

NCCP Technical Information

NCCP Competition Stream Coach Introduction (for Olympic Style Weightlifting)

Upcoming NCCP Courses: **May 13-14, 2017**

Location: PEAK POWER SPORT DEVELOPMENT
1301- 16th Ave NW, Calgary, AB, T2M 0L4
(ROOM V14 SAIT CAMPUS CENTRE)

Time: Saturday & Sunday, 9:00 A.M. – 5:00 P.M.

Cost: \$300+GST

Contact: Michael Souster,
Phone: 403.284.7175
Email: michael@sportdevelopment.com

Availability: Only 15 Spaces per workshop

Web registration: [www.sportdevelopment](http://www.sportdevelopment.com) (click register now)

<http://www.esportsdesk.com/leagues/eventsInclude.cfm?clientid=5898>

For Directions: <http://www.sportdevelopment.com/about-us/contact-us.html>

NCCP Workshop Coach Developer: The NCCP Competition Intro workshop is the first workshop required to start the process to become either a club level weightlifting coach or weightlifting instructor in Canada. Michael Souster has been delivering NCCP workshops since 2010 as one of Canada's certified Coach Developers. Michael is currently VP Technical for the Alberta Weightlifting Association and sits on the CWFHC Coaching committee. In addition to delivering the Intro Workshop, Michael is also in training to become a Master Coach Developer for Canadian Weightlifting.

Thank you for taking the time to complete your registration. Please arrive 15 minutes before the clinic starts to get warmed up, come in appropriate gym attire (preferably comfortable long pants) and bring a water bottle. We look forward to working with you.

Should you have any questions please don't hesitate to contact Michael Souster at michael@sportdevelopment.com.



**National
Coaching
Certification
Program**

Program Overview

The National Coaching Certification Program (NCCP) is a coach training and certification program for all coaches in more than 60 sports. The NCCP is moving towards a competency-based approach where coaches are:

- trained in NCCP outcomes relevant to the participants that they are coaching
- evaluated by demonstrating coaching outcomes to a specified standard

The core competencies of coaching are valuing, interacting, leading, problem-solving, and critical thinking. These competencies will be woven throughout all NCCP training and evaluation activities.

Who am I coaching?

The new structure of the NCCP is based on the participants' needs, which are identified within streams and contexts.

Community Sport stream

Initiation CSp-Init
Ongoing participation CSp-Ong

Initiation context

Participants of all ages are encouraged to participate in the sport and introduced to sport basics in a fun, safe, and self-esteem building environment regardless of their ability.

Ongoing participation context

Participants of all ages are encouraged to continue participating in the sport for fun, fitness, skill development, and social interaction.

Competition stream

Introduction Comp-Int
Development Comp-Dev
High performance Comp-HP

Introduction context

Children and/or adolescents are taught basic sport skills and athletic abilities in a fun and safe environment and are typically prepared for local and/or regional level competitions.

Development context

Adolescents and young adults are coached to refine basic sport skills, to develop more advanced skills and tactics, and are generally prepared for performance at provincial and/or national level competitions.

High performance context

Young adults are coached to refine advanced skills and tactics and are typically prepared for performance at national and international level competitions.

Instruction stream

Beginners Inst-Beg
Intermediate performers Inst-Imd
Advanced performers Inst-Adv

Beginners context

Participants of all ages, with little or no sport experience, are taught basic sport skills.

Intermediate performers context

Participants, who already have some experience and proficiency in the sport, are taught to refine basic skills and introduced to more complex techniques.

Advanced performers context

Participants who are experienced and already proficient in the sport are taught to refine advanced skills and techniques.

What do I need to be able to do?

Within each context, coaching outcomes are defined by the National Sport Organizations (NSOs) that clearly outline what you must be able to do in order to meet the needs of participants in that context. Contact your NSO to find out which context is relevant to you and what you need to do to achieve accreditation.

Coaching Outcomes

- Make Ethical Decisions
- Provide Support to Athletes in Training
- Plan a Practice
- Support the Competitive Experience
- Analyze Performance
- Design a Sport Program
- Manage a Program
- Sport-specific Outcomes (as determined by the sport)

How do I achieve accreditation?

Coaches can receive three types of accreditation in any of the above contexts:



In Training

Coach needs to be trained in additional outcomes.



Trained

Coach has completed training in designated outcomes.



Certified

Coach has been evaluated in designated outcomes and has acknowledged the NCCP Code of Conduct.



Coaching
Association
of Canada

For more information go to www.coach.ca

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.



Weightlifting “Competition Introduction” Certification Pathway

COACH TRAINING

- ☐ Weightlifting “Competition Introduction” Workshop
- ☐ Multi-Sport Modules
 - Making Ethical Decisions
 - Planning a Practice
 - Nutrition



Coach receives: NCCP ‘TRAINED’ STATUS

COACH EVALUATION

- ☐ Make Ethical Decisions Evaluation Successfully Completed
- ☐ Active coaching 4-8 months, including a competition
- ☐ Develop portfolio
- ☐ Observations & Debrief



Coach becomes: NCCP ‘CERTIFIED’
