

# Calling All Coaches!

NCCP

## MULTI-SPORT COMPETITION MODULES

### 2014 Spring & Summer 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.

#### 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

For details on sport specific coaching courses, please contact your respective provincial sport association. For further information on the **Multi-sport courses** or information on **Hosting a Course**, please call Susan Vandersluis at (780) 422-8294 or email at [susan.vandersluis@albertasport.ca](mailto:susan.vandersluis@albertasport.ca)

Please note the deadlines for applying to host a multi-sport course are:  
**Spring & Summer** (April - August) - February 15  
**Fall** (September - December) - July 15  
**Winter** (January - March) - November 1

For more information, please visit our web site at:  
[www.albertasport.ca](http://www.albertasport.ca)

Already have a CC#?? Want to learn more about the NCCP?? Lean more about Concussion Awareness with the new e-learning module Making Head Way?? Visit the Coaching Association of Canada web site for all your coaching needs at [www.coach.ca](http://www.coach.ca)

#### 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
Wrestling	(780) 415-0140



# NCCP COURSES

## 2014 Spring & Summer 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)

#### **CALGARY** Register Online

Dates: May 3 - 4  
Times: 9:00am - 5:00pm  
Location: Canadian Sport Institute  
Contact: (403) 220-8197

Dates: August 9 - 10  
Times: 9:00am - 5:00pm  
Location: Canadian Sport Institute  
Contact: (403) 220-8197

#### **COLD LAKE**

Dates: June 7 - 8  
Times: 9:00am - 5:00pm  
Location: JJ Parr Sports Centre  
Contact: (780) 840-8000 ext. 7454

#### **EDMONTON** Register Online

Dates: April 26 - 27  
Times: 8:30am - 4:30pm  
Location: Percy Page Centre  
Contact: (403) 220-8197

Dates: June 14 - 15  
Times: 8:30am - 4:30pm  
Location: Percy Page Centre  
Contact: (403) 220-8197

Dates: August 9 - 10  
Times: 8:30am - 4:30pm  
Location: Percy Page Centre  
Contact: (403) 220-8197

#### **GRANDE PRAIRIE**

Dates: April 11 - 12  
Times: April 11: 6:00pm - 9:00pm  
April 12: 9:00am - 6:00pm  
Location: Grande Prairie Regional College  
Contact: (780) 539-2816

#### **WABASCA**

Dates: April 12 - 13  
Times: 9:00am - 5:00pm  
Location: Lakeview Sports Centre  
Contact: (780) 891-2659

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If your sport/club has an interest in hosting the Part A; Part B; Make Ethical Decisions; Design a Sport Program; FMS - Community Leader; FMS - Coach PD; Empower + or Resistance Training workshop, please contact Susan Vandersluis by email at [susan.vandersluis@albertasport.ca](mailto:susan.vandersluis@albertasport.ca), or by phone at (780) 422-8294

### 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** Register Online

Dates: April 12 - 13  
Times: 9:00am - 5:00pm  
Location: Canadian Sport Institute  
Contact: (403) 220-8197

Dates: May 31 - June 1  
Times: 9:00am - 5:00pm  
Location: Canadian Sport Institute  
Contact: (403) 220-8197

Dates: August 16 - 17  
Times: 9:00am - 5:00pm  
Location: Canadian Sport Institute  
Contact: (403) 220-8197

#### **COLD LAKE**

Dates: June 28 - 29  
Times: 9:00am - 5:00pm  
Location: JJ Parr Sports Centre  
Contact: (780) 840-8000 ext. 7454

#### **EDMONTON** Register Online

Dates: April 5 - 6  
Times: 8:30am - 4:30pm  
Location: Percy Page Centre  
Contact: (403) 220-8197

Dates: May 24 - 25  
Times: 8:30am - 4:30pm  
Location: Percy Page Centre  
Contact: (403) 220-8197

Dates: August 16 - 17  
Times: 8:30am - 4:30pm  
Location: Percy Page Centre  
Contact: (403) 220-8197

#### **GRANDE PRAIRIE**

Dates: April 25 - 26  
Times: April 25 6:00pm - 9:00pm  
April 25: 9:00am - 6:00pm  
Location: Grande Prairie Regional College  
Contact: (780) 539-2816

#### **RED DEER**

Dates: April 12 - 13  
Times: 9:00am - 5:00pm  
Location: Red Deer College  
Contact: (403) 357-3663

### COMPETITION - INTRODUCTION MAKE ETHICAL DECISIONS MODULE

#### **CALGARY**

Dates: Monday, May 26  
Times: 5:30pm - 9:00pm  
Location: Canadian Sport Institute  
Contact: (403) 220-8197  
Register Online

