

Calling All Coaches!

NCCP

MULTI-SPORT COMPETITION MODULES

2010 Winter Schedule



National
Coaching
Certification
Program

Becoming a Coach or Becoming a Better Coach ...

By learning how to become a coach, you can provide a positive experience for others and for yourself. Coaches represent many different roles to many different people. Coaches are viewed as teachers, mentors, role models, friends, and as leaders in the community. Coaches contribute to the community, have an enormous effect on the development of our youth, and participate in a great learning experience.

You may select from a range of coaching pathways in your journey to become a certified coach. Various coach training streams and contexts are a part of the new NCCP structure to better meet the participant's needs.

Refer below...

National Coaching Certification Program

STRUCTURE

Streams:	Community Sport	Competition	Instruction
Contexts:	Initiation to Sport Ongoing Participation	Introduction Development High Performance	For Beginners For Intermediate For Advanced

For details on sport specific coaching courses, please contact your respective provincial sport association at:

<http://www.tpr.alberta.ca/asrpwf/programs/sports/nccp/index.asp>

For further information on the **Courses** or information on **Hosting a Course**, please call Susan Jackson at (780) 422-8294 or email at

susan.j.jackson@gov.ab.ca

Call toll free through the Service Alberta Operator at 310-0000 and then dial (780) 422-8294

Please note the deadlines for applying to host a course are:

Spring & Summer (April - August) - February 15

Fall (September - December) - June 15

Winter (January - March) - November 15

For more information, please visit our web site at:

www.asrpwf.ca

Provincial Sport Associations

Alpine Ski	(403) 609-4730
Archery	(780) 460-9622
Athletics	(780) 427-8792
Badminton	(403) 297-2722
Baseball	(780) 427-8943
Basketball	(780) 427-9044
Baton Twirling	(780) 415-0144
Biathlon Ski	(403) 202-6548
Bicycle	(780) 427-6352
Blind Sports	(403) 262-5332
Bobsleigh	(403) 297-2721
Bowling	(780) 422-8251
Boxing	(780) 427-6515
Broomball	(780) 427-6537
Canoe (Sprint)	(780) 422-3013
Canoe (Whitewater)	(780) 427-6717
Cricket	(780) 461-1361
Cricket Schools	(780) 438-0460
Cross Country Ski	(780) 415-1738
Curling	(780) 427-7670
Disabled Skiers	(780) 427-8104
Diving	(780) 414-1247
Equestrian	(403) 253-4411
Fencing	(780) 427-9474
Field Hockey	(403) 670-0014
Figure Skating	(780) 415-0465
Football	(780) 427-8108
Freestyle Ski	(403) 297-2718
Golf	(403) 236-4616
Gymnastics	(403) 259-5500
Handball	(780) 487-4424
Hockey	(403) 342-6777
Judo	(780) 427-8379
Karate	(780) 432-3672
Lacrosse	(780) 422-0030
Lawn Bowling	(780) 427-8119
Luge	(403) 297-2726
Netball	(403) 238-8041
Orienteering	(403) 697-5750
Parachuting	(780) 438-1403
Racquetball	(780) 918-5332
Rhythmic Gymnastics	(780) 427-8152
Ringette	(780) 415-1750
Rowing	(780) 427-8154
Rugby	(780) 415-1773
Sailing	(403) 617-9092
Shooting Sports	(780) 415-1775
Ski Jumping & Nordic	(403) 247-5960
Soccer	(780) 474-2200
Softball	(780) 461-7735
Special Olympics	(780) 415-0719
Speed Skating	(403) 220-7911
Sport Medicine (SMCA)	(780) 415-0812
Squash	(403) 270-7344
Swimming	(780) 415-1780
Synchro Swim	(780) 415-1789
Table Tennis	(780) 427-8588
Tennis	(780) 415-1661
Tae Kwon Do	(780) 443-2295
Team Handball	(780) 415-2666

Government
of Alberta

Alberta

Freedom To Create. Spirit To Achieve.

