Introduction to Competition **FUNdamentals Leader FUNdamentals Coach** Level 4 & 5 Competition Development The Canadian Sport Institute and Speed Skating Canada are responsible for devliery of NCCP Level 4 Age minimum: 14 Age minimum: 16 Age minimum: 16 Age minimum: 16 and Level 5. This context is intended for individuals who are This workshop is intended for individuals who are This workshop is intended for individuals who are Visit www.speedskating.ca/coaches for more This workshop is intended for active skaters and working with athletes participating in provincial and working with athletes participating in provincial and working with athletes participating in local and information about these contexts and the Advanced parents looking to work as assistant coaches for national competitions. It is the minimum requirement regional competitions and who wish to assume the national competitions and who wish to assume the Coaching Diploma. introductory speed skating programs. Attendees will to coach at the Canada Winter Games. role of lead instructor. role of lead instructor. be equipped with the necessary tools to work with a Delivered in two parts (Part A and Part B), this in-Delivered in two parts (Part A and Part B), this insmall group of skaters teaching basic skating skills in class and on-ice workshop will include: introduction to a safe, fun, and welcoming environment. class and on-ice workshop will provide coaches with biomechanics and basic race tactics, basic seasonal foundational knowledge of speed skating technique, training programs and designing practice plans, as equipment, and practice planning. Coaches will learn well as further exploration of the development of to design and lead an introductory speed skating basic mental skills, sport nutrition, and equipment. program focused on skill development and This context replaces the former NCCP Level 3. fundamental movement skills. Visit www.speedskating.ca/coaches for more Duration: 1 day information about this context. Duration of Part A: 2 days Duration of Part A: 2 days Duration of Part B: 2 days Duration of Part B: 2 days It is not possible for a coach to receive certification within this context. Competition Development, Level 4, and Level 5 are more advanced coaching contexts. Upon successful completion of this course, coaches will receive recognition as having been To be granted **certification** status, a coach must Pre-requisites are in effect. trained as a FUNdamentals Leader To be granted **certification** status, a coach must complete training in Parts A and B, portfolio work, and complete training in Parts A and B, portfolio work, and an on-ice evaluatuion.

Which NCCP coaching context is right for you?

There are no pre-requisites for attending FUNdamentals Leader, FUNdamentals Coach, or Introduction to Competition however age minimums do apply. Review the course descriptions to determine which context suits your needs. The Ontario Speed Skating Association offers FUNdamentals Leader, FUNdamentals Coach, and Introduction to Competition courses on an annual basis. Visit www.ontariospeedskating.ca/coaching/ for course dates.

an on-ice evaluation.

Direct to Evaluation

For former national and international level athletes, individuals who have coached in other sports, individuals who have formal training in the areas of kinesiology or physical education and those who have been active as coaches for an extensive period of time without completing certification, the direct to evaluation option may be a good option for you. This option allows you proceed directly to the evaluation and portfolio work to pursue certification. You will need to apply and receive approval from Speed Skating Canada. Visit http://www.speedskating.ca/coaches/certification/direct-to-evaluation for more details.

