

ACF PROVINCIAL COACHING REQUIREMENTS

(All coaches must be at least 21 years of age and have a Police Records Check on File at your Regional Curling Association Office)

Please contact your Regional Association Offices for information on the following coaching programs:

- ❖ **Club Coach Youth** (Community Sport Stream)
- ❖ **Club Coach** (Community Sport Stream)
- ❖ **Competition Coach** (Competition Stream)

PCA Technical Rep – Rob Maksysmetz, peacurl@telusplanet.net

NACA Technical Rep – Vicki Baird, northernalbertacurling@shaw.ca

SACA Technical Rep – Lee Smith, lee@saca.ca

- ❖ **Competition Development Coach** – please contact Jennifer Ferris, Curling Canada at jferris@curling.ca

Curling Canada/Coaching Association of Canada

Curling Canada and the Coaching Association of Canada have created a guide to help coaches into the correct training program. This website helps coaches plan and understand what is required of them for NCCP coach education.



<http://www.curling.ca/about-the-sport-of-curling/coaching-resources/coach-training/>

- **EFFECTIVE NOVEMBER 2017**, coaches looking to coach a Men's or Women's team to the Olympic Trials, National Scotties or The Tim Hortons Brier must be a **Certified Competition Development Coach** or **Level 3 Certified Coach** (with completion of the Competition Development Make Ethical Decision (MED) Online Evaluation prior to January 1, 2019)

!!!!!! IMPORTANT INFORMATION !!!!!!

- The primary difference between the Community Sport Stream and the Competition Stream is evaluation.
- In order for a coach to be deemed "Certified", the coach must undergo a mandatory evaluation.
- Coaches can begin their training in the Competition Stream (i.e. Community Stream is not a prerequisite), **HOWEVER**, coaches need to have a good understanding of the game and technical skills. **New coaches are strongly recommended to take the Club Coach workshop** to get the fundamentals of teaching the curling delivery that is not provided in the Competition Coach course. This will allow coaches to enhance their knowledge and skill base.



Funding for Coaches – please go to the Alberta Sport Connection website at:
www.albertasport.ca/grant-funding-programs/coaches-officials.aspx

The following requirements are mandatory to coach teams at the levels outlined:

To COACH at ALBERTA WINTER GAMES and PROVINCIAL Juveniles, you will need:

Club Coach (2 day workshop)

- Make Ethical Decisions (MED) Multi-sport 3 hour Module*
- MED Online Evaluation (*Make Ethical Decisions – Competition-Introduction*) (**please see information below)

OR

Competition Coach (2 day workshop)

- Make Ethical Decisions (MED) Multi-sport 3 hour Module*
- MED Online Evaluation (*Make Ethical Decisions – Competition-Introduction*) (**please see information below)

To COACH Juniors, Men, Women, Seniors, Masters, Mixed, Wheelchair at PROVINCIALS and NATIONALS, you will need:

Competition Coach Certification

- Competition Coach (2 day workshop)
- Submission of Plan a Practice and Emergency Action Plan (EAP) to your Regional Association office
- On-Ice Evaluation (of the submitted Practice Plan) – contact your Regional Association office
- Make Ethical Decisions (MED) Multi-sport 3 hour Module*
- MED Online Evaluation (*Make Ethical Decisions – Competition Introduction*) (**please see information below)

OR

Level 2 Certified Coach (*grandfathered to new NCCP as Certified Competition Coach*)

- Make Ethical Decisions (MED) Multi-Sport 3 hour Module*
- MED Online Evaluation (*Make Ethical Decisions – Competition-Introduction*) (**please see information below)

To maintain your Certified Coaching Status, you must complete the MED Online Evaluation Competition-Introduction within five years, effective January 1, 2019, but strongly recommend you complete as soon as possible. Coaches who fail to meet this requirement will be reassigned “In Training” status with credit for all criteria except the MED Online Evaluation. Your “certified” status will be restored when the required MED Online Evaluation is complete.

