

## **SPORT PERFORMANCE COACHING CERTIFICATE**

Commencing Monday 12<sup>th</sup> September 2022 with weekly sessions concluding in March 2023

**Canadian Sport Institute Online Delivery**

*PURPOSE: A weekly education event providing coaches the opportunity to complete NCCP Multi-Sport Comp-Dev modules.*

The Canadian Sport Institute Pacific is pleased to present the NCCP Competition Development modules in an on-line format allowing coaches to complete a number of modules as part of the enhanced International Coaching School.

Coaches who complete all eight modules will receive the Sport Performance Coaching Certificate (SPCC).

### **Modules offered**

#### **Part 1 September 2022-December 2022-**

**A 10% early bird discount will be offered to coaches who register for these modules before September 6<sup>th</sup>**

Coaching and Leading Effectively

Psychology of Performance

Managing Conflict

Prevention and Recovery

#### **Part 2 January 2023-March 2023**

**A 10% early bird discount will be offered to coaches who register for these modules before January 3<sup>rd</sup>**

Developing Athletic Abilities

Managing a Sport Program

Performance Planning

Advanced Practice Planning

**Registration for individual modules is available and coaches who register for the SPCC receive a discount and will pay \$900 for the 8 modules**

### **Registration links**

SPCC all 8 modules <https://thelocker.coach.ca/event/registration/7488>

Part 1 Modules only <https://thelocker.coach.ca/event/registration/7488>

Part 2 Modules only <https://thelocker.coach.ca/event/registration/7521>

## 2021/22 International Coaching School

### Sport Performance Coaching Certificate NCCP Modules

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#### **ADVANCED PRACTICE PLANNING**

Cost: \$120.00

Dates and time

March 20<sup>th</sup> and 27<sup>th</sup> 2023

6.00pm to 8.30pm

For individual training sessions to effectively contribute to the overall objectives of an annual training plan, a coach must understand the outcome of each training session and how their cumulative effects will contribute to athletic development. The Advanced Practice Planning module examines the impact of daily training sequencing and the manipulations that can affect training outcomes.

After completing this module, coaches will be able to:

- Identify the factors that affect practice planning.
- Ensure that practice plans are consistent with the microcycles and phases of which they are part.
- Sequence exercises in a practice so that their order is consistent with the research on sequencing.
- Develop a plan for training athletic abilities over a microcycle.
- Develop a plan for training technical and tactical abilities over a microcycle.
- Develop a plan for a microcycle that helps athletes taper before a competition.

#### **COACHING AND LEADING EFFECTIVELY**

Cost: \$160.00

Dates and time

September 12<sup>th</sup>, 29<sup>th</sup>, 26<sup>th</sup> and October 3<sup>rd</sup> 2022

6.00pm to 8.30pm

This module gives coaches the skills needed to:

- Promote a positive image of sport, and model it to athletes and those supporting their performance.
- Deliver clear messages and explanations when communicating with athletes and their supporters.
- Identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.

## **DEVELOPING ATHLETIC ABILITIES** *\*Includes two-hour online pre-workshop session.*

Cost: 165.00

Dates and time

January 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> 2023

6.00pm to 8.30pm

After completing this module, coaches will:

- Be able to implement general and sport-specific training protocols and methods to effectively develop or maintain the athletic abilities necessary for their sport.
- Know how to apply training principles and variables to training methods that build fitness, endurance, strength, speed, and sport-specific conditioning.
- Be able to select and adapt testing and training protocols.

## **MANAGE A SPORT PROGRAM**

Cost: \$120.00

Dates and time

January 30<sup>th</sup> and February 6<sup>th</sup> 2023

6.00pm-8.30pm

As coaches begin to take on more responsibility, they are expected to plan and execute tasks that go beyond the delivery of daily training and the management of the daily training environment. The Manage a Sport Program module provides coaches with the opportunity to plan and interact with program budgeting, setting staff and team expectations, arranging team travel, building athlete agreements, and reporting on athlete/team progress. This module is perfect for any club head coach, provincial team coach, aspiring team manager, or technical administrator.

