



## NCCP Competition-Development Coach Training and Certification

This program is for coaches coaching Canada Winter Games and ISU Junior A, B, C level (& up) athletes (Train to Train, Learn to Compete, Train to Compete).

### Registration

Please confirm your participation by **June 1, 2019**. The total cost is \$500. The first half (\$250) must be paid to SSC by June 4, 2019. Please contact [dmorrison@speedskating.ca](mailto:dmorrison@speedskating.ca) to confirm participation and to arrange payment. The second installment (\$250) will be due **August 1, 2019**.

It is recommended that coaches complete the following Multi-Sport modules in order to do the Comp-Dev training: Developing Athletic Abilities, Prevention & Recovery of Injuries, Psychology of Performance.

### Schedule 2019

June 10 – Introductory Webinar

June 18 – Developing Speed Skating Physiology Webinar

June 25 – Performance Planning Webinar

**July 5-6-7 – Performance Planning Workshop** (Ottawa, ON)

August 6 – Plan a Practice Webinar

August 13 – Technical Model Webinar

**August 23-24-25 – Analyze Performance Workshop (Technical/Tactical)** (Ottawa, ON)

September 11 – Tapering and Peaking Webinar

September 25 – Manage a Sport Program Webinar

Note: All Webinars 8pm EDT.

Participation in all webinars and workshops as scheduled is mandatory.

### Performance Planning Workshop

**July 5-6-7 Ottawa, ON**

### Analyze Performance (Technical/Tactical) Workshop

**August 23-24-25 Ottawa, ON (TBC)**