

RCA PERFORMANCE COACH PATHWAY

Pre-Requisites

1. Create an account & register with RCA as a coach (membership.rowingcanada.org)
2. Register in "The Locker" (thelocker.coach.ca)
3. Obtain/verify Pleasure Craft Operator Card (PCOC)
4. Prior NCCP training and/or certification
5. Reference Letter from Head Coach or Mentor
6. 3 years coaching L2C/T2C athletes

MODULES AND WORKSHOP

1

NCCP Multi-sport Modules

1. RCA Rowing Essentials eLearning module
2. Make Ethical Decisions eLearning module (includes training and evaluation).
3. Leading Drug-Free Sport eLearning module
4. Managing Conflict (module and evaluation)
Option available to only complete the evaluation.
5. Psychology of Performance
6. Developing Athletic Abilities
7. Prevention and Recovery
8. Coaching and Leading Effectively

Multi-Sport Modules recommended to complete before RCA Performance Coach Workshop

RCA Performance Coach Workshop

1. **Analyze performance**
(biomechanics, rigging, technique, technology)
2. **Manage a sport program**
(selection, assessing competitive readiness)
3. **Support the athlete in training**
(plan a practice)
4. **Design a sport program**
(YTP, selection, support the athlete in training)

YOU ARE IN TRAINING

Upload the following items to your portfolio (project) in the Coach Education Database.

Performance Coach post workshop assignment including your YTP and Selection Document (Must meet expectations to obtain Trained Status)

2

BUILD YOUR PORTFOLIO



YOU ARE TRAINED

EVALUATION STEPS

3

EVALUATION COMPONENTS

1. **Direct On Water Evaluations.**
(Coach contacts RCA to arrange Evaluators for the three evaluations required)
 - Training (Two on water training sessions including a C2-C4 session and a technical development session)
 - Selection Event
 - Competition Event



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.