

# NCCP Instruction Intermediate

## Regional Coach Pathway

### PRE-REQUISITES

- CanSkate Certified
- One Complete Senior Bronze STARSkate Test OR STAR 5 Freeskate Assessment + one additional STAR 5 Assessment

### REGISTERED PROFESSIONAL COACH, IN GOOD STANDING

- Registered for the current season
- NCCP status (renewed when certified)
- Valid First Aid
- Clear Screening
- Skate Canada's Code of Ethics
- Respect in Sport Training

COACHES HAVE THREE YEARS FROM THE DATE OF THE IN-TRAINING COURSE TO BECOME REGIONAL COACH CERTIFIED

**ACCREDITATION FOR QUALIFYING EVENTS**  
Regional Coaches are eligible to attend Sectional Championships & Regional Synchronized Skating Championships with Pre-Juvenile and Juvenile skaters or teams

### Skate Canada eLearning

- Regional Coach Pre-Course

### Regional Coach In-training Course

(3-day course)

- How to teach skaters
- How to train skaters
- How to deliver skating programs
- How to assess STAR 1-5 skaters

### Skate Canada eLearning

- Learn to Train and CPC
- STAR 1-5 Assessor Training (\* required prior to assessing your skaters)

### Coaching Association of Canada

#### Multi-Sport Training

Multi-sport training is offered by Provincial and Territory Coaching Representatives

- Make Ethical Decisions \*
- Planning a Practice \*
- Teaching and Learning \*
- Design a Basic Sport Program
- Basic Mental Skills

\*Previously completed in CanSkate Coach Pathway

### Regional Coach Certified Portfolio

Includes the following components:

- Your coaching philosophy
- Your coaching goals
- Discover eLearning
- Mentorship
- Submission of two technical lessons
- Submission of one STAR 1-5 mock assessment
- Submit a STAR 1-5 weekly session plan
- Make Ethical Decisions online evaluation

A certified status is achieved upon successful completion of the Regional Coach Certified Portfolio. Maintenance of Certification will apply with a certified status (12 points/ 3-year cycle)

**Regional Coach In-training**

**Regional Coach Trained**

**Regional Coach Certified**



## **Regional Coach Pathway**

The Regional Coach Program prepares coaches to develop skaters at the Learn to Train stage in figure skating. Specifically, this context focuses on the STAR 1-5 program which is designed to prepare skaters for success at Learn to Compete. Regional Coaches are qualified to coach all Skate Canada figure skating programs and levels.

### **Certification Deadline**

Coaches have three years to certify as a Regional Coach

### **Pre-Requisites**

- Must have a CanSkate Certified status
- Must be either a registered Skate Canada coach in good standing or a Skate Canada registrant
- Must have meet one of the following:
  - Have passed one complete Senior Bronze Test (STAR 6)
- OR
- Have passed STAR 5 Freeskate assessment and one additional STAR 5 Assessment

### **In-Training Status**

- Successfully complete the Regional Coach Pre-Course Training Module.
- Attend the three-day course

Prior to attending the Regional Coach course, participants are asked to complete an online pre-course through Skate Canada's eLearning site. This prepares candidates with a base level of knowledge leading into the course. The 3-day Regional Coach course builds on coach concepts and topics introduced in CanSkate preparing coaches to venture into their own coaching business. Focusing on the Learn to Train stage of Long-term Athlete Development, the Regional Coach course dives deeper into Biomechanics, skill analysis and skill technique. Coaches are introduced to the STAR 1-5 program and explore the process of assessment. Based on the following learning objectives, the Regional Coach course will prepare coaches to:

- Recognizing correct technique through element analysis.
- Distinguish the best strategies to train and develop skaters at the STAR 1-5 level
- Organize, plan and execute a live session



- Manage their business

### **Regional Coach Course Information**

- Regional Coach Pre-Course Module fee: free
- Regional Coach Course fee: varies by Section

### **Trained Status**

Regional Coaches will earn a Trained status once they have completed the 3-day coach course and have completed these 5 multi-sport courses

- Making Ethical Decisions (multi-sport course – completed in CanSkate pathway)
- Planning a Practice (multi-sport course- completed in CanSkate pathway)
- Teaching and Learning (multi-sport course- completed in CanSkate pathway)
- Design a Basic Sport Program (multi-sport course)
- Basic Mental Skills (multi-sport course)

### **Multi-sport Course Information**

All multi-sport training is offered in partnership with the Coaching Association of Canada through Provincial and Territorial Coaching Representatives. [Click here](#) for more information.

- Multi-sport course fee: varies by province/territory

### **Certified Status**

- Must be a registered Skate Canada coach, in good standing.

The Regional Coach Certified Evaluation Portfolio provides a platform for coaches to show their ability to coach Learn to Train figure skaters. Coaches are encouraged to gain some experience coaching or mentor with another coach prior to submitting this portfolio. To assist with coach development, the portfolio consists of the following components:

- Coach philosophy
- Coaching goals
- Discovering eLearning
- Mentorship



- Submission of two technical lessons at the STAR 1-5 level
- Submission of a mock STAR 1-5 Assessment
- STAR 1-5 weekly session plan
- Make Ethical Decisions online evaluation

### **Becoming a Certified Regional Coach**

- When ready to complete the certification process, Coaches must enroll in “Regional Coach Certified Evaluation Portfolio” through the eLearning site.
  - Log into Skate Canada Membership site
  - Click eLearning on the top bar
  - Click All Courses
  - Click on National Coaching Certification Program (NCCP)
  - Regional Coach Certified Evaluation Portfolio
- Enroll: You will be prompted to pay an \$105 evaluation fee\* prior to entry
  - \*Please note, this fee is non-refundable. Coaches should enroll in this course only when they are prepared to finish the portfolio in a timely manner (within maximum 2 months of enrolling).

Upon enrollment, the following events will take place:

- Coach will be assigned an evaluator by Skate Canada
- The Evaluator will set up a time with the coach to review the portfolio (pre-brief conversation)
- The coach will complete the portfolio requirements and notify the evaluator.
  - Ensure portfolio is in fillable Portfolio Template
  - Submit for marking (within 2-months)
- The Evaluator will review the portfolio
  - Please allow 4-weeks for marking
- The Evaluator will schedule a time with the coach to review the portfolio as well as create an action plan (debrief). The action plan may include additional professional development activities such as eLearning, resubmission of lessons, mentor coach lessons etc.