

# Calling All Coaches!

NCCP

## MULTI-SPORT COMPETITION MODULES 2011 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

### 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) 432-0721
Team Handball	(780) 415-2666
Triathlon	(780) 427-8616
Volleyball	(780) 415-1703
Water Polo	(403) 475-6747
Water Ski	(780) 415-0088
Weightlifting	(780) 450-0408
Wheelchair Sports	(780) 427-8699

For details on sport specific coaching courses, please contact your respective provincial sport association at the number to the right or at <http://www.asrpf.ca/sport/provincial-sport-recreation-associations.aspx>

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:

**Spring & Summer** (April - August) - February 15

**Fall** (September - December) - June 15

**Winter** (January - March) - November 1

For more information, please visit our web site at:

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

Government  
of Alberta



Alberta

Freedom To Create. Spirit To Achieve.

Created March 2011

# NCCP COURSES

## 2011 Spring & Summer Schedule

### COMPETITION - INTRODUCTION PART A COURSES

#### **CALGARY**

Dates: April 2 - 3  
Times: 9:00am - 5:00pm  
Location: SAIT  
Contact: (403) 284-7248

Dates: April 16 - 17  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: May 11, 18 & 25  
Times: Wednesday Evenings  
5:00pm - 10:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: June 11 - 12  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

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

#### **EDMONTON**

Dates: May 14 - 15  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan University  
(City Centre Campus)  
Contact: (780) 497-5300

Dates: June 11 - 12  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan University  
(City Centre Campus)  
Contact: (780) 497-5300

#### **GRANDE PRAIRIE**

Dates: May 13 - 14  
Times: May 13: 6:00pm - 9:00pm  
May 14: 9:00am - 6:00pm  
Location: Grande Prairie Regional  
College  
Contact: (780) 539-2816

#### **OLDS**

Dates: April 23 - 24  
Times: 9:00am - 5:00pm  
Location: Ralph Klein Centre  
Contact: (403) 507-7782

### COMPETITION - INTRODUCTION PART B COURSES

#### **CALGARY**

Dates: April 16 - 17  
Times: 9:00am - 5:00pm  
Location: SAIT  
Contact: (403) 284-7248

Dates: April 30 - May 1  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: June 18 - 19  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

#### **EDMONTON**

Dates: May 28 - 29  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan University  
(City Centre Campus)  
Contact: (780) 497-5300

Dates: June 17 - 18  
Times: June 17: 5:00pm - 10:30pm  
June 18: 9:00am - 5:00pm  
Location: Grant MacEwan University  
(City Centre Campus)  
Contact: (780) 497-5300

#### **GRANDE PRAIRIE**

Dates: April 1 - 2  
Times: April 1: 6:00pm - 9:00pm  
April 2: 9:00am - 6:00pm  
Location: Grande Prairie Regional  
College  
Contact: (780) 539-2816

Dates: June 10 - 11  
Times: June 10 6:00pm - 9:00pm  
June 11: 9:00am - 6:00pm  
Location: Grande Prairie Regional  
College  
Contact: (780) 539-2816

#### **OLDS**

Dates: May 7 - 8  
Times: 9:00am - 5:00pm  
Location: Ralph Klein Centre  
Contact: (403) 507-7782

#### **RED DEER**

Dates: April 9 - 10  
Times: 9:00am - 5:00pm  
Location: Red Deer College  
Contact: (403) 357-3663

### MAKE ETHICAL DECISIONS MODULE

#### **CALGARY**

Dates: April 14  
Times: Thursday  
6:00pm - 9:30pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: June 8  
Times: Wednesday  
6:00pm - 9:30pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: July 19  
Times: Tuesday  
6:00pm - 9:30pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

#### **EDMONTON**

Dates: May 17  
Times: Tuesday  
6:00pm - 9:30pm  
Location: Grant MacEwan University  
(City Centre Campus)  
Contact: (780) 497-5300

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### DESIGN A SPORT PROGRAM MODULE

#### **CALGARY**

Dates: April 18  
Times: Monday  
6:00pm - 10:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: June 15  
Times: Wednesday  
6:00pm - 10:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

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

If your sport/club has an interest in hosting either the MED or DSP 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

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

# NCCP COURSES

## 2011 Spring & Summer Schedule

### COMPETITION - DEVELOPMENT

As of April 1, 2009, Theory Level 3 has been replaced with the new NCCP structure, 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 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.

