



Steps to Register for a Performance Coach (Comp Dev) Course

Course Requirements:

In order for you to register for Performance Coach (Comp Dev) the following criteria must have been met:

- You must be currently coaching an athlete at the Canada Summer Games level or higher
- You must be Club Coach Certified (this can be achieved by taking the Club Coach Course and Evaluation or doing a Club Coach Challenge Evaluation)
- You must be a current member of BC Athletics or another branch of Athletics Canada

Course Context:

In order for you to successfully complete the assignments and evaluation process for Performance Coach (Comp Dev), it is essential that you are currently coaching an athlete at the Canada Summer Games level or higher. The Performance Coach Context includes:

- Coaching year round (40 + weeks a year) and 5-10 sessions a week
- Athletes are competing at national level and focused on one or two events within an event group

Registration Process:

1. Know your NCCP Number.

- You would have been assigned an NCCP Number when you were certified for Club Coach.
- If you forget it, follow this link to the Coaching Association of Canada's NCCP Database (called The Locker) <https://nccp.coach.ca/Account/Login> and click the "look up my CC# link".

2. Register as a Coach on AC's NCCP Website.

- Go to <http://nccp.athletics.ca/> and click the "register now" link.
- This website is also where you will upload your information for the evaluation process and register for any professional development opportunities.

3. Search for Upcoming Performance Coach (Comp Dev) Courses.

- Click on "Clinics" to see upcoming Performance Coach (Comp Dev) courses. You may need to look under each province as Performance Coach courses are conducted through Athletics Canada and currently run once a year at one location across the country.

4. Register Online for the Course.

- Click on "Register" to register online. You will need a credit card for payment.

Course Information:

- This course is split into Event Groups – you must choose either Endurance, Jumps, Para, Sprints/Hurdles, or Throws.
- There are two components to the course; a pre-course online component and a weekend workshop component.
- The course covers content such as Introduction to International Competition, Annual Plan and Periodization, and Working with IST.

Additional Requirements:

In addition to taking the weekend course hosted by Athletics Canada, Performance Coach candidates also have to take some Multi-Sport Modules from the Coaches Association of Canada or Coaches BC. **It is recommended that these courses be done prior to the weekend course.** Please note that these courses will be an additional cost. [Classroom](#) and online ([home study](#)) options are available.

- Coaching and Leading Effectively (10 hours)
- Psychology of Performance (7 hours)
- Managing Conflict (4 hours and the online evaluation)
- Leading Drug Free Sport (3.5 hours and the online evaluation)
- Make Ethical Decisions – Competition Development (3 hours and the online evaluation)*

*If you have already done the MED course for another context (i.e. Competition Intro) you just have to complete the online evaluation for Competition Development. In some cases you may challenge the MED course and go straight to the online evaluation. To check and see if that option is available for you – click on the eLearning link in the top right corner in the CAC Locker.

Evaluation Process:

Once you have completed the pre-course online component and the weekend workshop, you will be eligible to start the Evaluation Process. Please note that there is an additional fee for the evaluation process which all goes towards paying the evaluator. The steps are as follows:

- Evaluation Portfolio – uploading documents that include Emergency Action Plan, General Overview, Annual Plan, Microcycles, Final Phase Prep, and Manage a Sport Program
- Practice Observation (can be live or filmed) including General Overview, Main Part, and Analyze Performance
- Competition Observation at a National Championship including General Overview, Warm Up, Competition, and Debrief with athlete

Links to further information about Performance Coach (Comp Dev) and the other courses offered by Athletics Canada can be found on the AC NCCP website <http://nccp.athletics.ca/>. Thank you for taking the time to educate yourself in the area of Athletics. We are always looking for new and creative ways to help our coaches increase their skills and knowledge – if you have any professional development ideas or questions please feel free to contact me my phone or email.

Jennifer Schutz, Coaching Education Coordinator
jennifer.schutz@bcathletics.org



Jennifer Schutz, ChPC
Coordinator, Coaching Education
jennifer.schutz@bcathletics.org
604.333.3558

Please note that I am only in the office on Thurs afternoons.

BC Athletics
Fortius Athlete Development Centre
Suite 2001 B Oslo Landing
3713 Kensington Ave,
Burnaby BC V5B 0A7
www.bcathletics.org

Approx. Cost of Performance Coach (Comp Dev) Certification

Course Component:	Approx. Fee (as of 2014)
Performance Coach Course	\$465
Coaching and Leading*	\$150
Psychology of Performance*	\$115
Managing Conflict*	\$85
Leading Drug Free Sport*	\$85
Make Ethical Decisions*	\$65
Evaluation Process	\$465
Total Certification Fee:	\$1430

* Required by Coaching Association of Canada