

# Calling All Coaches!



National  
Coaching  
Certification  
Program

## NCCP MULTI-SPORT COMPETITION MODULES 2011 Fall Schedule

Becoming a Coach or Becoming a Better Coach ...

By learning how to become a coach, you can provide a positive experience for others and for yourself. Coaches represent many different roles to many different people. Coaches are viewed as teachers, mentors, role models, friends, and as leaders in the community. Coaches contribute to the community, have an enormous effect on the development of our youth, and participate in a great learning experience.

You may select from a range of coaching pathways in your journey to **become a certified coach**. Various coach training streams and contexts are a part of the new NCCP structure to better meet the participant's needs.

Refer below...

### National Coaching Certification Program

#### STRUCTURE

Streams:	Community Sport	Competition	Instruction
Contexts:	Initiation to Sport Ongoing Participation	Introduction Development High Performance	For Beginners For Intermediate For Advanced

### Provincial Sport Associations

Alpine Ski	(403) 609-4730
Archery	(780) 460-9622
Athletics	(780) 427-8792
Badminton	(403) 297-2722
Baseball	(780) 427-8943
Basketball	(780) 427-9044
Baton Twirling	(780) 415-0144
Biathlon Ski	(403) 202-6548
Bicycle	(780) 427-6352
Blind Sports	(403) 262-5332
Bobsleigh	(403) 297-2721
Bowling	(780) 422-8251
Boxing	(780) 427-6515
Broomball	(780) 427-6537
Canoe (Sprint)	(780) 422-3013
Canoe (Whitewater)	(780) 427-6717
Cricket	(780) 461-1361
Cricket Schools	(780) 438-0460
Cross Country Ski	(780) 415-1738
Curling	(780) 427-7670
Disabled Skiers	(780) 427-8104
Diving	(780) 414-1247
Equestrian	(403) 253-4411
Fencing	(780) 427-9474
Field Hockey	(403) 670-0014
Figure Skating	(780) 415-0465
Football	(780) 427-8108
Freestyle Ski	(403) 297-2718
Golf	(403) 236-4616
Gymnastics	(403) 259-5500
Handball	(780) 487-4424
Hockey	(403) 342-6777
Judo	(780) 427-8379
Karate	(780) 432-3672
Lacrosse	(780) 422-0030
Lawn Bowling	(780) 427-8119
Luge	(403) 297-2726
Netball	(403) 966-8041
Orienteering	(403) 697-5750
Parachuting	(780) 438-1403
Racquetball	(780) 918-5332
Rhythmic Gymnastics	(780) 427-8152
Ringette	(780) 415-1750
Rowing	(780) 427-8154
Rugby	(780) 415-1773
Sailing	(403) 617-9092
Shooting Sports	(780) 415-1775
Ski Jumping & Nordic	(403) 247-5960
Soccer	(780) 474-2200
Softball	(780) 461-7735
Special Olympics	(780) 415-0719
Speed Skating	(403) 220-7911
Sport Medicine (SMCA)	(780) 415-0812
Squash	(403) 270-7344
Swimming	(780) 415-1780
Synchro Swim	(780) 415-1789
Table Tennis	(780) 427-8588
Tennis	(780) 415-1661
Tae Kwon Do	(780) 443-2295
Team Handball	(780) 415-2666
Triathlon	(780) 427-8616
Volleyball	(780) 415-1703
Water Polo	(403) 475-6747
Water Ski	(780) 415-0088
Weightlifting	(780) 450-0408
Wheelchair Sports	(780) 427-8699

For details on sport specific coaching courses, please contact your respective provincial sport association at the number to the right or at <http://www.asrpf.ca/sport/provincial-sport-recreation-associations.aspx>

For further information on the **Courses** or information on **Hosting a Course**, please call Susan Jackson at (780) 422-8294 or email at [susan.j.jackson@gov.ab.ca](mailto:susan.j.jackson@gov.ab.ca)

Call toll free through the Service Alberta Operator at 310-0000 and then dial (780) 422-8294

Please note the deadlines for applying to host a course are:

**Spring & Summer** (April - August) - February 15

**Fall** (September - December) - July 15

**Winter** (January - March) - November 15

For more information, please visit our web site at:

[www.asrpf.ca](http://www.asrpf.ca)

Government  
of Alberta



Alberta

Freedom To Create. Spirit To Achieve.

