

# Athletics Canada Competition Development (replaces Old Level 3)

## Important Information

### Context Description:

- Targeted at coaches who are working or will be working with athletes who are competing at the national level and beyond.
- Coaches in this context are those coaches whose athletes are competing at national juniors, national seniors, Canada and Western Canada Summer Games as well as intercollegiate sport in Canada and abroad.
- Completion of certification at the Competition Development replaces the Old NCCP Level 3 program and as such, certification at Competition Development will be the minimum certification requirement for any coach to be named to a national team (once the transition to the New NCCP is complete).
- Coaches will select an event group to specialize in (sprints/hurdles, endurance, jumps, throws, wheelchair racing/throwing)

### Prerequisite:

- Coaches should be certified at Level 2 in the Old NCCP  
OR
- Club Coach trained
- Coaches without the prerequisite certification will be considered on a case by case basis in consultation with their respective provincial branch.

### How the course works:

- Offered once a year at the same time every year; this will insure consistent, ongoing coaching education at this level.
- Three parts
  - Generic theory modules through province
  - Sport specific workshops (classroom sessions and a training camp)
  - Evaluation
- For the pilot year the classroom session workshop will occur in conjunction with the Athletics Canada technical congress in November and a weekend training camp will follow in December.
- Athletics Canada will work with the branches to determine if additional or less frequent Competition Development courses are needed and will work to meet national needs as required
- The workshop will be taught by Athletics Canada Event Group Leaders, National Team Coaches and national office staff.

### 2009 Dates

#### Weekend 1: November 13 and 14 in Vancouver, BC.

- Coaches will need to arrive on November 12 as we will begin at 9am on November 13.
- Weekend 1 is for coaches only
- The Athletics Canada Technical Congress will begin the evening of November 14. Coaches will be responsible for covering the costs of their own travel and accommodation. Hotel reservation information will follow shortly.

#### Weekend 2: December 11-14 in Ottawa, ON.

- Coaches will need to arrive on December 10 as we will begin the morning of December 11. Accommodation information will follow shortly. Coaches will be responsible for covering the costs of their own travel and accommodation, but a block of rooms will be set aside for us.
- Coaches are encouraged to bring up to two athletes with them to participate in the practical sessions

**Course Fee:** There is no fee for the pilot year; however, coaches are responsible for their own travel and accommodations.

**To Register:** Email the Registration Form to Donna Kaye ([dkaye@athletics.ca](mailto:dkaye@athletics.ca)). Email or call Donna at 204 471-4883 with questions or concerns

**Registration Deadline: October 16, 2009**

**NOTE:** Course registration will be limited to 40 coaches and 80 athletes (athletes at the December camp portion only).

# ATHLETICS CANADA COMPETITION DEVELOPMENT COURSE OUTLINE

## Part 1: Theory

Coaches must complete four generic theory modules through the provincial organization that is responsible for coaching education. These modules are generic sport modules and coaches from all sports will be in attendance. These courses are modular and are offered individually. There are home study options available for each of the modules below. The four required for Athletics coaches are:

- Coaching and Leading Effectively (10 hours, 1.5 days)
- Leading Drug Free Sport (3.5 hours)
- Managing Conflict (4 hours)
- Performance Psychology (7 hours)

Athletics coaches **ARE NOT** required to take Developing Athletic Abilities or Prevention and Recovery as these have been integrated into the Athletics specific workshops.

These modules **DO NOT** have to be completed before a coach attends the sport specific parts of the workshop, but they will have to be completed in order for a coach to complete the certification process. These elements can be completed at any time and are already being offered in all provinces. For information on attending a course or completing the modules by home study, contact the provincial organization responsible for coaching education in your province.

## Part 2: Sport Specific

- The sport specific element will be offered in two parts. **Coaches will need to attend both segments in the same year.**
- The first part is a two –day workshop that precedes the Athletics Canada Technical Congress, in Vancouver, BC in 2009. This section will cover energy systems, program planning (periodization, testing, peaking and tapering), practice planning (event audits, motor learning and practice alignment with seasonal plan) and sport program management. Coaches will be required to bring their own seasonal/yearly plan and their own practices from each phase of training with them.
- The second element is a weekend training camp. This section will be hosted at the Louis Riel Dome in Ottawa. The focus of the training camp weekend will be on the practical application of planning concepts discussed in weekend one as well as on analyzing performance (event technical models, biomechanics, race/event modelling, filming and technology), event specific strength programming and prevention and recovery techniques. Coaches are encouraged to bring athletes with them to the camp so that the coach has a familiar group to work with during the practical coaching sessions.
- The workshops will be taught by Athletics Canada Event Group Leaders, National Team Coaches and national office staff.
- NOTE: For the pilot year, the Competition Development Course for Athletics will be available in English only. Once the course has been finalized the material will be translated and offered in French as well.

## Part 3: Evaluation

To achieve certification a coach will need to successfully complete the evaluation process. The evaluation for Competition Development will require the coach to submit a portfolio and be observed in practice and competition. The specifics of the evaluation process have not yet been determined but this information will be available at the first pilot weekend.