

# Calling All Coaches

## NCCP MULTI-SPORT COMPETITION MODULES 2009 Spring & Summer 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 Performers

### Provincial Sport Associations

Archery	(780) 460-9622
<b>Athletics</b>	<b>(780) 427-8792</b>
Badminton	(403) 297-2722
<b>Baseball</b>	<b>(780) 427-8943</b>
Basketball	(780) 427-9044
<b>Baton Twirling</b>	<b>(780) 415-0144</b>
Bicycle	(780) 427-6352
<b>Blind Sports</b>	<b>(403) 262-5332</b>
Bobsleigh	(403) 297-2721
<b>Bowling</b>	<b>(780) 422-8251</b>
Boxing	(780) 427-6515
<b>Broomball</b>	<b>(780) 427-6537</b>
Canoe (Sprint)	(780) 422-3013
<b>Canoe (Whitewater)</b>	<b>(780) 427-6717</b>
Cricket	(780) 461-1361
<b>Cricket Schools</b>	<b>(780) 438-0460</b>
Curling	(780) 427-7670
<b>Disabled Skiers</b>	<b>(780) 427-8104</b>
Diving	(780) 414-1247
<b>Equestrian</b>	<b>(403) 253-4411</b>
Fencing	(780) 427-9474
<b>Field Hockey</b>	<b>(403) 670-0014</b>
Figure Skating	(780) 415-0465
<b>Football</b>	<b>(780) 427-8108</b>
Golf	(403) 236-4616
<b>Gymnastics</b>	<b>(403) 259-5500</b>
Handball	(780) 487-4424
<b>Hockey</b>	<b>(403) 342-6777</b>
Judo	(780) 427-8379
<b>Karate</b>	<b>(780) 432-3672</b>
Lacrosse	(780) 422-0030
<b>Lawn Bowling</b>	<b>(780) 427-8119</b>
Luge	(403) 297-2726
<b>Netball</b>	<b>(403) 238-8041</b>
Orienteering	(403) 697-5750
<b>Parachuting</b>	<b>(780) 438-1403</b>
Racquetball	(780) 918-5332
<b>Rhythmic Gymnastics</b>	<b>(780) 427-8152</b>
Ringette	(780) 415-1750
<b>Rowing</b>	<b>(780) 427-8154</b>
Rugby	(780) 415-1773
<b>Sailing</b>	<b>(403) 617-9092</b>
Shooting Sports	(780) 415-1775
<b>Skiing (Alpine)</b>	<b>(403) 247-5600</b>
Skiing (Biathlon)	(403) 297-2719
<b>Skiing (Cross-Country)</b>	<b>(780) 415-1738</b>
Skiing (Freestyle)	(403) 297-2718
Soccer	(780) 474-2200
<b>Softball</b>	<b>(780) 461-7735</b>
Special Olympics	(780) 415-0719
<b>Speed Skating</b>	<b>(403) 220-7911</b>
Sport Medicine (SMCA)	(780) 415-0812
<b>Squash</b>	<b>(403) 270-7344</b>
Swimming	(780) 415-1780
<b>Synchro Swim</b>	<b>(780) 415-1789</b>
Table Tennis	(780) 427-8588
<b>Tennis</b>	<b>(780) 415-1661</b>
Tae Kwon Do	(780) 443-2295
<b>Team Handball</b>	<b>(780) 415-2666</b>
Triathlon	(780) 427-8616
<b>Volleyball</b>	<b>(780) 415-1703</b>
Water Polo	(403) 475-6747
<b>Water Ski</b>	<b>(780) 415-0088</b>
Weightlifting	(780) 450-0408
<b>Wheelchair Sports</b>	<b>(780) 427-8699</b>
Wrestling	(780) 415-0140

For details on sport specific coaching courses, please contact your respective provincial sport association at <http://www.tpr.alberta.ca/asrpf/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](mailto: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:

**Winter (January - March) - November 15**  
**Spring & Summer (April - August) - February 15**  
**Fall (September - December) - June 15**



