

# INTRODUCTION TO COMPETITION COACH

## START

### Pre-Requisites

Minimum age: 16 years old

Recommended for coaches with skaters in Learning to Train and Training to Train stages of development

## IN TRAINING

### Workshop

32 hour course delivered over 2 weekends:

- Part A
- Part B

(status In-Training upon completion of Part A)

### Modules

- Role of the Coach
- Planning a Practice II
- Teaching and Learning
- Speed Skating Technique II
- Analyze Performance II
- Speed Skating Equipment II
- Mental Preparation - Fitness
- Nutrition
- Design a Sports Program
- Manage the Aspects of the Program
- Support the Competitive Experience
- Assessment and Evaluation

## TRAINED

### Portfolio

Complete Portfolio requirements including:

- My Training Group
- Communicating Your Program
- Emergency Action Plan
- Practice Plan
- Video Analysis
- Seasonal Plan

### Evaluations

- Direct Observation: In-Training Evaluation & Debrief
- Making Ethical Decisions

## CERTIFIED