Make Ethical Decisions

*MED (Make Ethical Decisions) MULTI-SPORT 3 HOUR MODULE

COST: \$45*

*The cost for the MED (Make Ethical Decisions) Multi-sport 3 hour Module offered by your Regional Associations is \$45.00. When you have completed the Module – the ACF will forward your information to the Coaching Association of Canada for input into the national database (The Locker). This will, in turn, allow you to take your **MED Online Evaluation at no cost.**

There will be a two to three week processing period after you have taken the MED Multi-sport Module before you will be able to complete your MED Online Evaluation. Follow the instructions below to take the MED Online Evaluation.

**MED (Make Ethical Decisions) ONLINE EVALUATION – Competition-Introduction

COST: \$85**

**You are now charged a fee of \$85.00 (mandated April 1, 2014) to complete the MED Online Evaluation – Competition-Introduction. This fee will be waived if you complete the Make Ethical Decisions Multi-sport 3 hour Module provided by your Regional Associations. It is not mandatory to take the Multi-sport module to complete the MED Online Evaluation. The MED Online Evaluation – Competition-Introduction is a required element in becoming a Certified Competition Coach.

With a CC# (Coaching Card number)

If you have your CC#, go to www.coach.ca and click on “My Locker” (upper-right corner), click on **elearning** in the dropdown menu and sign in with your CC# – if you do not have an account, create one **(using your CC#)**. When your account has been created, again, click on “My Locker” (upper-right corner), click on **elearning** – go to the left side of the page and click on **Make Ethical Decisions Online Evaluation – Competition-Introduction** and begin.

Without a CC#

If you do not have a CC# but you have completed a coaching workshop, please contact Debi at the Alberta Curling Federation (debi@albertacurling.ab.ca or 780-644-4778) or send an email to coach@coach.ca giving them your name, birthdate, address and request the coaching number that has been assigned to you. Once you have your CC#, follow the instructions above to complete your MED Online Evaluation - Competition-Introduction.

It is your choice if you would like to take the MED Online Evaluation at a cost of \$85. If you are unsuccessful after two attempts, it is mandatory you take the Multi-sport 3-hour module “Make Ethical Decisions” provided by your Regional Associations at a cost of \$45. You would then be required to retake the MED Online Evaluation at no charge.

To Coach at CANADA WINTER GAMES

Competition Coach Certification

- Competition Coach (2 day workshop)
- Submission of Plan a Practice and Emergency Action Plan (EAP) to your Regional Association office
- On-Ice Evaluation (of the submitted Practice Plan) set up by your Regional Association office
- Make Ethical Decisions (MED) Multi-sport 3 hour Module*
- MED Online Evaluation (Make Ethical Decisions – Competition Introduction) (*see section on Make Ethical Decisions*)
- CWG Module

Canada Winter Games Module - Through a combination of self-study and one-one one mentorship opportunities or in a workshop environment you focus on planning your season to best prepare your team for competing in Canada's premier multi-sport event, the Canada Winter Games.

- This program is divided into two main categories – Pre-Event Planning and Event Management.
 - In Pre-event planning – you will analyze your team's current skill set, identify any deficiencies in your team's performance, and work to set goals on how to eliminate those deficiencies. You will prepare a Competition Event Daily Plan, and learn how to anticipate problems before they happen. You will be armed with information about what to expect at the Canada Winter Games. Your mentor coach will assist you in creating your team's custom seasonal plan, practice plans to support your team's individual needs, and answer questions about what to expect when you're at the games.
 - The Event Management section – will prepare you on all of the competition specific challenges you may face, how to prepare for travel, what to expect at a national championship, game debriefing tools, as well as some tips on how to handle the "extended" curling team – parents – in a competitive environment.

Your program is just that – yours – the effort you put into your team's preparation over the coming months will directly influence their success. Take this opportunity to work closely with your mentor coach, their experience is invaluable, and they will be more than willing to share it with you.

OR

- **Level 3 Certification (Old NCCP)** including the MED Online Evaluation (Make Ethical Decisions – Competition Introduction) (*see section on Make Ethical Decisions*)

Please contact Debi at the Alberta Curling Federation regarding the Canada Winter Games Module.