ALBERTA
SPORT, RECREATION
PARKS & WILDLIFE
FOUNDATION

Created December 2009

NCCP COURSES

2010 Winter Schedule

COMPETITION - INTRODUCTION PART A COURSES

Bonnyville

Dates: January 9 - 10
Times: 9:00am - 5:00pm
Location: Portage College
Contact: (780) 826-3110

Calgary

Dates: January 30 - 31
Times: 9:00am - 5:00pm
Location: University of Calgary (NCI)
Contact: (403) 220-8197

Dates: February 20 - 21
Times: 9:00am - 5:00pm
Location: University of Calgary (NCI)
Contact: (403) 220-8197

Dates: March 20 - 21
Times: 9:00am - 5:00pm
Location: University of Calgary (NCI)
Contact: (403) 220-8197

Edmonton

Dates: January 16 - 17
Times: 9:00am - 5:00pm
Location: MacEwan University
(City Centre)
Contact: (780) 497-5300

Dates: March 20 - 21
Times: 9:00am - 5:00pm
Location: MacEwan University
(City Centre)
Contact: (780) 497-5300

Grande Prairie

Dates: February 12 - 13
Times: 9:00am - 5:00pm
Location: Grande Prairie Regional College
Contact: (780) 539-2816

Dates: March 26 - 27
Times: 9:00am - 5:00pm
Location: Grande Prairie Regional College
Contact: (780) 539-2816

Red Deer

Dates: January 23 - 24
Times: 9:00am - 5:00pm
Location: Red Deer College
Contact: (403) 357-3663

COMPETITION - INTRODUCTION PART B COURSES

Calgary

Dates: February 27 - 28
Times: 9:00am - 5:00pm
Location: University of Calgary (NCI)
Contact: (403) 220-8197

Edmonton

Dates: January 23 - 24
Times: 9:00am - 5:00pm
Location: MacEwan University
(City Centre)
Contact: (780) 497-5371

Dates: March 27 - 28
Times: 9:00am - 5:00pm
Location: MacEwan University
(City Centre)
Contact: (780) 497-5371

Grande Prairie

Dates: February 19 - 20
Times: 9:00am - 5:00pm
Location: Grande Prairie Regional
College
Contact: (780) 539-2816

Red Deer

Dates: February 27 - 28
Times: 9:00am - 5:00pm
Location: Red Deer College
Contact: (403) 357-3663

FUNDAMENTAL MOVEMENT SKILLS COMMUNITY LEADER COURSE

Red Deer

Dates: Saturday, January 30
Times: 9:00am - 5:00pm
Location: Red Deer College
Contact: (403) 357-3663

Dates: Saturday, March 13
Times: 9:00am - 5:00pm
Location: Red Deer College
Contact: (403) 357-3663

MAKE ETHICAL DECISIONS MODULE

Calgary

Dates: January 13
Times: Wednesday Evening
6:00pm - 9:30pm
Location: University of Calgary (NCI)
Contact: (403) 220-8197

Dates: March 9
Times: Tuesday Evening
6:00pm - 9:30pm
Location: University of Calgary (NCI)
Contact: (403) 220-8197

Edmonton

Dates: February 3
Times: Wednesday Evening
6:00pm - 9:30pm
Location: MacEwan University
(City Centre)
Contact: (780) 497-5300

Dates: March 22
Times: Monday Evening
6:00pm - 9:30pm
Location: MacEwan University
(City Centre)
Contact: (780) 497-5300

DESIGN A SPORT PROGRAM MODULE

Calgary

Dates: January 20
Times: Wednesday Evening
6:00pm - 10:00pm
Location: University of Calgary (NCI)
Contact: (403) 220-8197

Dates: March 23
Times: Thursday Evening
6:00pm - 10:00pm
Location: University of Calgary (NCI)
Contact: (403) 220-8197

If your sport/club has an interest in attending or hosting either of these modules as a stand alone, please contact Susan Jackson by email at susan.j.jackson@gov.ab.ca or by phone at (780) 422-8294

To register for the above listed courses please phone the contact number directly.

NCCP COURSES

2010 Winter Schedule

COMPETITION - DEVELOPMENT

As of April 1, 2009, Theory Level 3 will no longer be delivered.

The replacement for this course in the new NCCP structure will be Competition - Development as outlined below:

- ◆ Developing Athletic Abilities
- ◆ Prevention and Recovery
- ◆ Managing Conflict
- ◆ Leading Drug Free Sport
- ◆ Coaching and Leading Effectively
- ◆ Psychology of Performance

For a detailed description of each Competition - Development module, please refer to last page of this newsletter

PLEASE NOTE!!

Coaches beginning training in the NCCP Competition - Development context must **FIRST** complete training and/or evaluation of the following modules in the NCCP:

- * Planning a Practice;
- * Design a Basic Sport Program; and
- * Make Ethical Decisions

These three modules serve as a necessary foundation for the additional modules in this context.

LEVEL FOUR/FIVE TASKS

The National Coaching Institute of Calgary (NCI) offers Level 4/5 Tasks. For a Level 4/5 Task Schedule, please contact the NCI at:

Phone: (403) 220-8197

Web: www.canadiansportcentre.com

Please note: Level 3 certification or New NCCP is a prerequisite for all Level 4/5 Tasks. Coaches wishing to receive credit for participating must receive prior approval from their National Sport Organization.

