

# Competition Development: Coaching Pathway

For head coaches of a competitive club/team attending Canadian Championships/Canada Winter Games and international competition  
Learning to Compete and Training to Compete athletes

## Course Prerequisites

- Current Biathlon Canada Membership
- Certified Competition Introduction Coach (with two years experience preferred)
- Possession Acquisition Licence (PAL)
- Multisport Modules (Workshops)
  - Developing Athletic Abilities
  - Psychology of Performance
  - Prevention and Recovery

## Multisport Modules (Workshops)

- Make Ethical Decisions
- Managing Conflict
- Leading a Drug Free Sport
- Coaching & Leading Effectively

## Competition Development Workshop

In-Training Status

(44hours)

- Sport specific training that is instruction, discussion, scenario, and practical based

- Complete the above Competition Development Workshop - you are a Competition Development Coach "In Training"
- Complete all the above - you are a "Trained" Competition Development Coach and ready to do the Evaluation below
  - Complete all the Evaluation components below - you are a "Certified" Competition Development Coach!

## Competition Development - Coach Evaluation

- ✓ Successful Evaluation of:
  - YTP/Mesocycle/Microcycles/Practice plans
  - Analyze Skiing and Analyze Shooting
  - Strategy and Tactics
  - Program Policy Documents
  - Selection or Identification Policy
  - Season End Analysis
  - Plan and Lead a Competitive Tour or Camp
  - Ski Prep
  - Rifle Fit
  - Support in Training and Support in Competition
  - New training methods - Altitude
- ✓ Coach Debrief and Action plan
- ✓ Multisport Modules Evaluations
- ✓ Current Biathlon Canada Membership
- ✓ Current PAL