



2020 RCA Performance Coach (NCCP Competition Development) Delivered in Conjunction with the RCA National Conference

Please contact Colleen Miller at colleenmiller@rowingcanada.org with any questions, to ensure you meet the requirements, and to reserve your position at the Performance Coach Workshop.

Registration will officially open in October (20 coaches maximum).

Coaches will be accepted based on the below requirements and possible further consultation with the Head Coach, Province and the RCA Coach Education and Development Committee.

Coaches must have:

- 1.** Previous NCCP training, (i.e. LTR/RCA Coach/Level 1,2,3)
- 2.** Recommendation (brief email) from your Head Club Coach, Club President or Provincial Coach that supports the applicant along with their coaching experience and level of athletes currently coaching
- 3.** 3 years or more coaching experience with athletes at L2C and T2C Levels
- 4.** RCA Rowing Essentials elearning module completed in the Locker

Priority given to coaches that have:

- 1.** Completed or are in the process of completing the NCCP Competition Development Multi Sport NCCP modules (**Coaching and Leading Effectively, Managing Conflict, Leading Drug-Free Sport, Psychology of Performance, Developing Athletic Abilities, Prevention and Recovery, Make Ethical Decisions**) delivered through each [Provincial Coaching Representative](#)

LOCATION AND DATES: [Brookstreet Hotel](#), Ottawa, Ontario

Thursday January 23, 2020 (08:00) to Saturday January 25, 2020 (16:00)

REGISTRATION COST: \$510 per coach (includes workshop materials, facilitator training fees, conference meals, Friday social event, Excellence Awards). Participants are responsible for all transportation and accommodation costs.

COURSE CONTENT:

The course topics will include:

- **Providing support to athletes in training** (categories of intensity, EAP)
- **Analyzing performance** (identify faults, biomechanics, technique, rigging)
- **Supporting the competitive experience** (assess competitive readiness)
- **Planning a practice** (review the emergency action plan)
- **Designing a sport program** (creating yearly training plan, using technology)
- **Managing a sport program** (manage a team, selection)

Participants will be sent pre-workshop materials and are required to submit an assignment prior to the conference.