

## **COMPETITION DEVELOPMENT MOGUL COACH PROGRAM OVERVIEW**

The Competition Development (Comp Dev) Mogul Coach Program is designed for coaches who work with T2T, L2C and T2C programs and athletes who compete at the provincial level to Nor Ams.

### **PREREQUISITES:**

- CFSA Coach License registration up to date
- CFSA Air Module 2 trained or Gymnastics Canada Tramp 2 trained
- Level 2 Air CFSA certified
  - This is because they should be working with athletes who are doing inverts or off-axis tricks and they need this training for safety of their programs and insurance policies.
- Plan a Practice1 (NCCP Competition Introduction MS Module)
  - If candidates have done the Intro to Comp Part A & B they will have this already
- Design A Basic Sport Program (NCCP Competition Introduction MS Module)
  - If candidates have done the Intro to Comp Part A & B they will have this already
- TSM1 and TSM2 (until March 2012 candidates can take these Modules with the Com Dev program during the Technical Workshop)

**EQUIPMENT NEEDED:** helmet, mogul skis, poles

### **STEP #1: Attend the Competition Development Mogul Technical Workshop**

**COST:** \$675.00.

**WHAT:** Candidates must attend the 8 day on-snow and in-class Technical Workshop. This course is normally 6 days but with the Technical Skiing Module 1 & 2 this workshop will be 8 days until 2012. The Workshop includes 9 modules.

#### Technical Skiing Modules

- TSM1 & TSM2 & Skill Evaluation (2 modules) 2 days, 1 day each
  - Groomed terrain skill progression from Club Coach
- Technical Skiing Skills & Evaluation: 3 days
  - Air in the moguls
  - Groomed terrain skill progression from TSM1
  - Wave terrain skill progression from TSM2
  - Mogul terrain skill progression from TSM2
  - Competitive tactics
  - Mogul Drills
  - Workbook given which is used for final evaluation of some outcomes.

#### 6 NCCP Multi Sport Specific Modules:

- Analyze Technical & Tactical Performance: 4 hrs
- Plan a Practice 2: 4 hours
  - Progression from Plan A Practice1, related to the Annual Plan
- Performance Planning: 4 hours
  - Planning and sequencing all training abilities through a full year for a program
- Manage A Sport Program: 2 hours
  - Communications, philosophy, budget; camps, competitions, program, year.
- Coaching & Leading Effectively: 1 day
  - Learn about leading a program of athletes, priorities, communication.
- Developing Athletic Abilities: 1 day

- Learning how to develop the different physical aspects of developing a Comp Dev athlete.

*\*All workbooks are to be completed throughout the candidates training period and handed in for evaluation towards Certification*

*What does it mean once you have completed the workshop? A coach who has attended this 8 day workshop will be at the "IN TRAINING" status towards becoming certified. Also, the coach will have the knowledge to coach athletes at the elite club level and the provincial competitive levels.*

## **STEP #2: Attend NCCP Multi-Sport Modules**

**COST:** they range from \$60.00 - \$120.00 per module.

**WHAT:** Contact your Provincial Coaches Association to sign up and attend the following 4 NCCP Multisport modules:

- Prevention & Recovery
  - Leading Drug Free Sport
  - Managing Conflict
  - Psychology of Performance
- Candidate needs to also make sure they have done the "Making Ethical Decisions" Evaluation on-line evaluation on the NCCP websites. (30m, on-line test)

*What does it mean once you have completed the NCCP Multi-Sport Modules? Once a coach has attended the Com Dev Mogul Technical Workshop and the NCCP Multi-Sport modules they are at the "TRAINED" status. Then the candidate should start planning for their Evaluation Process with the CFSA.*

## **STEP #3: Evaluation Process**

**COST:** This will range from approximately \$100.00 - \$500.00 depending on travel, number of candidates being evaluated at that time and Evaluator costs for travel.

**WHAT:** Before heading into the Final Evaluation Process the candidate needs to make sure they have completed the following:

- **Leading Drug Free Sport** NCCP Online Evaluation
- **Managing Conflict** NCCP Online Evaluation
- **Making Ethical Decisions** NCCP online Evaluation
- **Workbooks:** All 4 workbooks have been handed in for marking and evaluations complete.  
Technical Workbook, Performance Planning, Plan a Practice2, Analyzing Technical Performance.

**The Final Evaluation** is comprised of:

1. **OBSERVATION:** an on-site "In-Training & In-Competition" observation of 3 – 4 days during a competition with a CFSA recognized Evaluator for evaluation of the candidates coaching abilities.
2. **EVALUATION FORM:** Evaluator will complete the Final Evaluation Form for the candidate.
3. **DEBRIEF:** The Evaluator and candidate will meet to debrief the final evaluation and certification status.

*What does it mean when a Candidate finishes their Final Evaluation? Once the candidate has finished the Final Evaluation and meets the CFSA and NCCP standards they will be "CERTIFIED."*