

## 2018 RCA Performance Coach (NCCP Competition Development)

### Delivered in Conjunction with the RCA National Conference

**REGISTRATION:** 20 Coaches Maximum

\*PRIORITY given to coaches that have:

1. 3 years or more coaching experience with athletes at L2C and T2C Levels
2. Previous NCCP training, (i.e. LTR /RCA Coach/ Level 1,2,3)
3. Completed or is in the process of completing the Multi Sport NCCP modules (requirement of Competition Development Context)
4. Recommendation from your Head Club Coach, Club President or Provincial Coach supporting the above requirements. (Brief email supporting coaching experience and level of athletes currently coaching)

**DATES:** Thursday January 25, 2018 (08:00) to Saturday January 27, 2018 (16:00)

**LOCATION:** Chelsea Hotel, Toronto Ontario

**REGISTRATION COST:** \$510 per coach (includes workshop materials, facilitator training fees, Conference meals) Participants are responsible for booking their own flights, ground transportation and hotel booking.

**COURSE CONTENT:** The course topics will include:

1. **Provide support to athletes in training** (Categories of intensity, EAP)
2. **Analyze performance** (identify/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** (manage a team, selection)

**PRE-WORKSHOP MATERIALS AND ASSIGNMENT:** Following RCA acceptance of registration, reading materials and a pre-workshop assignment (mandatory) will be forwarded to participants with details and the deadline to completed and submitted before the conference.

Please contact [coacheducation@rowingcanada.org](mailto:coacheducation@rowingcanada.org) to apply for the Performance Coach Workshop.