

# SPRINT COMPETITION DEVELOPMENT COACH

## APPLICATION

TRAINED  
SPRINT COMPETITION  
DEVELOPMENT COACH

(A)

OR

SENIOR NATIONAL TEAM ALUMNI

(B)

## TRAINING PATHWAY

### PTCR DELIVERED WORKSHOPS

- Developing Athletic Abilities
- Advanced Practice Planning
- Coaching and Leading Effectively
- Psychology of Performance
- Locker ELearning Leading Drug Free Sport
- Managing Conflict
- Make Ethical Decisions

(1)

### CKC DELIVERED WORKSHOPS

- Analyze Performance
- Manage a Sport Program
- Performance Planning
- Tapering and Peaking
- Monitoring Performance
- Prevention and Recovery

(2)

## CERTIFICATION PATHWAY

### LOCKER EVALUATIONS

- Make Ethical Decisions
- Managing Conflict
- Leading Drug Free Sport

(1)

### PORTFOLIO EVALUATION

- Annual Training Plan
- Mesocycle , 4 microcycles, Tapering
- Practice Plan & Warm-up Plan
- Performance Monitoring Plan
- Coaching Philosophy

(2)

### TRAINING EVALUATION

- Coaching athletes at your club or training camp

(3)

### COMPETITION EVALUATION

- Coaching athletes at a team trials, provincial or national championships

(4)