



ROWING
CANADA
AVIRON

Transition to the new NCCP

Coaching
Association
of Canada



Association
canadienne
des entraîneurs

National
Coaching
Certification
Program



Programme
national de
certification des
entraîneurs

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Purpose of Document

Since 1999, all National Sport Organizations have been part of the transition to the new NCCP where all coach education and training is shifting to a competency-based approach. Years ago, the Coaching Association of Canada (CAC) conducted an evaluation of the National Coaching Certification Program. The results of this study concluded that the system of coach education needed adjustments with respect to relevance, content delivery, practical application and coach evaluation.. Moving into the “new NCCP”, it is important for coaches, instructors, rowing clubs and provincial rowing associations to become familiar with these changes. Presently, two new workshops have been developed to better meet the educational needs of coaches/instructors and thereby, providing rowers with better coaching.

Learn to Row Instructor Workshop

Key Features:

- Workshop developed, Learning Facilitators trained and ready to run workshops.
- Instructors teaching Learn to Row camps or lessons should take this workshop.
- After workshop instructor is designated as “trained”.
- Evaluation must be successfully completed for certification.
- “Certification” is received after the instructor successfully passes the practical evaluation and the CAC’s Make Ethical Decisions online evaluation.
- The instructor is considered an “expert” in his or her field upon certification and having demonstrated knowledge, skills, abilities and attitudes including consistent rower retention, professional development and a high degree of commitment to quality programming in the LTR. This designation has not been fully developed.
- Recognized by the Coaching Association of Canada.
- Fits with the Learning to Train stage of the RCA Long Term Athlete Development Model/ Canadian Sport for Life.
- This is not for individuals coaching crews/athletes for competition.
- The workshop is 12 hours and 45 minutes, usually delivered on a weekend.
- Instructors are expected to do professional development after five years of certification.

Current Status:

Learning Facilitators and evaluators have been trained and are delivering this workshop across the country. This workshop has received final approval by the Coaching Association of Canada as part of the new NCCP. Each Provincial Rowing Association has a list of learning facilitators and evaluators to deliver this workshop at rowing clubs. Rowing Canada Aviron will send out final copies of materials to PRA’s in the Fall of 2008.

RCA Coach Workshops

Key Features:

- Workshops are held over two weekends usually or approximately 32 hours in workshop time.
- Integrates NCCP multi-sport material.
- Approximately 6 months between workshops #1 and # 2 required for practical coaching time.
- Prepares coaches taking relatively new rowers to their first regattas.
- Introduces new concepts including Long Term Athlete Development and Movement Screen.

- The coach will be entered in to the NCCP database as “trained” after completing the two weekend workshops.
- The coach will be “certified” after successful completion of the “RCA Coach” evaluation (evaluated by a RCA accredited evaluator) and completion of the CAC Make Ethical Decisions online evaluation.
- The coach is considered an “expert” upon receiving certification and having demonstrated knowledge, skills, abilities and attitudes necessary to be a good “RCA Coach” including consistent rower retention, solid results at regattas, demonstration of rower improvement, participation in professional development and a high degree of commitment to quality programming in the RCA Coach context. This designation has not been fully developed.
- Coaches are expected to do professional development after five years of certification.

Current Status:

These workshops are in development and are currently being piloted. It is expected that these workshops will be ready for delivery as “non-pilots” in November 2008. RCA is recommending to the PRA's that the old NCCP Level 1 and Level 2 certification processes are phased out as follows:

May 30, 2008: PRAs will no longer offer RCA Technical Level 1 Technical

November 1st, 2008: PRAs will no longer offer RCA Technical Level 2 Technical

December 31, 2009: PRAs will no longer offer RCA Practical Level 1 or Level 2

January 2009: RCA Coach database should be ready by CAC.

January - March 2009: RCA Coach should be ready for delivery in each province.

When deciding what course a coach should take the question should always be asked: Who am I coaching, competitive or non-competitive participants?

Many coaches and administrators have questions about the new system and how coaches/instructors fit into the new model. For those coaches wishing to instruct participants new to the sport, the answer is simple, none of the old system credits will transfer over as nothing was offered in this context before. Therefore the Learn to Row Instructor workshop should be taken.

However, those coaches wishing to coach competitive athletes and have obtained certification (or partial certification) in the old NCCP system at Level 1 or Level 2 will need to do upgrading to have their credits transferred into the new system. This document addresses this transition and options for coaches

OLD NCCP TO NEW NCCP

Transition: Accreditation in the new NCCP with old NCCP courses:

For coaches to get credit for old NCCP credits in the new NCCP system, they will be required to complete some additional courses to be transferred into the new NCCP database system. Please find below 2 items:

1. A list of courses that coaches will have to take some combination of, in the old NCCP system to get old NCCP credits transferred into the new NCCP system. Also included is who is offering this course and the approximate duration of the course.
2. A table outlining common scenarios for those with old NCCP (partial) certification and what courses will upgrade their certification into the new NCCP system.

Workshops

RCA Coach Workshop-(Introduction- Competition) (RCA IC): This is new NCCP coach education workshop for coaches working with competitive athletes. It replaces the old Level 1 and 2 technical and theory. This workshop includes rowing specific technical content and the materials developed by CAC (MSM A and MSM B). All modules included in this course are:

- Make Ethical Decisions (MSM A)
- Long Term Athlete Development (LTAD)
- Analyze Performance-Technique
- Analyze Performance-Rigging
- Analyze Race Performance
- Design a Sport Program (MSM B)
- Movement Screen
- Plan a Practice (MSM A)
- Safety and Emergency Plan
- Support to Athletes in Training
- Support to the Competitive Experience
- Teaching and Learning (MSM B)
- Strength Training

Duration: 2 weekends plus evaluation (approx 34 hours). PRA's will be delivering this workshop using RCA trained and accredited Learning Facilitators.