Visit our Website:

[www.asrpf.ca](http://www.asrpf.ca)



# NCCP COURSES

## 2009 Spring & Summer Schedule

### COMPETITION - INTRODUCTON PART A COURSES

#### **Calgary**

Dates: April 25 - 26  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: May 2 - 3  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: June 13 - 14  
Times: 9:00am - 5:00pm  
Location: Talisman Centre for Sport and Wellness  
Contact: (403) 233-8393

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

Dates: July 25 - 26  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

#### **Edmonton**

Dates: May 9 - 10  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

Dates: May 30 - 31  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

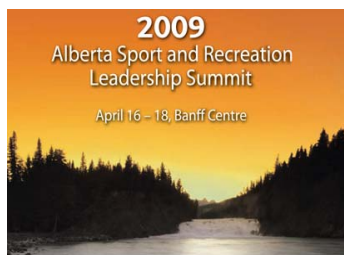
Dates: June 13 - 14  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

#### **Fort McMurray**

Dates: May 9 - 10  
Times: 9:00am - 5:00pm  
Location: ASCD - Northeast  
Contact: (780) 791-7792

#### **Grande Prairie**

Dates: June 20 - 21  
Times: 9:00am - 5:00pm  
Location: Grande Prairie Regional College  
Contact: (780) 539-2816



### **Training and Development for Provincial Sport and Recreation Leaders!**

*Here is a preview of what you can expect from the 2009 Alberta Sport & Recreation Leadership Summit*

The Summit will provide training and development opportunities for:

- Board Members
- Volunteers
- Coaches and Officials
- Staff
- Practitioners

The following Alberta awards will be presented:

- Athlete and Team of the Year
- Sport Volunteer Recognition Awards
- Coaching Recognition Awards
- Officiating Recognition Awards

Check out the web site for information at:

<http://www.tpr.alberta.ca/asrpfw/Conferences/leadership/index.asp>

For more information, please contact

Marvin Dobish  
Phone: (780) 644-3616  
Fax: (780) 427-5140  
Marvin.Dobish@gov.ab.ca

### MAKE ETHICAL DECISIONS MODULE

#### **Edmonton**

Dates: May 20  
Times: Wednesday Evening  
6:00pm - 9:30pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

Dates: June 17  
Times: Wednesday Evening  
6:00pm - 9:30pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

#### **Calgary**

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

Dates: August 18  
Times: Tuesday Evening  
6:00pm - 9:30pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

If your sport/club has an interest in attending or hosting this module as a stand alone, please contact Susan Jackson by email at [susan.j.jackson@gov.ab.ca](mailto:susan.j.jackson@gov.ab.ca) or by phone at (780) 422-8294.

### 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](http://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**

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

# NCCP COURSES

## 2009 Spring & Summer Schedule

### COMPETITION - INTRODUCTION PART B COURSES

#### **Calgary**

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

Dates: July 18 - 19  
Times: 9:00am - 5:00pm  
Location: Talisman Centre for Sport & Wellness  
Contact: (403) 233-8393

Dates: August 15 - 16  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

#### **Edmonton**

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

Dates: June 6 - 7  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

Dates: June 20 - 21  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

#### **Fort McMurray**

Dates: May 23 - 24  
Times: 9:00am - 5:00pm  
Location: ASCD - Northeast  
Contact: (780) 791-7792

#### **Grande Prairie**

Dates: June 27 - 28  
Times: 9:00am - 5:00pm  
Location: Grande Prairie Regional College  
Contact: (780) 539-2816

#### **Red Deer**

Dates: April 4 - 5  
Times: 9:00am - 5:00pm  
Location: Red Deer College  
Contact: (780) 539-2816

### DESIGN A SPORT PROGRAM MODULE

#### **Calgary**

Dates: July 21  
Times: Tuesday Evening  
6:00pm - 10:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: August 25  
Times: Tuesday Evening  
6:00pm - 10:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

