

An Introduction to Coaching in Speed Skating

BCSSA Coaching
Development
Committee



Definitions



National
Coaching
Certification
Program

NCCP: National Coaching Certification Program (nation-wide, multi-sport)



Coaching
Association
of Canada

CAC: Coaching Association of Canada (administers NCCP)

www.coach.ca



SSC: Speed Skating Canada (national sport organization, partners with CAC to deliver speed skating-specific NCCP courses)

www.speedskating.ca

Thank You!

Speed skating is a volunteer-driven sport. You have already shown your support by showing interest in this presentation!

We hope to be able to point you in the right direction to start (or continue) contributing to our amazing sport.



I'm a new parent...

How do I start?

- **Club Assistant**
 - No formal training
 - Informal apprenticeship in coaching, equipment management, officiating, administration at the club level
 - Club Assistant Coaches work under the supervision of an NCCP-certified coach
- **NCCP Fundamentals Leader**
 - 8 hour course covering the basics of speed skating
 - No formal evaluation at completion of course
 - Fundamentals Leaders work under the supervision of an NCCP-certified coach

I'm a parent with relevant experience...

How do I start?

- Club Assistant
- NCCP Fundamentals Leader
- NCCP Fundamentals Coach
 - 25 hour course (delivered over 2 weekends)
 - Combines general sport science, safety, teaching and speed skating specific knowledge
 - Formal evaluation includes a portfolio and on-site assessment; successful completion = "certified"

I'm a current skater...

How do I start?

- Club Assistant ("Junior Coach")
- NCCP Fundamentals Leader
- NCCP Fundamentals Coach

*NOTE: there is a [BCSSA Junior Coaching Program](#), which includes elements of the NCCP courses. The Program is club-administered and includes certificates of recognition and pins for the Junior Coaches. [External credits](#) for high school graduation are also available for high school-aged speed skating coaches.



*Junior Coaching
Program*



I'm a retired skater...

How do I start?

- Club Assistant
- NCCP Fundamentals Leader
- NCCP Fundamentals Coach

*NOTE: there is an opportunity to ***directly challenge the evaluation*** for NCCP courses. Skaters with ample speed skating experience and relevant education/experience in coaching techniques may be able to successfully challenge the evaluation. Any skater (or other volunteer) interested in this option should contact the BCSSA Coaching Development Committee for more information.

What's Next? How Far Can I Go?

- **NCCP Intro to Comp**
 - 32 hour course (delivered over 2 weekends)
 - Combines general sport science, safety, teaching, competition preparation and speed skating specific knowledge
 - Formal evaluation includes a portfolio and on-site assessment; successful completion = "certified"
- **NCCP Comp Dev**
 - Season-long course (delivered via webinar and in-person meetings)
 - Entry pre-requisites include the multi-sport NCCP Comp Dev courses

What's Next? (continued)

- NCI Advanced Coaching Diploma
 - Hosted by the National Coaching Institutes
 - Targeted at national/international level coaches
 - Has substantial pre-requisites

Advanced Coaching Diploma

Helping Coaches Reach Higher



How do I find courses?

- BCSSA Coaching Development Committee will host:
 - Fundamental Leaders courses annually
 - Fundamental Coach course(s) annually
 - One Intro to Comp course every other year
- Clubs may host courses independently at any time (BCSSA Coaching Development Committee will support as able)
- Dates and information are found on the BCSSA Events Calendar (www.speed-skating.bc.ca/calendarresults)

Questions?

Please talk to one of the BCSSA Coaching Development Committee members (bcssa.coaching@gmail.com)

or to the BCSSA Technical Director (chris.acton@speed-skating.bc.ca).