

## **Cycling's Coaching Education Program – 2008**

The Canadian Cycling Association and Provincial/Territorial Cycling Associations work together to provide coach education and development programs within the National Coaching Certification Program (NCCP). The CCA is responsible for national policies relating to cycling coaching, the development of education programs, maintaining national coaching records and liaison with the Coaching Association of Canada. Provincial/Territorial Cycling Associations are responsible for delivery of coach education courses and workshops.

The NCCP is in transition. All Canadian national sport organizations are working with the Coaching Association of Canada to develop a completely new set of coach education programs, the "New NCCP". Cycling, like other sports, is in the midst of this transition. This document provides information on Cycling's Coach Education Program as of 2008 to assist coaches and stakeholders to understand the current system and anticipate the coming changes as the program evolves.

### **Cycling's NCCP Today**

Today, Canadian cycling is following the existing system, consisting of the familiar three components- Theory, Technical and Practical. In general, to be Certified as a cycling coach within the NCCP, you must complete Theory, Technical and Practical requirements at one of these five levels:

- Level 1: Coaching novice competitive cyclists, Road or Mountain Bike
- Level 2: Coaching club to provincial-level racers, Road or MTB
- Level 3: Coaching Provincial Team-level racers, Road, Track or MTB
- Level 4: Coaching National Espoir-level (National/International)
- Level 5: Coaching National Team-level (International)

Each Level is a prerequisite for the next. As a guide, to coach a Provincial/Territorial Team at Canada Games requires full Level 3 Certification, while to receive Sport Canada funding for National Team coaches hired by CCA, the coach must have at least Level 4 Certification.

What are the Theory, Technical and Practical components?

- Theory courses are usually offered by local Recreation Departments, schools, colleges and other community hosts. They provide general education in elements of coaching skill needed for the development of all athletes. Coaches from different sports usually attend Theory courses together.
- Technical courses are offered by Provincial/Territorial Cycling Associations. These are cycling-specific courses which adapt general coaching practice to the sport of cycling. As of 2007, the Technical program only covers Road, Mountain Bike and Track cycling.
- The Practical component consists of an in-service period which the coach completes to accumulate actual experience in coaching.

To become a Certified coach in the NCCP a coach must complete all three components:

Theory + Technical + Practical = Certified

The following table shows the specific course requirements:

NCCP Level	Theory	Technical	Practical
Level 1	Introduction to Competition (multisport) Part A & Part B	Cycling Level 1 (either Road or MTB)	After completion of Level 1 Theory and Technical, one year of club-level coaching
Level 2		Cycling Level 2 Core (multi-discipline) plus Cycling Level 2 (either Road or MTB)	After completion of Level 2 Theory and Technical, a further year of advanced club-level coaching (total 2 years experience)
Level 3	Theory 3	Cycling Level 3 (Prerequisite is Level 2 Cert in one discipline plus Level 1 in a second discipline)	Minimum 3 years experience including Prov/Terr-level projects
Level 4	Level 4 and 5 training is jointly managed by the National Coaching Institutes and CCA and consists of 20 modular courses/learning requirements. (Prerequisite is full Level 3 Certification.)		
Level 5			

For more information and a schedule of upcoming courses, contact your Provincial/Territorial Cycling Association.

## Questions About Transition to the New Cycling NCCP?

Beginning in 2008, a series of new cycling coach education workshops and learning opportunities will be introduced. By 2010 a new coach education program will be in place across Canada, consistent with the New NCCP being introduced by all sports. An overview of the New NCCP can be found here: [www.coach.ca/eng/certification/documents/FS\\_ProgOverview\\_Jan06.pdf](http://www.coach.ca/eng/certification/documents/FS_ProgOverview_Jan06.pdf)

You can learn more about the plans and schedule for introducing the New Cycling NCCP in a document titled "Cycling's New Coach Development Program- 2008 and Future". Here are a few answers to commonly-asked questions about the transition to the New NCCP:

1. With the New NCCP coming soon, should I even take part in "old NCCP" cycling coach education?

Yes you should. The replacement for the Level 1 and Level 2 program, called "Ready to Race! Cycling Introduction to Competition" will not be available until late 2008 or early 2009. The replacement for Level 3, called Competition Development, will not be available until late 2009 at the earliest. Most coaches can complete Level 1 certification in the old model before the new will be available.

2. I am Certified (or working on certification) in the "old" model. What will happen to my certification after the transition?

Your certification in the old model will not "disappear". Certification in the "old" and "new" systems will be maintained in parallel. When the transition to the New NCCP takes effect, Certification will last up to 5 years from the date of certification (completion of the last component), and can be maintained by completion of CCA-approved professional development activities.

3. What happens if I take a mix of the "new" and "old" programs?

You will be required to take all components of either the old or new programs to achieve certification. You will not need to "mix" programs, although you will be free to do so for your own interest and development. CCA will ensure that the opportunity to complete certification in the "old" system will be made available.

4. I have heard that some kind of evaluation or test will be a feature of the New NCCP. How will that work?

In the New NCCP model, you will be required to demonstrate your competency as a coach in a number of key areas, called the “criteria”. Some of the criteria will be met through a review of work assembled in a portfolio (assessment) and some in a final “live” review of coaching (evaluation). More details will be available as the new program is introduced.

5. The transition seems to be happening slowly. Why?

The transition involves introducing brand new coach education programs (the Community stream) as well as completely re-creating Competition programs to meet the new standard. For example, the new Introduction to Competition program will include 6 different workshops, including a brand-new BMX workshop. Other aspects, such as evaluation are also new. The process takes time, but the result will be a much-improved program!