



# Report to BC Athletics Annual Report 2020-2021

Jennifer Brown, Coach Education Coordinator

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The Coach Education Report connects to the Technical Leadership Pillar of the Strategic Plan. It covers NCCP Coach Education Courses, Professional Development Opportunities, NCCP Coach Evaluations, and Coach Developer (Learning Facilitators and Evaluators) Training.

## 1. NCCP Coach Education

### 1.1 Overview:

Our NCCP Coach Education courses are context dependent and consists of the following courses. ([Click here for more information](#))

- **Run Jump Throw Wheel** – for coaches in grassroots track and field (covered in the Introductory Programs Report)
- **Foundations of Coaching in Athletics** – the foundational theory modules common to both Sport and Club Coach
- **Sport Coach** – a multi-event courses for coaches with introductory level athletes
- **Club Coach** – an event specific course for coaches with intermediate level athletes
- **Performance Coach** - an event specific course for coaches with high performance athletes
- **Road Running Instructor Course** – for leaders in community road running programs
- **Make Ethical Decisions (MED)** – a multi-sport NCCP course required for coaches to be trained in any context/course.

### 1.2 Updates since Aug 2020:

- During the pandemic, the **Foundations of Coaching in Athletics** theory modules of both sport and club coach shifted to online (2 evenings of 3 hours) while the **technical modules of Sport and Club Coach** were hosted in person when safe to do so. From feedback from our learning facilitators and coaches who have taken this course, we will continue to operate in this format going forward:
  - i. We will host Foundations of Coaching in Athletics Theory modules ONLINE in the fall, winter and spring for any coach in the province to join. (Can be hosted in person if requested)
  - ii. The technical modules of Sport and Club Coach will be hosted in person, allowing for shorter days (1.5 days for Sport coach instead of 2, and 2 days for Club Coach instead of 2.5).
  - iii. Coaches can complete the Foundations of Coaching (FoC) and Technical Modules in any order. In addition they will need to complete the Long Term Athlete Development (LTAD, 1hr15min) e-learning module on their own time, and Make Ethical Decisions (MED, 4hrs) Module hosted by viaSport and the Regional Alliance. Once all 4 modules are complete they will receive full Trained NCCP Status for Sport or Club Coach.
    1. Note, that for both Sport and Club Coach they only need to complete FoC, LTAD, and MED once.

- The **Road Running Course** was previously a pilot in BCA. We are now working with the Athletics Canada Road Running Committee to create a new Road Running Course and will pause hosting the old one until the new one is complete.
- We are also working with Athletics Canada to revise the **Performance Coach Course**

### **1.3 COVID-19 Course Updates**

- Last fall we were able to host limited courses in person (theory modules and technical)
- In the Spring we were able to host Foundations of Coaching theory modules online and host in person technical courses for coaches of the same club only
- Assuming conditions stay as is, we will be hosting in person courses in the fall. Forms for Requesting to Host a Course (for Clubs), and expressing interest in attending a course (for coaches) have been sent out to the membership (<http://www.bcathletics.org/Education/Sub/course-interest-request-form/590/>). We will be reaching out directly to clubs to organize courses for the fall.

### **1.4 NCCP Courses to date Aug 2020 – August 2021**

	<b>Date</b>	<b>Course</b>	<b>Place</b>	<b>Club</b>	<b>Facilitator(s)</b>	<b>#'s</b>
1	Nov 5-6	Club Coach Sprints	Fort Nelson	Fort Nelson Secondary School	Barb Vida	4
2	Nov 7-8	RJTW and Sport Coach*	Fort Nelson	Fort Nelson Secondary School	Barb Vida and Heather Sparshu	8
3	Nov 14-15	Sport Coach (Full)	Nanaimo	NTFC	Sean Steele	4
4	Nov 27-29	Sport Coach (Full)	Kamloops	KamTFC	Amber Gilbert	4
5	April 25-26	Sport Coach Technical	Richmond	Kajaks	Barb Vida	7
6	May 10,17	Foundations of Coaching	Online	BCA	Barb Vida, Amber Gilbert	13
7	May 25, June 1	Foundations of Coaching	Online	BCA	Amber Gilbert, Brenda Van Tighem	18
8	June 5-6	Sport Coach Technical	Prince George	PGTF	Ross Browne	8
9	June 14,18	Foundations of Coaching	Online	BCA	Brenda Van Tighem, Jennifer Schutz	9
<b>Total:</b>						<b>75</b>