Multi Sport A (MSM-A): (replaces level 1 theory: Make Ethical Decisions, Planning a Practice and Nutrition) Duration: one weekend (approx 16 hours). Check with your Provincial Sport Organization or Provincial Coaching Association for more information. It is not necessary to take the "Nutrition" module for RCA accreditation.

Multi Sport B (MSM-B): (replaces level 2 theory covers: Design a Basic Sport Program, Teaching and Learning and Basic Mental Skills) Duration: one weekend (approx 16 hours).

Check with your Provincial Sport Organization or Provincial Coaching Association for more information. It is not necessary to take the “Basic Mental Skills” for RCA accreditation.

RCA “Professional Development ” workshop (RCA – PD): (Duration: RCA- PD is approx. 12 hours in length not including the Make Ethical Decisions online evaluation). Each PRA will have the schedule of when the RCA Professional Development Workshops are being offered.

- Long Term Athlete Development (LTAD)
- Movement Screen
- Make Ethical decisions (note: in some cases this does not need to be taken as it is covered in Multi Sport A)

The course material for these workshops will come from the RCA Coach materials to ensure consistency in delivery and content. Similar facilities are needed as the RCA Coach Workshop: flipcharts, projector, room with tables etc.

Level 1 Practical (L1P): Practical evaluation done at the rowing club by a PSO approved assessor (please see the below RCA document outlining who can assess these practicals). Duration approx 2 hours.

Level 2 Practical (L2P): Practical evaluation done at the rowing club by a PSO approved assessor (please see below the RCA document outlining who can assess these practical's) Duration: approx 2 hours.

Practical Certification (from RCA’s information and policy manual)

The Coaching Association of Canada (CAC) has determined that the most effective way to ensure the quality of coaches is to have coaches assessed by a “mentor” coach in order to receive credit for the practical component for certification.

Who can do the assessment?

- a) A fully certified Level 2 coach who is appointed by the Provincial Rowing Association can assess the coach who has completed Level 1 Theory and Technical.
- b) The coach who is fully certified Level 1 and has completed Level 2 Theory and Technical can be assessed by a fully certified Level 3 coach who is appointed by the Provincial Rowing Association.
- c) The coach must complete each practical component. The Level 1 and Level 2 Practical can take place at the same time. However, the assessor may deem it necessary to pass the coach at Level 1 only. However, if the coach demonstrates solid understanding and application of the competencies at both levels, he/she may pass both.
- d) It is the province’s responsibility to ensure that appointed assessors for Levels 1 and 2 are trained to ensure a standardized assessment of the identified competencies. An assessor in British Columbia should be applying the same standards as an assessor in Quebec.

e) The provincial rowing association should provide RCA with a list of the assessors in their province.

f) The coach who is fully certified Level 2 and has completed Level 3 Technical and Theory may begin the process to complete their Level 3 certification. This involves being assessed on 5 tasks that are part of the Level 3 practical. The candidate should contact RCA's Director of Coach Development to begin the process, which involves sending to Rowing Canada Aviron a \$250 payment that provides a small honoraria for the assessors. In general, the assessors can be national team coaches, high-level domestic coaches, RCA recognized sport scientists or other approved experts. The candidate must work with 3 different assessors for their Level 3 practical. The candidate should submit a list of their proposed assessors and the approximate timelines for the completion of the Level 3 practical. RCA's Director of Coach Development will contact the approved assessors and confirm with the coach candidate all necessary details. In general, the Level 3 practical should be completed within two years after the receipt of the candidates application

Most Common Scenarios

What to take to get "New NCCP accredited"

	<i>Scenario</i>	<i>MSMA</i>	<i>MSMB</i>	<i>RCA PD</i>	<i>L1P</i>	<i>L2P</i>
1	Level 2 certified (by default should be level 1 certified too)			X		
2	Level 1 and 2 theory and technical			X	X	X
3	Level 1 certified		X	X		X
4	Level 1 theory and practical		X	X		X
5	Level 1 theory		X	X	X	X
6	Level 1 and 2 technical	X	X	X	X	X
7	Level 1 technical and Level 2 theory	X		X	X	X
8	Level 2 theory and technical	X		X	X	X
9	MSA, Level 1 technical		X	X	X	X
10	MSA & B, Level 2 technical			X	X	X

Please note: the highlighted scenarios above may be longer than taking the RCA Coach Workshop. If you do not fall into one of the categories named above, please direct your questions to Jennifer Parfitt browett@rowingcanada.org or Carolyn Trono: ctrono@mts.net and cc. your Provincial Rowing Association.

NCCP courses taken pre 1998: In 1998, significant changes took place within the RCA Level 1 & 2. A practical evaluation was added as a mandatory step to being certified. There were also changes to the content of the workshops and manuals. Please direct any coach with courses and qualifications prior to 1998 to contact Carolyn Trono or Jennifer (Browett) Parfitt. Each case may require individual consideration with respect to qualifications, and active coaching. An individualized plan may need to be developed for coaches in this situation.