After completing this module, coaches will be able to:

- Manage administrative aspects of the program and oversee logistics.
- Manage staff's roles and responsibilities.
- Manage camp and tournament finances and travel.
- Report on athlete progress throughout program.

## **MANAGING CONFLICT**

Cost: \$120.00

Dates and time

November 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> 2022

6.00pm-8.30pm

This module will allow coaches to:

- Identify common sources of conflict in sport.
- Determine which individuals or groups are most likely to find themselves in situations involving conflict.
- Learn important skills that will help coaches prevent and solve conflict resulting from misinformation, miscommunication, or misunderstanding.
- Develop skills that will empower you to listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials, and other coaches.

## **PERFORMANCE PLANNING** *\*Includes two-hour online pre-workshop session.*

Cost: \$200.00

Dates and time

February 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> March 6<sup>th</sup> and 13<sup>th</sup> 2023

6.00pm-9.00pm

In order to achieve peak performance, an athlete's training program needs to be periodized according to the demands of their sport as well as their individual development needs. The Performance Planning module allows coaches to reflect on the structure of a yearly plan and appropriately sequence training and development priorities so as to achieve peak performance.

After completing this module, coaches will be able to:

- Perform a thorough analysis of the demands of their athletes' sport at the elite (high performance) level.
- Outline a program structure based on training and competition opportunities.
- Identify appropriate measures for promoting athlete development within their own program.
- Integrate yearly training priorities into their own program.
- Organize and sequence training priorities and objectives on a weekly basis to optimize adaptations.
- Evaluate the ability of their athletes/team to perform up to their potential in competition.

*\*Includes two-hour online pre-workshop session.*

## **PREVENTION AND RECOVERY**

Cost: \$150.00

Dates and time

November 28<sup>th</sup>, December 5<sup>th</sup> and 12<sup>th</sup> 2022

6.00pm-8.30pm

After taking this workshop, coaches will have the knowledge needed to:

- Identify common injuries in their sport and develop appropriate prevention and recovery strategies to keep their athletes injury-free during training and competition.
- Offer valuable information and guidance on hydration, nutrition, and sleep as they relate to injury prevention.
- Choose skills and drills that help athletes perform appropriate warm-ups and cool-downs.
- Develop functional evaluations for an athlete's return to play.
- Implement recovery and regeneration techniques to help an athlete maintain or return to optimal performance post-injury.

## **PSYCHOLOGY OF PERFORMANCE**

Cost: \$150

Dates and time

October 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> 2022

6.00pm-8.30pm

Completing this workshop will allow coaches to:

- Help athletes learn to manage distractions and use visualization techniques to prepare themselves technically and tactically for training and competition.
- Learn how to work with athletes or teams to identify performance and process goals related to their ability to focus on performance.
- Learn debriefing skills that can be used to help athletes assess their performance in both training and competition.

**International Coaching School Schedule 2022-2023**

| Module                           | Time        | Dates                        | LF             |
|----------------------------------|-------------|------------------------------|----------------|
| Coaching and Leading Effectively | 6.00-8.30pm | Sep 12, 19, 26 and Oct 3     | Gail Donohue   |
| Psychology of Performance        | 6.00-8.30pm | Oct 17, 24, 31               | Candice Drouin |
| Managing Conflict                | 6.00-8.30pm | Nov 7, 14, 21                | Gail Donohue   |
| Prevention and Recovery          | 6.00-8.30pm | Nov 28, Dec 5 and 12         | Conan Cooper   |
| Developing Athletic Abilities    | 6.00-8.30pm | Jan 9, 16, 23                | Marc Bowles    |
| Manage A Sport Program           | 6.00-8.30pm | Jan 30, Feb 6                | Candice Drouin |
| Performance Planning             | 6.00-9.00pm | Feb 13, 20, 27, Mar 6 and 13 | Andrew Latham  |
| Advanced Practice Planning       | 6.00-8.30pm | Mar 20, 27                   | Andrew Latham  |