

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 senior coach
6. 3 years coaching L2C/T2C athletes

MODULES AND WORKSHOP

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NCCP Multi-sport Modules

1. * Make Ethical Decisions
2. * Managing conflict
3. * Leading drug-free sport
4. Psychology of performance
5. Developing athletic abilities
6. Prevention and recovery
7. Coaching and leading effectively

** Option to not complete module and challenge online evaluation*

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

RCA Performance Coach Workshop

1. **RCA Rowing Essentials elearning Module** (thelocker.coach.ca)
2. **Analyze performance** (biomechanics, rigging, technique, technology)
3. **Manage a sport program** (selection, assessing competitive readiness)
4. **Support the athlete in training** (plan a practice)
5. **Design a sport program** (YTP, selection, support the athlete in training)

YOU ARE IN TRAINING

Upload the following items to your portfolio in the Coach Education Database or email to RCA at coacheducation@rowingcanada.org

1. 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 1

Must Complete online evaluations via thelocker.coach.ca
Only one MED evaluation needs to be completed.

1. Make Ethical Decisions
2. Managing Conflict
3. Leading Drug-Free Sport

EVALUATION 2

1. Submit post workshop assignment including YTP and selection document to evaluator.
2. Direct Observation
 - Training (Two on water sessions)
 - Selection
 - 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.