#### **EDMONTON**

Dates: Wednesday, May 21  
Times: 5:30pm - 9:00pm  
Location: Percy Page Centre  
Contact: (403) 220-8197  
Register Online

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### COMPETITION - INTRODUCTION DESIGN A SPORT PROGRAM MODULE

#### **CALGARY**

Dates: Monday, May 5  
Times: 5:00pm - 9:00pm  
Location: Canadian Sport Institute  
Contact: (403) 220-8197  
Register Online

#### **EDMONTON**

Dates: Wednesday, June 18  
Times: 5:30pm - 9:30pm  
Location: Percy Page Centre  
Contact: (403) 220-8197  
Register Online

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### 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 CSI; various delivery schedules are available. For more information about the program, please contact:

**Canadian Sport Institute**  
<http://csicalgary.ca/en/>

**Director:** Jason Sjoström  
(403) 220-8197  
[jsjoström@csicalgary.ca](mailto:jsjoström@csicalgary.ca)

To register for the above listed workshops, please phone the contact number directly or click on the web site link.

# NCCP COURSES

## 2014 Spring & Summer Schedule

### FMS - COMMUNITY LEADER

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.

An 8-hour workshop for:

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

### PROFESSIONAL DEVELOPMENT WORKSHOPS

#### FMS - COACH PROFESSIONAL DEVELOPMENT

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

#### EMPOWER +

An incredible addition to our NCCP workshop lineup, Empower + is an intense and thought provoking 4-hour workshop that will teach you how to enhance the well-being of the athletes in your care and be a positive role model in the world of sport!

#### RESISTANCE TRAINING

A must-have for competitive coaches, this 4-hour dynamic and interactive workshop will teach you how to prevent injuries and increase athlete performance through proven resistance training tools.

For more information on PD workshops, please visit:  
<http://www.coach.ca/professional-development-515456>

### COMPETITION - DEVELOPMENT MODULES

#### **CALGARY**

Location: Canadian Sport Institute  
Contact: (403) 220-8197  
[Register Online](#)

#### **Developing Athletic Abilities**

Dates: Saturday, April 26  
9:00am - 4:00pm  
Sunday, April 27  
9:00am - 2:00pm

#### **Leading Drug Free Sport**

Dates: Saturday, June 7  
9:00am - 1:00pm

#### **Managing Conflict**

Dates: Sunday, June 8  
9:00am - 2:00pm

#### **Coaching and Leading Effectively**

Dates: Saturday, June 14  
9:00am - 4:00pm  
Sunday, June 15  
9:00am - 2:00pm

#### **Prevention and Recovery**

Dates: Saturday, June 28  
9:00am - 5:00pm

#### **Psychology of Performance**

Dates: Sunday, June 29  
9:00am - 5:00pm

### COMPETITION - DEVELOPMENT MODULES

#### **EDMONTON**

Location: Percy Page Centre  
Contact: (403) 220-8197  
[Register Online](#)

#### **Developing Athletic Abilities**

Dates: Saturday, July 12  
9:00am - 4:00pm  
Sunday, July 13  
9:00am - 12:00pm

#### **Leading Drug Free Sport**

Dates: Sunday, July 13  
1:00pm - 4:30pm

#### **Coaching and Leading Effectively**

Dates: Monday, July 14  
9:00am - 4:00pm  
Tuesday, July 15  
9:00am - 2:00pm

#### **Managing Conflict**

Dates: Tuesday, July 15  
3:00pm - 7:30pm

#### **Prevention and Recovery**

Dates: Wednesday, July 16  
9:00am - 5:00pm

#### **Psychology of Performance**

Dates: Thursday, July 17  
9:00am - 4:30pm

## 2014 Knowledge to Action Conference

May 15 - 17, 2014

Canmore, AB

Silvertip Golf Resort

#### **Managing Conflict**

Dates: Friday, May 16  
7:00am - 8:30am & 2:30pm - 5:30pm

#### **Leading Drug Free Sport**

Dates: Friday, May 16  
9:15am - 1:15pm

#### **Fundamental Movement Skills (FMS) - Coach PD**

Dates: Saturday, May 17  
7:00am - 8:30pm & 3:15pm - 5:30pm

To register for any of these modules, please contact Bradley Babiak by phone at (780) 415-0182

### COMPETITION - DEVELOPMENT MODULES

- ◆ 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

To register for the above listed workshops, please phone the contact number directly or click on the web site link.

## **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.albertasport.ca/grant-funding-programs/coaches-officials.aspx>

## 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>