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### 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.**

### COMPETITION - DEVELOPMENT MODULES

#### **CALGARY**

Location: University of Calgary (NCI)  
 Contact: (403) 220-8197

#### **Developing Athletic Abilities**

Dates: May 7  
 9:00am - 5:00pm  
 May 8  
 9:00am - 12:00pm

#### **Prevention and Recovery**

Dates: May 14  
 9:00am - 5:30pm

#### **Psychology of Performance**

Dates: May 15  
 9:00am - 5:00pm

#### **Managing Conflict**

Dates: June 4  
 9:00am - 1:30pm

#### **Leading Drug Free Sport**

Dates: June 4  
 2:30pm - 6:30pm

#### **Coaching and Leading Effectively**

Dates: June 11  
 9:00am - 4:00pm  
 June 12  
 9:00am - 2:00pm

### COMPETITION - DEVELOPMENT MODULES

#### **EDMONTON**

Location: Grant MacEwan University  
 (City Centre Campus)  
 Contact: (780) 497-5300

#### **Managing Conflict**

Dates: Wednesday, May 25  
 5:30pm - 10:00pm

#### **Coaching and Leading Effectively**

Dates: June 7, 9 & 14  
 6:00pm - 9:30pm

#### **LETHBRIDGE**

Location: ASDC - Southwest  
 Contact: (403) 320-5271

#### **Leading Drug Free Sport**

Dates: Thursday, April 14  
 6:00pm - 9:30pm

#### **Psychology of Performance**

Dates: Thursday, May 12 & 19  
 6:00pm - 9:30pm

#### **Developing Athletic Abilities**

Dates: Tuesday, June 7, 14 & 21  
 6:00pm - 9:00pm

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### **Comp - Dev "Week" at the NCI!**

#### **Developing Athletic Abilities**

July 23 (9:00am - 4:00pm) & July 24 (9:00am - 12:00pm)

#### **Leading Drug Free Sport**

July 24 (1:00pm - 4:30pm)

#### **Coaching and Leading Effectively**

July 25 (9:00am - 4:00pm) & July 26 (9:00am - 2:00pm)

#### **Managing Conflict**

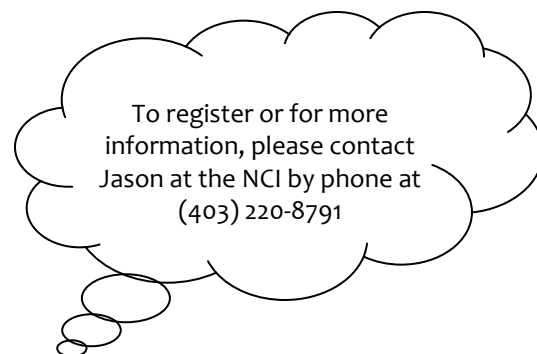
July 26 (3:00pm - 7:30pm)

#### **Prevention and Recovery**

July 27 (9:00am - 5:30pm)

#### **Psychology of Performance**

July 28 (9:00am - 5:00pm)



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

## 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 <http://www.asaa.ca/new/index.php>

For more information on these initiatives, please visit our web site at:  
<http://www.asrpf.ca/grant-funding-programs/coaches-officials.aspx>

Visit our Website:

[www.asrpf.ca](http://www.asrpf.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 Site: [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:  
<http://www.coach.ca/current-issues-in-coaching-p133372>

**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>