

2009/2010 NCCP National Coaching Schedule

These courses are open to all competitive coaches.

Level 4 Task 18: Strategic Program Construction using CPC

Learn to perform a score analysis and comparative risk analysis for a program in the planning/choreography stages followed by a detailed comparison of the performance in competitive singles skating in competition. This course will include an update on the program components portion of CPC. Prior knowledge of CPC is required.

December 7, 2009 (8:00-16:30)

Mississauga, ON

Level 3 Technical in Synchronized Skating

Plan, conduct and evaluate a variety of technical and practical coaching sessions of skill training appropriate to synchronized skaters at the competitive level. Develop a yearly training plan for your team.

March 7-8, 2010 TBD (8:00-17:00)

Brampton, ON

Level 4 Task 1: Energy Systems/Competition-Development Module: Developing Athletic Abilities

Determine the energy systems and athletic abilities required for figure skating and learn how to develop/include in practice sessions and development plans. Learn to evaluate the athlete's sport-specific fitness and skill level and interpret results as a basis for development plans. Learn how to correctly identify training protocols and adapt them to the athlete's developmental needs. **Completion of an on-line pre-course assignment required.**

May 26, 2010 (8:00-16:30)

Toronto, ON

For more information contact coaching@skatecanada.ca or
1-888-747-2372 ext. 2504

Registration form is attached.



National
Coaching
Certification
Program

**2009/2010 NCCP LEVEL 3-5 COACHING COURSES
REGISTRATION FORM**

Name: _____ SC #: _____
Address: _____ CAC Passport #: _____
_____ Phone #: _____
Postal Code: _____ Fax #: _____
Email: _____

NCCP Level of certification: _____

Please indicate () selected task or tasks.

- | | | | |
|--|----------------|-----------------|-------|
| <input type="checkbox"/> Task 18 Strategic Program Construction using CPC | Dec. 7, 2009 | Mississauga, ON | \$100 |
| <input type="checkbox"/> Level 3 Technical in Synchronized Skating | Mar. 6-7, 2010 | Brampton, ON | \$200 |
| <input type="checkbox"/> Task 1 Energy Systems/Competition-Development Developing Athletic Abilities | Toronto, ON | | \$100 |

_____ **Total**

- Cheque enclosed payable to Skate Canada **or** pay by credit card.

Name of cardholder: _____ Credit Card: Visa or MasterCard

Card #: _____ Expiry date: _____

Signature: _____

Send to: Skate Canada Coaching Department
865 Shefford Rd. Ottawa, Ontario K1J 1H9
Toll Free: 1-888-747-2372 ext. 2504, Toll Free Fax: 1-877-211-2372
Email: coaching@skatecanada.ca

Office Use Only:

Date Received: _____ Invoice No. _____ Account No: 4165-450-462

