facilitator.

The July 22 online session will support the coach around their specific needs, and to answer any questions the coach candidate may have prior to the Evaluation.

After the July online session, the coach candidate will then arrange their practical Evaluation. Submission of the Coach Portfolio (EAP, Weekly plan, and Practice Plan) must be complete and submitted to the Learning Facilitator prior to arranging the Practical Evaluation.

Multi-Sport Modules – Available at <https://www.coachesontario.ca/>

### Required for Certification

- NCCP Planning a Practice (Pre-Course): This module consists of two components; a free Emergency Action Plan eLearning activity, and a delivered module.
- NCCP Making Ethical Decisions
- NCCP Teaching & Learning
- NCCP Sport Nutrition

### Strongly Suggested

- NCCP Safe Sport

### Important Dates



## CANOE KAYAK ONTARIO SPRINT

- Registration Deadline – May 29th
- Course Materials uploaded/posted – May 25
- Pre-course assignments due for formative evaluation – June 5
- Online Modules
  - Tue June 9 – 1 hour (7-8 pm)
  - Thur June 11 – 2 hours (7-9 pm)
  - Tue June 16 – 2 hours (7-9 pm)
  - Thur June 18 – 2 hours (7-9 pm)
  - Wed July 22 – 1 hour (7-8 pm)
- Post Course Practical Tasks signed off (Head Coach) – Prior to July 22
- Coach is Evaluated by Certified Evaluator – TBA.
- Portfolio (EAP, Week plan, Practice Plan) to be submitted 1 week before evaluation date

### NCCP Community Canoe-Kayak Coach

The Community Coach course is a training opportunity designed for coaches who are teaching paddling basics to entry level, non-competitive paddlers in a Canoe Kids summer program. The Community Coach training will focus on coaching canoe kayak in the Fundamentals stage of long-term athlete development.

In this live, NCCP Learning Facilitator led, interactive course, you will be required to communicate and complete group work with other coaches. You must have your own computer with a headset containing a built-in microphone. Tablets and cellphones will NOT work.

The online course will take place on June 1, 2 and 4.

Required Multi-Sport Modules – Available at <https://www.coachesontario.ca/>

- NCCP Making Ethical Decisions

### Important Dates:

- Registration Deadline – May 29
- Course Materials uploaded/posted – May 25
- Online Modules
  - Mon June 1 – 1 hour (7-8 pm)
  - Tue June 2 – 2 hours (7-9 pm)
  - Thur June 4 – 2 hours (7-9 pm)

For additional information please contact CKO Sprint's Technical Director, Ryan Blair at [ryan@ckosprint.ca](mailto:ryan@ckosprint.ca).