

CFSA Club Coach Course Overview

The Canadian Freestyle Ski Association in conjunction with the National Coaching Certification Program (NCCP) have created CFSA Club Coach training so coaches can safely deliver excellent Freestyle programs for children 6 years old and up.

Can Freestyle programs begin at the "Club Coach" stage where entry-level Freestyle coaches design and manage lessons based on teaching basic skills in the following areas:

Freeskiing – Teaching technically sound turns on groomed terrain.

Moguls – Introducing basic competitive technique using rollers and easy moguls.

Terrain Park – Introducing entry-level jump sites, air skills and intro boxes.

Halfpipe - (content based on available terrain) – Introduction and basic skills.

The Club Coach candidates will be taught basic principles around lesson planning, safe delivery, and teaching and learning with integrated NCCP coach training modules.

Club Coach training starts with a 3-day technical on-snow workshop. Coaches then work with mentors, gain practical experience, and take additional multi-sport coach training from NCCP. At this point coaches should be prepared for their evaluation by a trained evaluator. The path to full Club Coach certification can take approx 3 – 18 months.

It is recommended that new Club Coaches, especially those 16 and under work in a team coaching format. Coach must be 15 years old to enter CFSA coach training as of Jan 1st in the current season.

Club Coaches are trained to teach the skills in the RBC Jumps and Bumps Program. The Technical Ski Module 1 (TSM 1 – Freeskiing on groomed terrain) is highly recommended for all RBC Jumps and Bumps coaches.

Please review the steps to Club Coach Certification on the following page.

CFSA Club Coach: Workshop Overview

The Club Coach workshop is designed for coaches working with children to develop basic skiing skills for freestyle skiing. The following outlines the content and progression of the three-day on-snow workshop for Canadian Freestyle Skiing. Your own skiing abilities, knowledge and performance are considered to be vital to your effectiveness as coach. With great skiing skills and a basic knowledge of the sport, you will be better able to:

- ✓ Support your children in training
- ✓ Analyze performance
- ✓ Plan a practice
- ✓ Teaching and Learning
- ✓ Make ethical decisions (Multi Sport Module)

How to GET There: CFSA Club Coach Certification

Step One:

Purchase a CFSA general Membership through on Karelo - www.karelo.com

Step Two:

Contact your Provincial Sport Organization, register and pay for the 3-day Club Coach Workshop. This will include your course materials.

Step Three:

The Learning facilitator for your CC Workshop will contact you and provide an e-copy of course materials and all relevant course information which includes:

- Workshop date and location
- Required equipment
- Meeting time and course overview
- Course evaluation
- Club coach manual (PDF)
- Club Coach workbook (doc)

Step Four:

Arrive at 3 Day Workshop meeting location prepared and on time and receive hard copies of the Club Coach Manual and Workbook.

Three day workshop will cover:

- CFSA coach and athlete pathway
- Freeskiing skills
- Plan a Practice
- Teaching and Learning
- Long Term Athlete Development
- Mogul skiing skills
- Terrain Park skills – air and boxes
- Halfpipe skills
- Final Certification action plan

Step 5:

Meet evaluation STANDARD by day 3 giving you "IN TRAINING STATUS" –valid for 2 years. You are now able to coach entry-level freestyle AFTER upgrading CFSA membership to "Coach" in website!

You will receive an "IN TRAINING" certificate/card .

Step 6: Achieve "TRAINED " status

- Complete the NCCP Making Ethical Decision multi-sport module
- Set up final observation and evaluator with CFSA trained evaluator (usually the head coach of your club)
- Complete your work book
(Plan a Practice and Emergency Action Plan –EAP)

Step 7: Achieve "CERTIFIED "status

- Complete final evaluation and observation with your evaluator
- Submit your workbook to your evaluator for evaluation
- Receive your Certificate signed by your evaluator
- Save all your records for future reference:
 - o NCCP number
 - o Club Coach Certified Certificate
 - o Course dates, times, locations and facilitators/evaluators
 - o All they work you have done
 - o Your completed evaluation form