Created July 2011

# NCCP COURSES

## 2011 Fall Schedule

### COMPETITION - INTRODUCTION PART A COURSES

The PART A course includes the following modules:

- ✓ Make Ethical Decisions (3.5 hours)
- ✓ Planning a Practice (6.25 hours)
- ✓ Nutrition (1.25 hours)

#### **Airdrie**

Dates: November 7, 14, 21 & 28

Times: Monday Evenings  
6:30pm - 9:45pm

Location: RVS Community Learning

Contact: (403) 945-4114

#### **Calgary**

Dates: September 24 - 25

Times: 9:00am - 5:00pm

Location: University of Calgary (NCI)

Contact: (403) 220-8197

Dates: December 3 - 4

Times: 9:00am - 5:00pm

Location: University of Calgary (NCI)

Contact: (403) 220-8197

#### **Edmonton**

Dates: October 1 - 2

Times: 8:30am - 4:30pm

Location: Percy Page Centre

Contact: (403) 220-8197

Dates: December 3 - 4

Times: 8:30am - 4:30pm

Location: Percy Page Centre

Contact: (403) 220-8197

#### **Grande Prairie**

Dates: October 28 - 29

Times: October 28: 6:00pm - 9:00pm

October 29: 9:00am - 6:00pm

Location: Grande Prairie Regional College

Contact: (780) 539-2816

#### **Lethbridge**

Dates: October 1 - 2

Times: 9:00am - 5:00pm

Location: Lethbridge College

Contact: (403) 320-3323

### COMPETITION - INTRODUCTION PART A COURSES con't

#### **Olds**

Dates: September 10 - 11

Times: 9:00am - 5:00pm

Location: Olds College

Contact: (403) 507-7781

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### MAKE ETHICAL DECISIONS MODULE

#### **Medicine Hat**

Dates: November 26

Times: Saturday

9:00am - 12:30pm

Location: Medicine Hat College

Contact: (403) 529-3844

If your sport/club has an interest in hosting either the Make Ethical Decisions or Design a Sport Program as a stand alone course, please contact Susan Jackson by email at [susan.j.jackson@gov.ab.ca](mailto:susan.j.jackson@gov.ab.ca) or by phone at (780) 422-8294



### **Sport Leadership sportif Conference**

*Inspiration \* Discovery \* Connections \* Reflection*

Join the Coaching Association of Canada in Toronto from November 10-12, 2011 for an electric gathering of the most innovative minds in sport at the 2011 Sport Leadership sportif conference.

These progressive speakers will challenge how you think, and inspire you for the year ahead!

- Don Shula
- Frank Dick, OBE
- Lieutenant-Colonel Angelo Caravaggio, PhD

**PLUS!** An evening of celebration and inspiration recognizing the accomplishments of Canada's top coaches - the Sport Leadership Awards ceremony.

For more information, please visit:

<http://www.sportleadershipsportif.ca/>

### COMPETITION - INTRODUCTION PART B COURSES

The PART B course includes the following modules:

- ✓ Design a Sport Program (4 hours)
- ✓ Teaching and Learning (6.5 hours)
- ✓ Basic Mental Skills (3 hours)

#### **Calgary**

Dates: October 15 - 16

Times: 9:00am - 5:00pm

Location: University of Calgary (NCI)

Contact: (403) 220-8197

Dates: December 10 - 11

Times: 9:00am - 5:00pm

Location: University of Calgary (NCI)

Contact: (403) 220-8197

#### **Edmonton**

Dates: November 26 - 27

Times: 8:30am - 4:30pm

Location: Percy Page Centre

Contact: (403) 220-8197

#### **Grande Prairie**

Dates: November 18 - 19

Times: November 18: 6:00pm - 9:00pm

November 19: 9:00am - 6:00pm

Location: Grande Prairie Regional College

Contact: (780) 539-2816

#### **Lethbridge**

Dates: October 29 - 30

Times: 9:00am - 5:00pm

Location: Lethbridge College

Contact: (403) 320-3323

*To register for the above listed courses please phone the contact number directly.*

# NCCP COURSES

## 2011 Fall Schedule

### FUNDAMENTAL MOVEMENT SKILLS

Based on the *Canadian Sport for Life* model of long-term athlete development, this NCCP workshop explores the themes of fair play, safety responsibility, and communication. The participants will be introduced to an innovative process that will help them teach Fundamental Movement Skills (FMS) like throwing, hopping, jumping, kicking, striking, balancing, catching and agility to children.

