

# Calling All Coaches

## NCCP MULTI-SPORT COMPETITION MODULES 2009 Fall 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

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
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
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 Fall Schedule

### COMPETITION - INTRODUCTON PART A COURSES

#### **Bonnyville**

Dates: September 12 - 13  
Times: 9:00am - 5:00pm  
Location: Portage College  
Contact: (780) 826-3110

#### **Calgary**

Dates: September 19 - 20  
Times: 9:00am - 5:00pm  
Location: Talisman Centre for Sport and Wellness  
Contact: (403) 233-8393

Dates: October 3 - 4  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: November 3 - 24  
Times: Tuesday Evenings  
6:00pm - 9:30pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

#### **Edmonton**

Dates: September 22 - October 22  
Times: Tuesday Evenings  
6:00pm - 9:30pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

Dates: October 24 - 25  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

Dates: November 7 - 8  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

#### **Grande Prairie**

Dates: November 21 - 22  
Times: 9:00am - 5:00pm  
Location: Grande Prairie Regional College  
Contact: (780) 539-2816

#### **Red Deer**

Dates: September 26 - 27  
Times: 9:00am - 5:00pm  
Location: Red Deer College  
Contact: (403) 357-3663

### MAKE ETHICAL DECISIONS MODULE

#### **Edmonton**

Dates: October 7  
Times: Wednesday Evening  
6:00pm - 9:30pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

Dates: November 18  
Times: Tuesday Evening  
6:00pm - 9:30pm  
Location: Grant MacEwan College (City Centre)  
Contact: (780) 497-5371

#### **Calgary**

Dates: September 17  
Times: Thursday Evening  
6:00pm - 9:30pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: October 20  
Times: Tuesday Evening  
6:00pm - 9:30pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: November 12  
Times: Thursday Evening  
6:00pm - 9:30pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: December 9  
Times: Wednesday 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

### DESIGN A SPORT PROGRAM MODULE

#### **Calgary**

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

Dates: October 22  
Times: Thursday Evening  
6:00pm - 10:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: November 26  
Times: Thursday Evening  
6:00pm - 10:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

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

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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**

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

# NCCP COURSES

## 2009 Fall Schedule

### COMPETITION - INTRODUCTION PART B COURSES

#### **Bonnyville**

Dates: September 26 - 27  
Times: 9:00am - 5:00pm  
Location: Portage College  
Contact: (780) 826-3110

#### **Calgary**

Dates: September 26 - 27  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

Dates: November 21 - 22  
Times: 9:00am - 5:00pm  
Location: Talisman Centre for  
Sport & Wellness  
Contact: (403) 233-8393

Dates: December 12 - 13  
Times: 9:00am - 5:00pm  
Location: University of Calgary (NCI)  
Contact: (403) 220-8197

#### **Edmonton**

Dates: October 19 - November 9  
Monday Evenings  
Times: 6:00pm - 9:30pm  
Location: Grant MacEwan College  
(City Centre)  
Contact: (780) 497-5371

Dates: October 31 - November 1  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan College  
(City Centre)  
Contact: (780) 497-5371

Dates: November 14 - 15  
Times: 9:00am - 5:00pm  
Location: Grant MacEwan College  
(City Centre)  
Contact: (780) 497-5371

#### **Grande Prairie**

Dates: September 18 - 19  
Times: 9:00am - 5:00pm  
Location: Grande Prairie Regional  
College  
Contact: (780) 539-2816

#### **Grande Prairie**

Dates: November 28 - 29  
Times: 9:00am - 5:00pm  
Location: Grande Prairie Regional  
College  
Contact: (780) 539-2816

#### **Red Deer**

Dates: December 5 - 6  
Times: 9:00am - 5:00pm  
Location: Red Deer College  
Contact: (780) 539-2816

### **\*\*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 of 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**

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

#### **Developing Athletic Abilities**

Dates: October 17 - 9:00am - 4:00pm  
October 24 - 9:00am - 12:00pm

#### **Prevention and Recovery**

Dates: October 24 - 8:30am - 5:30pm

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

Dates: October 25 - 9:00am - 1:00pm

#### **Psychology of Performance**

Dates: November 7 - 9:00am - 5:00pm

#### **Managing Conflict**

Dates: November 8 - 9:00am - 1:30pm

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

Dates: November 21 - 9:00am - 5:00pm  
November 22 - 9:00am - 12:00pm

#### **Edmonton**

Dates: September 26 - 27 &  
October 3 - 4  
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

Dates: November 21 - 22 & 28 - 29  
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

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 Fall 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>