

# 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
7. Complete RCA Rowing Essentials eLearning Module (thelocker.coach.ca)
8. Complete MED module <https://www.coach.ca/make-ethical-decisions-med--s16834> (or challenge online evaluation)

## MODULES AND WORKSHOP

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### NCCP Multi-sport Modules

1. \* Managing conflict
2. \* Leading drug-free sport
3. Psychology of performance
4. Developing athletic abilities
5. Prevention and recovery
6. 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 at RCA Conference

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 in the Coach Education Database or email to RCA at [coacheducation@rowingcanada.org](mailto:coacheducation@rowingcanada.org)*

1. Performance Coach post workshop assignment including your YTP and Selection Document (Must meet expectations to obtain Trained Status)
2. A copy of your PCOC
3. A copy of your organization's Emergency Action Plan

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## BUILD YOUR PORTFOLIO



## YOU ARE TRAINED

### EVALUATION 2

1. Contact RCA to request evaluations and provide timelines for the three evaluations.
2. Direct Observation
  - Training (Two on water sessions)
  - Selection
  - Competition

## EVALUATION STEPS

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### EVALUATION 1

*Must Complete online evaluations via [thelocker.coach.ca](http://thelocker.coach.ca)*  
Only one MED evaluation needs to be completed.

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



## 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.