

# National Coaching Certification Program

## THE GOAL: Coaches who can demonstrate their competence

So, you want to become a **certified** coach?



What kind of **coaching** do you want to do?

- Working with children, youth, or adults in community sport who are playing their sport for personal enjoyment.
- Working with children, youth, or adults who want to develop their competitive abilities in their sport.
- Working with children, youth, or adults who are learning their sport and want quality instruction.

What kind of **athletes** do you want to work with?

- Children and beginners
- Youth and adult participants
- Beginners
- Developing athletes
- High performance athletes
- Beginners
- Intermediate performers
- Advanced performers

The **process** you go through...

- Previous coaching experience and education are recognized when competence is demonstrated.
- While taking workshops, prospective coaches are **"In Training."**
- Coaches who have completed training, but have not been evaluated are **"Trained."**
- When competence is demonstrated and evaluated, coaches are **"Certified."**

The kind of **certification** to strive for...

- Initiation (CSp-Init)
- Ongoing participation (CSp-Ong)
- Introduction (Comp-Int)
- Development (Comp-Dev)
- High performance (Comp-HP)
- Beginners (Inst-Beg)
- Intermediate performers (Inst-Imd)
- Advanced performers (Inst-Adv)

### Coach Certification

The National Coaching Certification Program certifies coaches who have demonstrated their ability to apply critically important competencies in coaching situations relevant to the athletes they coach. This means that coaches must not only know about coaching but be able to demonstrate their ability to apply this knowledge in the coaching situation. Certification is valid for no longer than 5 years and professional development is required to maintain certification.

### Community Sport stream

#### Initiation (CSp-Init)

New participants are encouraged to participate in the sport and introduced to sport basics in a fun, safe, and self-esteem building environment regardless of their ability.

#### Ongoing participation (CSp-Ong)

Participants are encouraged to continue participating in the sport for fun, fitness, skill development, and social interaction.

Photos by Scott Grant © 2005

### Competition stream

#### Introduction (Comp-Int)

New sport participants are taught basic sport skills and athletic abilities in a fun, and safe environment and are typically prepared for local and/or regional level competitions.

#### Development (Comp-Dev)

Developing athletes are coached to refine basic sport skills, to develop more advanced skills and tactics, and are generally prepared for performance at provincial and/or national level competitions.

#### High performance (Comp-HP)

High performance athletes are coached to refine advanced skills and tactics and are typically prepared for performance at national and/or international level competitions.

### Instruction stream

#### Beginners (Inst-Beg)

Participants of all ages, with little or no sport experience, are taught basic sport skills.

#### Intermediate performers (Inst-Imd)

Participants, who already have some experience and proficiency in the sport, are taught to refine basic skills and introduced to more complex techniques.

#### Advanced performers (Inst-Adv)

Participants, who are experienced and already proficient in the sport, are taught to refine advanced skills and techniques.