

Becoming A CFSA Certified Coach

This section is designed to help coaches understand all of the steps for coach training and certification in the CFSA Can Freestyle coach/athlete development system.

CFSA has revised most of its technical coaching materials for 2010/2011 to strengthen our two skill pillars:

- 1) Freeskiing Skills (technical turns / carving)
- 2) Acrobatic Skills

Our "Coach Pathway" (which used to be levels 1, 2, 3) now flows in this order:

Comp Intro:

Club Coach - Entry Level Skills/ RBC Jumps and Bumps Program
Advanced Club Coach (Modules) - Freestylerz Program*/Can Free Supercoach **

Competition Development Coach:

Comp Dev - Provincial Teams/TEAM Program**
(Currently Moguls only technical workshop)

Competition High Performance Coach:

High Performance - Provincial/National Teams

*Piloting in 2010/2011 **New in 2011/2012

At each stage there are technical courses, which are various opportunities to learn about teaching Freestyle skills. It is important that fundamentals and Learn to Train athletes are taught a broad range of skills from their coaches.

There is also NCCP multi-sport coach training in leadership and athlete development required at each level that will sometimes be integrated into CFSA courses, and sometimes the coach will need to complete these modules independently.

It is very important that coaches continue to be mentored and evaluated to become fully CFSA certified.

You as a coach are the most important factor in making a great Freestyle program. Training athletes to have strong skills takes a wealth of personal experience, training, and mentorship. Take some time each season to progress your skills as a coach and work on your certifications – you will be rewarded through the accomplishments and development of your students!

The principles of Long Term Athlete Development are embedded in all Can Freestyle programs and coach training.