COMPETITION - DEVELOPMENT MODULES

Calgary

Location: University of Calgary (NCI)

Contact: (403) 220-8197

Developing Athletic Abilities

Dates: March 6 - 9:00am - 4:00pm
March 7 - 9:00am - 12:00pm

Prevention and Recovery

Dates: March 13 - 8:30am - 5:30pm

Leading Drug Free Sport

Dates: March 14 - 9:00am - 1:00pm

Coaching and Leading Effectively

Dates: April 10 - 9:00am - 3:00pm
April 11 - 9:00am - 2:00pm

Psychology of Performance

Dates: April 17 - 9:00am - 5:00pm

Managing Conflict

Dates: April 18 - 9:00am - 1:30pm

UPCOMING GAMES



Dates: February 4 - 7, 2010

Phone: (780) 980-4263

Website: www.awg2010.ca



Dates: March 6 - 13, 2010

Email: teamalberta@gov.ab.ca

Website: www.awg2010.org

COMPETITION - DEVELOPMENT MODULES

Edmonton

Location: MacEwan University

Contact: (780) 497-5300

Developing Athletic Abilities

Dates: January 30 - 9:00am - 4:00pm
January 31 - 9:00am - 12:00pm

Prevention and Recovery

Dates: February 6 - 8:30am - 5:30pm

Leading Drug Free Sport

Dates: February 7 - 9:00am - 1:00pm

Coaching and Leading Effectively

Dates: February 27 - 9:00am - 3:00pm
February 28 - 9:00am - 2:00pm

Psychology of Performance

Dates: March 6 - 9:00am - 5:00pm

Managing Conflict

Dates: March 7 - 9:00am - 1:30pm

Building Success 4 Life
Conference
Playground to Podium
April 30 - May 1, 2010



Alberta Sport Development Centre - Central, City of Red Deer, & Red Deer College, invite you to save the dates of April 30 - May 1, 2010 in your calendars for a Coaches Conference. The conference will be held at Red Deer College, Collicutt Centre and Hunting Hills High School located in Red Deer, Alberta.

The Coaches Conference will provide non-sport specific education and information for all levels of coaches. The Conference looks to attract 150 coaches from across the province to engage and learn about the 3 coaching streams from the newly mandated Canadian Sport For Life continuum (www.canadiansportforlife.ca).

The 2010 Coaching Conference will be a learning, networking and rejuvenating experience for those working with kids in the playground or athletes on the podium.

If you would like to be on the mailing list please email gwen.farnsworth@rdc.ab.ca or phone (403) 342-3231.

To register for the above listed courses please phone the contact number directly.

NCCP COURSES 2010 Winter Schedule

COACH AND OFFICIAL INITIATIVES

The Coach and Official Initiatives provides opportunities to further coaching and officiating development in Alberta. These initiatives parallel the priorities identified in both the Alberta Sport Plan and the Federal-Provincial/Territorial Priorities for Collaborative Action that was developed as part of the Canadian Sport Policy. The coaching and officiating initiatives are:

ABOVE AND BEYOND

The **Above and Beyond** grant provides support to coaches and officials to pursue coach education or development opportunities. Specifically, this is intended for coaches and officials that are in a unique situation (apprenticing, geographically isolated, disadvantaged) and that are experiencing extraordinary circumstances.

VISITATION

The **Visitation** grant provides support to Provincial Associations and their clubs to offset travel and accommodation costs to host an out of province or out of country coach or official.

Application deadlines for the above two grants are
May 15 and October 15

ALBERTA COACH EDUCATION VOUCHER

The Alberta Coach Education Voucher opportunity is offered through the partnership with the ASRPWF and the Alberta Schools' Athletic Association. The focus is to support and encourage high school teacher/coaches and physical educators to pursue NCCP certification by providing them with a voucher to be used towards an NCCP course.

Please contact ASAA for more details at www.asaa.ca/pages/news

For more information on these initiatives, please visit our web site at:
http://www.tpr.alberta.ca/asrpwf/programs/funding/coaching_dev/index.asp

Visit our Website:

www.asrpwf.ca

**For all
NCCP Course
Information**

Already have Certification?

To clarify certification, to submit a change of address or to receive a replacement coaching card, please contact the CAC Database by any of the following contacts:

Email: database@coach.ca

Web Site: www.coach.ca

INSIDE COACHING

The official newsletter of the NCCP, *Inside Coaching*, will keep you informed of the NCCP activities and provide you with a regular snapshot of the ongoing transition of the NCCP to a competency-based system.

Please check the CAC web site at:

www.coach.ca/e/inside_coaching

**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</i> and the <i>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 2	<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