### COMMUNITY LEADER COURSE

An 8-hour workshop for:

- Recreation professionals working with young children
- Daycare professionals
- Sport Camp Leaders

### **Calgary**

Dates: Saturday, November 26  
Times: 8:30am - 5:30pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

### COACH PROFESSIONAL DEVELOPMENT COURSE

A 3-hour workshop that focuses on the identification and improvement of fundamental movement skills that are the foundation of solid sport specific skills for:

- Coaches and Instructors with previous NCCP training or certification

### **Calgary**

Dates: Wednesday, October 12  
Times: 6:00pm - 9:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: Monday, December 12  
Times: 6:00pm - 9:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

### COMPETITION - DEVELOPMENT

As of April 1, 2009, Theory Level 3 is no longer delivered.

The replacement for this course in the new NCCP structure is Competition - Development as outlined below:

- ◆ Developing Athletic Abilities
- ◆ Prevention and Recovery
- ◆ Managing Conflict
- ◆ Leading Drug Free Sport
- ◆ Coaching and Leading Effectively
- ◆ Psychology of Performance

For a detailed description of each Competition - Development module, please refer to last page of this newsletter

### **PLEASE NOTE!!**

Coaches beginning training in the NCCP Competition - Development context must **FIRST** complete training and/or evaluation of the following modules in the NCCP:

- \* Planning a Practice;
- \* Design a Basic Sport Program; and
- \* Make Ethical Decisions

These three modules serve as a necessary foundation for the additional modules in this context.

### NCI ADVANCED COACHING DIPLOMA

The NCI Advanced Coaching Diploma provides flexibility for the active coach with a busy schedule. The diploma is available in a two year, part-time program, but may be obtained in more or less time depending on the NCI; various delivery schedules are available. For more information about the program, please contact:

NCI - Calgary  
Canadian Sport Centre Calgary  
[www.canadiansportcentre.com/coaching/about.php](http://www.canadiansportcentre.com/coaching/about.php)

Director: Jason Sjoström  
(403) 220-8197  
[sjostro@ucalgary.ca](mailto:sjostro@ucalgary.ca)

### COMPETITION - DEVELOPMENT MODULES

### **Calgary**

Location: University of Calgary (NCI)  
Contact: (403) 220-8197

### **Prevention and Recovery**

Dates: Saturday, October 1  
9:00am - 5:00pm

### **Psychology of Performance**

Dates: Sunday, October 2  
9:00am - 5:00pm

### **Coaching and Leading Effectively**

Dates: Saturday, October 22  
9:00am - 4:00pm  
Sunday, October 23  
9:00am - 2:00pm

### **Managing Conflict**

Dates: Saturday, October 29  
9:00am - 2:00pm

### **Leading Drug Free Sport**

Dates: Saturday, October 29  
3:00pm - 7:00pm

### **Developing Athletic Abilities**

Dates: Saturday, November 5  
9:00am - 5:00pm  
Sunday, November 6  
9:00am - 12:00pm

### **Edmonton**

Location: Percy Page Centre  
Contact: (403) 220-8197

### **Developing Athletic Abilities**

Dates: Saturday, September 24  
8:30am - 4:30pm  
Sunday, September 25  
8:30am - 11:30am

### **Managing Conflict**

Dates: Sunday, September 25  
12:00pm - 4:30pm

### **Psychology of Performance**

Dates: Saturday, November 19  
8:30am - 4:30pm

### **Prevention and Recovery**

Dates: Sunday, November 20  
8:30am - 4:30pm

*To register for the above listed courses please phone the contact number directly.*

## COACH AND OFFICIAL INITIATIVES

The Coach and Official Initiatives provides opportunities to further coaching and officiating development in Alberta. These initiatives parallel the priorities identified in both the Alberta Sport Plan and the Federal-Provincial/Territorial Priorities for Collaborative Action that was developed as part of the Canadian Sport Policy. The coaching and officiating initiatives are:

### ABOVE AND BEYOND

The **Above and Beyond** grant provides support to coaches and officials to pursue coach education or development opportunities. Specifically, this is intended for coaches and officials that are in a unique situation (apprenticing, geographically isolated, disadvantaged) and that are experiencing extraordinary circumstances.

