



2019 RCA Performance Coach (NCCP Competition Development)
Delivered in Conjunction with the RCA National Conference

REGISTRATION OPENS: Oct. 22, 2018 (20 Coaches Maximum)

REGISTRATION CLOSED: Nov. 15, 2018

Coaches will be accepted based on the below requirements and possible further consultation Head Coach, Province and RCA Coach Education and Development Committee.

Coaches must have:

1. Previous NCCP training, (i.e. LTR /RCA Coach/ Level 1,2,3)
2. Recommendation (brief email) from your Head Club Coach, Club President or Provincial Coach that supports the applicant along with their coaching experience and level of athletes currently coaching.
3. 3 years or more coaching experience with athletes at L2C and T2C Levels

Priority given to coaches that have:

1. Completed or is in the process of completing the Competition Development Multi Sport NCCP modules (**Coaching and Leading Effectively, Managing Conflict, Leading Drug-Free Sport, Psychology of Performance, Developing Athletic Abilities, Prevention and Recovery, Make Ethical Decisions**) delivered through each [Provincial Coaching Representative](#)

LOCATION AND DATES: [Hotel Arts](#), Calgary, Alberta

Thursday January 24, 2019 (08:00) to Saturday January 26, 2019 (16:00)

REGISTRATION COST: \$510 per coach (includes workshop materials, facilitator training fees, conference meals)
Participants are responsible for all transportation and hotel costs.

COURSE CONTENT: The course topics will include:

- **Provide support to athletes in training** (Categories of intensity, EAP)
- **Analyze performance** (identify faults, biomechanics, technique, rigging)
- **Support the competitive experience** (assess competitive readiness)
- **Plan a practice** (review the emergency action plan)
- **Design a sport program** (creating yearly training plan, using technology)
- **Manage a sport program** (manage a team, selection)

PRE-WORKSHOP MATERIALS AND ASSIGNMENT: Participants will be required to submit an assignment prior to the conference.

Please contact Colleen Miller at colleenmiller@rowingcanada.org to inquire or apply for the Performance Coach Workshop.