

Call for Members: Cycling's NCCP Advisory Group – Introduction to Competition
April 2007

Toward a New NCCP

Canada's National Sport Federations are working with the Coaching Association of Canada on developing the next generation of the National Coaching Certification Program (NCCP). For cycling, that will mean a comprehensive new coach development program significantly improved on the existing model.

In early 2007, Cycling received conditional approval from Coaching Association of Canada for the brand new *Community Cycling Initiation* program. The next objective is to complete the *Introduction to Competition* program and pilot-test it by the fall of 2007. Significant work has already been done on the Introduction to Competition context.

The Introduction to Competition Context

Introduction to Competition is the context for coaches who will primarily work with new competitive cyclists at the community and club level. These athletes will likely be in the Learn to Train to Train stages of LTAD, although the context could apply to any new racer of any age. We expect these athletes to have basic but developed cycling skills and the desire to begin competing within a structured training and competition program. They should have passed through an entry-level Community Initiation or non-competitive Instruction program to help them develop the basic skills.

The key objectives for an Introduction to Competition Cycling Coach are therefore:

- Ensure participants have fun, safe, stage-appropriate experiences that make them want to continue in competitive cycling;
- Introduce participants to regular training 3 to 6 times per week;
- Introduce participants to competition in multiple cycling disciplines, within club, school or basic provincial-level competition programs;
- Assist the development of cyclists passing through their growth spurt, and be ready to modify training and competition accordingly, consistent with the LTAD Model;
- Create a foundation to prepare participants to advance to a more specialized development level of training and competition as they develop.

Introduction to Competition cyclists will usually participate 3 to 6 times per week for an entire season. Coaches will typically be volunteers who are operating within a club program as specialist youth/introduction coaches. The focus of the program will be on having participants develop skills and abilities needed for successful club-level competition.

The Introduction to Competition coach development program emphasizes multi-sport and multi-discipline development of cyclists consistent with Long Term Athlete Development principles. Consequently, coaches in this program will take two discipline-specific skills clinics, which will focus on teaching, analyzing and correcting performance skills. Coaches may select any two of MTB, BMX or Road/Track skills clinics. In addition, coaches will take two learning sessions to develop their skills in areas including ethical decision-making, practice planning, sport program design, and supporting athletes in training and competition. The learning sessions may be taken

before or after the skills clinics, adding flexibility to the program. After each block of learning, coaches will complete evaluation activities to attain certification.

Cycling's Introduction to Competition program will be "integrated", meaning that the components formerly known as "Theory" and those formerly known as "Technical" will be offered together. In other words, coaches can participate in learning activities all in one place, as offered by their provincial/territorial cycling associations.

There are other major changes from the previous coach education program:

- Coaches choose to develop and become certified in the context in which they work. They can then go on to work toward advanced certification in that context. This recognizes the equal importance of all contexts for sport development;
- The key to the new system is evaluation. Coaches are evaluated based on their ability to DO. Coaches are not required to take part in learning activities, and will be able to take a challenge evaluation- although the vast majority of coaches will be more successful if they take part in the learning activities;
- Coaches who complete learning activities are considered NCCP Trained. If they successfully complete the evaluation they are Certified; if they go on to do additional learning activities, such as professional development, and/or are evaluated to a higher standard, they may attain Advanced Certification.

The Role and Tasks of the Advisory Group

Currently, there is an opening for new members on the NCCP Advisory Group. The Group requires specific expertise to assist in completion of Introduction to Competition. In particular, coaches with experience in planning and leading BMX and MTB programs for the Introduction to Competition target group are needed.

The role of the Advisory Group is to assist the Project Lead (contractor) to develop and pilot the new Introduction to Competition program. Members should be NCCP certified at Level 2 and must have extensive coaching experience in this context, Members should also have experience as NCCP course conductors, or be experienced in leading adult learning activities.

Members will participate in one in-person meeting planned for June 2007, as well as 3-4 conference calls. Members may also take part in delivery of pilot courses, Evaluator training, Learning Facilitator training, etc as needed to assist in completion of the project to the point of final approval by the Coaching Association of Canada. Members will also be expected to communicate regularly by e-mail to comment on drafts and materials, share ideas, etc. Advisory Group members are volunteers and all material produced becomes the property of Canadian Cycling Association and/or the Coaching Association of Canada. Expenses will be reimbursed.

This is an opportunity to shape cycling's coach education program. If you are interested please contact the Project Lead by **May 15, 2007**:

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