

<b>ISPC Coaching Courses Formerly NCCP Level 2</b>
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Within a CBET mode, the training we will offer coaches will be the Instruction Coaching Stream (Intermediate Context) and the Competitive Coaching Stream (Introduction context). Coaches will now choose the career path they want to pursue either at the StarSkate test level or the Competitive level or both!

**Philosophy:** To provide global training to competent coaches in all disciplines of figure skating including sport science, stroking and skating skills. Once trained, coaches will be knowledgeable in Singles, Dance, Pairs, Synchronized Skating, Sport Science and Stroking/Skating skills. Coaches will have the tools necessary to train, manage and produce well-rounded athletes and create opportunities for Skate Canada clubs to expand its business by offering multiple skating programs and better service the needs of athletes and their parents.

A coach may certify as either a) **Intermediate StarSkate Coach** – within the CBET Instruction Coaching Stream – Intermediate Context OR b) **Provincial Coach**, within the CBET Competition Coaching Stream – Introduction Context.

The training and evaluation of coaches within the new Intermediate StarSkate / Provincial Coach (ISPC) program will consist of the following:

**ISPC General Subjects Home Study** – This guide will include exercises that will focus on StarSkate, planning, physical preparation, practical evaluator/judge observation, ice shows, business management, music & choreography and much more. Content present will cover information that is relevant to all four skating disciplines.

**ALL** coaches will be required to complete the home study in full prior to proceeding to the ISPC training components.

**ISPC Training:** This training uses the ISU “How To Series” as a training tool. The components are done in 5 days of technical training in the following areas:

Sport Science (1 day) – will cover topics such as physical preparation, mental preparation, nutrition and planning, all in which are crucial areas to produce a well-rounded athlete.

Stroking & Skating Skills (1 day) – will cover the basics of stroking and much more including the senior bronze and junior silver skating skills tests.

**Please Note:** All coaches will be required to attend the Sport Science and Stroking/Skills prior to registering for a discipline technical course.

Singles (1 day) – will cover effective techniques to teach all six double jumps and spins needed to train athletes at the senior bronze/junior silver StarSkate and Juvenile competitive level.

Pairs & Synchro (1 day) – will cover key elements to develop and train juvenile pair skating teams and also learn about the factors of difficulty, various technical elements and choreography transitions involved in synchronized skating.

Ice Dancing (1 day) – will cover various elements of ice dancing, senior bronze and junior silver compulsory dances, sosturning and total athlete packaging and much more.

**Note:** To receive credit for the ISPC training, coaches must complete all five technical courses and associated workbooks successfully. To begin the ISPC evaluation component, coaches must first complete the sport science, stroking & skating skills courses and at least 1 discipline technical course – so either ice dancing, pairs & synchronized skating or singles.

**ISPC Evaluations:** Coaches can choose the discipline they wish to certify. Certifying in more than one discipline will be highly recommended, however not mandatory.

**Path 1** – To be certified as an **Intermediate StarSkate Coach** in the intermediate context of the CBET instruction stream, coaches need to complete all of the following:

1. 75 hours of coaching in a Skate Canada club
2. Video Lessons:
  - Submit 1 technical video lesson with a lesson plan at the senior bronze or junior silver StarSkate level and
  - Submit 1 stroking or skating skills video lesson with a lesson plan at the senior bronze or junior silver StarSkate level.
3. Video Analysis and Music CD/cassette submit a video analysis and a music CD/cassette tape of a skater whose program the coach has designed or choreographed at the Intermediate StarSkate level.
4. Have skaters pass intermediate StarSkate tests or higher OR complete the mentorship program. A copy of the test summary sheet for each test passed must be submitted with the Practical Coaching Record Form.

**Path 2** - To be certified as a **Provincial Coach** in the introduction context of the CBET Competition Coaching Stream, coaches need to complete all of the following:

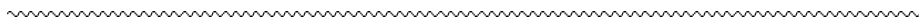
1. 75 hours of coaching in a Skate Canada club
2. Video Lessons:
  - Must submit 1 technical video lesson with a lesson plan at the Juvenile or pre-novice competitive level and –
  - Must submit 1 stroking lesson with a lesson plan at the juvenile or pre-novice competitive level.
3. Video Analysis and Music CD/Cassette: Must submit a video analysis and Music CD or cassette tape of a Juvenile or Pre-Novice skater whose program the coach has designed or choreographed.
4. Have skaters pass juvenile or pre-novice competitive tests. A copy of the test Summary sheet must be submitted with the Practical Coaching Record Form.
5. Have a skater qualify and compete at a Sectional Championship level or

Higher caliber competition (i.e. Junior Nationals, Nations, etc.) and provide a protocol of the event as proof with your Practical Coaching Record Form.  
**Must be the primary coach of the skater for the past 3 months prior to the event.**

**Additional Requirements – Introduction to Competition Part B (multi-sport modules)** – At some point, coaches will be required to complete the “Introduction to Competition – Part B multi-sport modules, formerly Level 2 Theory.

**Certifying a Second Discipline:** Interested coaches wanting to certify in a second discipline will be required to complete the following practical requirements as outlined in the ISPC Evaluations:

1. Video Lesson: Submit 1 technical lesson that begins with stroking followed by an element of choice specific to the discipline selected.
2. Video Analysis: Complete this requirement in full as outlined previously.
3. Test passed: Complete this requirement in full as outlined previously.
4. Provincial Coach certification: Same as outlined in Path 2.



You can order the ISPC General Subjects Home Study Training kit by sending this to the Section office. The cost is \$45.00 plus shipping.

NAME \_\_\_\_\_ TEL # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

POSTAL CODE \_\_\_\_\_ E-MAIL \_\_\_\_\_

If you wish to receive the Home Study kit to begin the Level 2 process, please contact Barb Stott at 604-205-9703 between 7:30am – 3:30pm, Monday thru Friday. Or via e-mail at: [barb.s@attglobal.net](mailto:barb.s@attglobal.net)

Please make cheque payable to the BC Section and send to: #2-6501 Spratt St.  
Burnaby, BC V5B 3B8

If paying by credit card, your Card # \_\_\_\_\_  
Expiry Date \_\_\_\_\_ Signature \_\_\_\_\_

Please allow 3 weeks for shipping.