### VISITATION

The **Visitation** grant provides support to Provincial Associations and their clubs to offset travel and accommodation costs to host an out of province or out of country coach or official.

Application deadlines for the above two grants are  
**May 15 and October 15**

### ALBERTA COACH EDUCATION VOUCHER

The Alberta Coach Education Voucher opportunity is offered through the partnership with the ASRPWF and the Alberta Schools' Athletic Association. The focus is to support and encourage high school teacher/coaches and physical educators to pursue NCCP certification by providing them with a voucher to be used towards an NCCP course.

Please contact ASAA for more details at <http://www.asaa.ca/new/coachresources.php>

For more information on these initiatives, please visit our web site at:  
<http://www.asrpwf.ca/grant-funding-programs/coaches-officials.aspx>

#### Visit our Website:

<http://www.asrpwf.ca/sport/coaching-development.aspx>

**For all  
NCCP Course  
Information**

#### Already have Certification?

To clarify certification, to submit a change of address or to receive a replacement coaching card, please contact the CAC Database by any of the following contacts:

Web Site: [www.coach.ca](http://www.coach.ca)  
Email: [database@coach.ca](mailto:database@coach.ca)

#### *Fact Sheets for NEW Coaches:*

<http://www.coach.ca/fact-sheet-for-new-coaches-s13817>

#### *Fact Sheets for CURRENT Coaches:*

<http://www.coach.ca/fact-sheet-for-current-coaches-s13818>

**NCCP Competition - Development Context**  
**Module Hours and Learning Outcomes**

Module	Hours	Learning Outcomes
<b>Managing Conflict</b>	4.5	<ul style="list-style-type: none"> <li>* Recognize common sources of conflict in sport and take steps to prevent conflict</li> <li>* Select an effective approach to situations involving conflict</li> <li>* Effectively listen and speak for yourself in conflict situations</li> <li>* Accept conflict as natural and feel more confident about your ability to prevent and resolve conflict</li> </ul>
<b>Leading Drug Free Sport</b>	3.5	<ul style="list-style-type: none"> <li>* Describe their roles and responsibilities as a coach with respect to anti-doping</li> <li>* Identify CCES resources and services</li> <li>* Use ethical decision-making tools in a doping-prevention context</li> <li>* Apply a process for doping prevention that is based on the <i>Decision-making Model</i> and the <i>NCCP Code of Ethics</i>.</li> </ul>
<b>Psychology of Performance</b>	7	<ul style="list-style-type: none"> <li>* Develop individualized competition focus plans for the athletes or teams you coach</li> </ul>
<b>Coaching and Leading Effectively</b>	10	<ul style="list-style-type: none"> <li>* Make interventions that enhance learning and build and reinforce group and team cohesion and commitment</li> <li>* Develop expectations about the behaviour and commitment needed to achieve individual and team goals</li> <li>* Communicate effectively and respectfully with both athletes and those supporting their performance</li> <li>* Use feedback to improve and correct performance and behaviour</li> </ul>
<b>Prevention and Recovery</b>	7.5	<ul style="list-style-type: none"> <li>* Incorporate the 12 PAK of performance and prevention into your coaching</li> <li>* Incorporate dynamic warm-ups into your coaching</li> <li>* Ensure that biomechanical forces are shared as needed</li> <li>* Develop functional evaluations for athletes' return to practice or competition</li> <li>* Use recovery and regeneration techniques in your coaching</li> </ul>
<b>Developing Athletic Abilities</b>	9  2	<ul style="list-style-type: none"> <li>* Prioritize the athletic abilities required in your sport</li> <li>* Evaluate athletes' sport-specific fitness and athletic abilities</li> <li>* Establish and sequence training priorities and training variables in each phase of your training program</li> <li>* Develop both skills and athletic abilities in practices</li> <li>* Pre task - online</li> </ul>