## 2. Professional Development Opportunities

### 2.1 Overview:

- Professional Development Opportunities are available for continuous coach development for coaches of all context. They also offered NCCP Professional Development Points required for coaches to maintain NCCP Certification

### 2.2 Updates

- BC Athletics is received a Lead Forward Grant to develop a Mentorship for Female Coaches. We are also working on developing a mentorship for coaches of any gender for the Sport/Club Coach level
- Athletics Canada is also developing a mentorship for coaches at a higher performing level and will be announced in the fall

### 2.3 Professional Development to date Aug 2020-Aug 2021

	Date	Course	Place	Club	Facilitator(s)	#'s
1	Sept 30	Effective Coaching Strategies for High Performance Coaches (1 of 3)	Online	BCA	Dr Shaunna Taylor	34
2	Oct 7	Sleep as a Crucial Factor for Maximizing Peak Performance	Online	BCA	Pat Bryne	18
3	Oct 28 <sup>th</sup>	Coach and Athlete Mental Health (2 of 3)	Online	BCA	Dr. Shaunna Taylor	22
4	Nov 7,8,10,12	2020 BC throws Summit	Online	BCA	Ashley Kovacs, Don Babbitt, Ryan Whiting, Boris Obergfoll,	63
5	Nov 22-26	2020 Virtual Performance Summitt	Richmond	BCA/Cycling BC	Dr Wade Gilbert, Brianne Theisen Eaton and Ashton Eaton, Dr .Trent Stellingwerff, Dr Shaunna Taylor, Dr. Sara Foryth, Streamline Athletes, John O'Sullivan, Adam Sollitt, Sara Kramers, Sheereen harris	35
6	Nov 25	Eating and Exercise Disorders in Sport (3 of 3)	Online	BCA	Dr Shaunna Taylor	35
7	Dec 27	Throws Development Camp	Kamloops			9
8	Mar 31	Planning a FUNtastic Competition	Online	BCA	Glenn Young	11

9	April 7	Designing Your Seasonal Coaching Plan (Pt 1)	Online	BCA	Amber Gilbert	11
11	April 21	All Youth Matter: Creating A Safe & Inclusive Sport Program	Online	BCA	Shawna Lawson	6
12	April 28	The Next Big Hurdle: Supporting Your Child's Mental Development in Their Sport	Online	BCA	Geoff Hackett	5
<b>Total:</b>						<b>249</b>

### 3. Coach Evaluation

#### 3.1 Overview:

- Coaches who wish to be certified in their context can complete their Coach Evaluation. This consists of:
  - **Run Jump Throw Wheel:** Submit a Portfolio Online
  - **Sport Coach:** Submit a Portfolio Online, Practice Observation
  - **Club Coach:** Submit a Portfolio, Practice Observation
  - **Performance Coach:** Submit a Portfolio, Practice Observation, Competition Observation

#### 3.3 Evaluations to date Aug 2020– Aug 2021

	<b>Evaluation</b>	<b>#'s</b>
1	Sport Coach	7
2	Club Coach	4
3	Performance Coach	5
<b>Total:</b>		<b>16</b>

### 4. Coach Developers

#### 4.3 Overview:

- Coach Developers consist of Learning Facilitators (LF, who facilitate the courses, coach evaluators (CE), and Master Coach Developers

#### 4.4 Updates:

- A Coach Developer Handbook of BCA policies and steps to become a Coach Developer was created
- A coach developer committee was established that will meet Spring, Fall and Winter for all coach developers
- We worked with Athletics Canada to develop an online training for new Coach Developers. They will be training our Master Coach Developers (MCDs) this month (August), after which we will hold training for our MCDs to train new Coach Developers