

ROWING CANADA AVIRON RCA PERFORMANCE COACH PATHWAY

PRE-REQUISITES

- CREATE AN ACCOUNT & REGISTER WITH RCA AS A COACH (membership.rowingcanada.org)
- REGISTER IN "THE LOCKER" (www.thelocker.coach.ca)
- OBTAIN/VERIFY PLEASURE CRAFT OPERATOR CARD
- COMPLETE PRE-ASSIGNMENT AND SEND TO RCA BY DUE DATE (coacheducation@rowingcanada.org)

COMPLETE NCCP MULTI-SPORT MODULES

1

1. COACHING AND LEADING EFFECTIVELY
2. MANAGING CONFLICT
3. LEADING DRUG-FREE SPORT
4. PSYCHOLOGY OF PERFORMANCE
5. DEVELOPING ATHLETIC ABILITIES
6. PREVENTION AND RECOVERY
7. MAKE ETHICAL DECISIONS

MAY BE
COMPLETED
IN ANY
ORDER

COMPLETE AT RCA CONFERENCE

1. PROVIDE SUPPORT TO ATHLETES IN TRAINING (TRAINING WITH CATEGORIES OF INTENSITY)
2. ANALYZE PERFORMANCE (IDENTIFY AND CORRECT FAULTS, BIOMECHANICS, TECHNIQUE, RIGGING)
3. SUPPORT THE COMPETITIVE EXPERIENCE (ASSESS COMPETITIVE READINESS)
4. PLAN A PRACTICE (REVIEW THE EMERGENCY ACTION PLAN)
5. DESIGN A SPORT PROGRAM (CREATING YEARLY TRAINING PLAN, USING TECHNOLOGY)
6. MANAGE A SPORT PROGRAM (SELECTION)

BUILD AND COMPLETE YOUR PORTFOLIO

UPON SUCCESSFUL
COMPLETION OF STEPS
1 AND 2, YOU ARE NOW
NCCP TRAINED.

2

UPLOAD THE FOLLOWING ITEMS TO YOUR PORTFOLIO OR EMAIL TO RCA AT coacheducation@rowingcanada.org

1. POST RCA CONFERENCE ASSIGNMENTS INCLUDING YOUR YEARLY TRAINING PLAN AND SELECTION DOCUMENT
2. ENSURE A COPY OF YOUR PLEASURE CRAFT OPERATOR CARD IS IN YOUR PORTFOLIO *
3. EMERGENCY ACTION PLAN *

* YOU MAY ALREADY HAVE THESE IN YOUR PORTFOLIO FROM PREVIOUS COACH TRAINING

YOU ARE TRAINED

EVALUATION 1

3

MUST COMPLETE ONLINE
EVALUATION VIA
www.thelocker.coach.ca
(IN NO PARTICULAR ORDER)

1. MAKE ETHICAL DECISIONS - COMPETITION DEVELOPMENT CONTEXT
2. MANAGING CONFLICT
3. LEADING DRUG-FREE SPORT

EVALUATION 2

1. CONTACT RCA TO REQUEST AN EVALUATION
2. PORTFOLIO EVALUATION (DETERMINES "READINESS" OF COACH FOR DIRECT OBSERVATION)

EVALUATION 3

- DIRECT OBSERVATION
(IN NO PARTICULAR ORDER)
1. IN TRAINING - ON WATER AND DRYLAND
 2. AT SELECTION
 3. AT COMPETITION

YOU ARE CERTIFIED

UPON SUCCESSFUL
COMPLETION, YOU ARE
NCCP CERTIFIED.

ACTIVE COACH STATUS MAINTAINED

IN ORDER TO MAINTAIN CERTIFICATION,
COACHES ARE REQUIRED TO EARN
PROFESSIONAL DEVELOPMENT CREDITS.