Certified Competition Development Coach

As of December 31, 2013, Level 3 Technical no longer exists, replacing it is the new, comprehensive program called “Competition Development”. The program is being administered and delivered by the Curling Canada nationally and is open to all provinces/territories. Curling Canada’s goal is to move the workshop around the country.

This program is designed to assist the coach in taking their teams to the next level of provincial, national or international play. This workshop focuses on the planning, strategy, analysis and program management needed to improve your team’s performance. Coaches should be actively working with a “Training to Compete” level team during this program. There is a small wheelchair curling component, so coaches working with athletes with a disability would also benefit from this program.

While ice time is minimal in this workshop, curling gear is required.

During this training coaches will learn:

- Current technical skills
- How to analyze technical and tactical performance
- Performance planning
- Program management
- Advanced strategy
- Advanced practice planning
- Prevention and recovery (integrated multi-sport module)
- Developing athletic abilities (integrated multi-sport module)

The program will take approximately 14 months to complete, as it requires writing, implementing, executing and debriefing an annual plan. In addition to the annual plan portfolio, two observation evaluations (a practice and a competitive environment) must be completed. Five webinars will be scheduled in the fall for material not covered in the in-person workshop. Coaches will need to complete the Competition Development Make Ethical Decision (MED) Online Evaluation and will need to complete the four remaining competition development multi-sport modules – Managing Conflict, Coaching and Leading Effectively, Psychology of Performance and Leading Drug Free Sport.

COMPETITION DEVELOPMENT COACH PATHWAY -

<http://www.curling.ca/w2/files/2014/09/Comp-Dev-Coach-Pathway.pdf>

Competition Development Workshop

If you are interested in participating in the next workshop or have questions about the Competition Development Program, please contact: Jennifer Ferris, Curling Canada, jferris@curling.ca.

Already Level 3 Certified and want to learn more?

Level 3 Certified Coaches may purchase the Competition Development Reference Material

<http://cloudfront9.curling.ca/wp-content/blogs.dir/58/files/2014/09/Competition-Development-Order-Form-Retail.pdf>

**NCCP COMPETITION-DEVELOPMENT CONTEXT
MODULE HOURS AND LEARNING OUTCOMES**

MODULE	HOURS	LEARNING OUTCOMES
Managing Conflict	4.5	<ul style="list-style-type: none"> * Recognize common sources of conflict in sport and take steps to prevent conflict * Select an effective approach to situations involving conflict * Effectively listen and speak for yourself in conflict situations * Accept conflict as natural and feel more confident about your ability to prevent and resolve conflict
Leading Drug Free Sport	3.5	<ul style="list-style-type: none"> * Describe their roles and responsibilities as a coach with respect to anti-doping * Identify CCES resources and services * Use ethical decision-making tools in a doping-prevention context * Apply a process for doping prevention that is based on the <i>Decision-Making Model and the NCCP Code of Ethics</i>.
Psychology of Performance	7	<ul style="list-style-type: none"> * Develop individualized competition focus plans for the athletes or teams you coach
Coaching and Leading Effectively	10	<ul style="list-style-type: none"> * Make interventions that enhance learning and build and reinforce group and team cohesion and commitment * Develop expectations about the behaviour and commitment needed to achieve individual and team goals * Communicate effectively and respectfully with both athletes and those supporting their performance * Use feedback to improve and correct performance and behaviour
Prevention and Recovery	7.5	<ul style="list-style-type: none"> * Incorporate the 12 PAK of performance and prevention into your coaching * Incorporate dynamic warm-ups into your coaching * Ensure that biomechanical forces are shared as needed * Develop functional evaluations for athletes' return to practice or competition * Use recovery and regeneration techniques in your coaching
Developing Athletic Abilities	9	<ul style="list-style-type: none"> * Prioritize the athletic abilities required in your sport * Evaluate athletes' sport-specific fitness and athletic abilities * Establish and sequence training priorities and training variables in each phase of your training program * Develop both skills and athletic abilities in practices * Pre task - online