#### **\*\*NEW\*\***

#### **Competition - Development Modules**

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

#### **PLEASE NOTE!!**

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

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

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

### COMPETITION - DEVELOPMENT MODULES

#### **Calgary**

Dates: June 6 - 7 & June 13 - 14  
Times: 9:00am - 4:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

#### **Modules offered:**

- \* Developing Athletic Abilities
- \* Prevention and Recovery
- \* Leading Drug Free Sport

Dates: August 8 - 9 & 15 - 16  
Times: 9:00am - 4:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

#### **Modules offered:**

- \* Managing Conflict
- \* Coaching and Leading Effectively
- \* Psychology of Performance

#### **Edmonton**

Dates: May 23 - 24 & 30 - 31  
Times: 9:00am - 4:00pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

#### **Modules offered:**

- \* Managing Conflict
- \* Coaching and Leading Effectively
- \* Psychology of Performance

Dates: June 13 - 14 & 20 - 21  
Times: 9:00am - 4:00pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

#### **Modules offered:**

- \* Developing Athletic Abilities
- \* Prevention and Recovery
- \* Leading Drug Free Sport

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

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

# NCCP COURSES

## 2009 Spring & Summer Schedule

### COACH AND OFFICIAL DEVELOPMENT INITIATIVES

The Coach and Official Development 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](http://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](http://www.tpr.alberta.ca/asrpwf/programs/funding/coaching_dev/index.asp)

Visit our Website:

[www.asrpwf.ca](http://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](mailto:database@coach.ca)  
Web: [www.coach.ca](http://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](http://www.coach.ca/e/inside_coaching)

**NCCP Competition - Development Context  
Module Hours and Learning Outcomes**

Module	Hours	Learning Outcomes
<b>Managing Conflict</b>	4.5	<ul style="list-style-type: none"> <li>* Recognize common sources of conflict in sport and take steps to prevent conflict</li> <li>* Select an effective approach to situations involving conflict</li> <li>* Effectively listen and speak for yourself in conflict situations</li> <li>* Accept conflict as natural and feel more confident about your ability to prevent and resolve conflict</li> </ul>
<b>Leading Drug Free Sport</b>	3.5	<ul style="list-style-type: none"> <li>* Describe their roles and responsibilities as a coach with respect to anti-doping</li> <li>* Identify CCES resources and services</li> <li>* Use ethical decision-making tools in a doping-prevention context</li> <li>* Apply a process for doping prevention that is based on the <i>Decision-making Model</i> and the <i>NCCP Code of Ethics</i>.</li> </ul>
<b>Psychology of Performance</b>	7	<ul style="list-style-type: none"> <li>* Develop individualized competition focus plans for the athletes or teams you coach</li> </ul>
<b>Coaching and Leading Effectively</b>	10	<ul style="list-style-type: none"> <li>* Make interventions that enhance learning and build and reinforce group and team cohesion and commitment</li> <li>* Develop expectations about the behaviour and commitment needed to achieve individual and team goals</li> <li>* Communicate effectively and respectfully with both athletes and those supporting their performance</li> <li>* Use feedback to improve and correct performance and behaviour</li> </ul>
<b>Prevention and Recovery</b>	7.5	<ul style="list-style-type: none"> <li>* Incorporate the 12 PAK of performance and prevention into your coaching</li> <li>* Incorporate dynamic warm-ups into your coaching</li> <li>* Ensure that biomechanical forces are shared as needed</li> <li>* Develop functional evaluations for athletes' return to practice or competition</li> <li>* Use recovery and regeneration techniques in your coaching</li> </ul>
<b>Developing Athletic Abilities</b>	9  2	<ul style="list-style-type: none"> <li>* Prioritize the athletic abilities required in your sport</li> <li>* Evaluate athletes' sport-specific fitness and athletic abilities</li> <li>* Establish and sequence training priorities and training variables in each phase of your training program</li> <li>* Develop both skills and athletic abilities in practices</li> <li>* Pre task - online</li> </ul>