

Competition Introduction: Coaching Pathway

For coaches of a competitive club/team attending Divisional/Eastern/Western/Canadian Championships.
Training to Train athletes

Workshop Prerequisites

- Current Biathlon Canada Membership and 16+ years of age
- NCCP Multi-sport Training (Make Ethical Decisions, Planning a Practice, and Design a Basic Sports Program)

Recommended Experience

- Firearms Safety Course
- Certified Community Coach **or** one year coaching or biathlete experience

NCCP Multi-sport Training

- Make Ethical Decisions -4hrs
- Planning a Practice – 5hrs
- Design a Basic Sports Program - 4.75hrs
- Nutrition – 1hr
- Teaching and Learning – 5.25hrs
- Basic Mental Skills – 3.5hrs

Competition Introduction Dry-Land Workshop (13hrs)

- Safe Sport
- Shooting Equipment
- Creating the Training Environment
- Support the Athlete in Training
- Support the Athlete in Shooting
- Analyze Technique (Shooting)

Competition Introduction On-Snow Workshop (13.5hrs)

- Safe Sport
- Ski Equipment
- Support the Athlete in Skiing
- Analyze Technique (Skiing)
- Support the Competitive Experience
- Seasonal Plan Design

- ❖ Complete some of the above - you are a Competition Introduction Coach **"In Training"**
- ❖ Complete all the above - you are a **"Trained"** Competition Introduction Coach and ready to do be Evaluated
- ❖ Complete all the Evaluation components below - you are a **"Certified"** Competition Introduction Coach!

Competition Introduction - Coach Evaluation

- ✓ Submit Portfolio to an Evaluator
 - Assessment Form
 - Coach profile and Self Assessment
 - Emergency Action Plan (EAP)
 - Practice Plan and Direct Observation by an Evaluator
 - Seasonal Plan
 - Analyze Skiing Performance
 - Analyze Shooting performance
 - Coach Debrief and Action Plan created with the Evaluator
- ✓ Current Biathlon Canada Membership
- ✓ Proof of Firearms Safety Course Certification
- ✓ Make Ethical Decisions Online Evaluation