

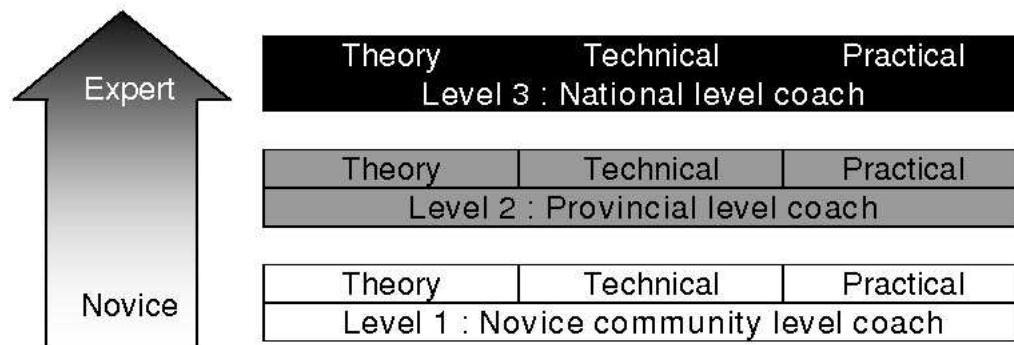
Cycling's New NCCP Future

Toward a New NCCP

Canada's National Sport Federations are working with the Coaching Association of Canada on developing the next generation of the National Coaching Certification Program (NCCP). For cycling, that will mean a comprehensive new coach development program significantly improved on the existing model.

The Old and the New

In the existing model, coaches enter the program at Level 1, complete Theory (now called "Multi-sport"), Technical (through a provincial cycling association) and Practical to become NCCP-certified. Coaches then "advance" by taking part in subsequent levels of NCCP.



There are many difficulties with this system:

- Only a fraction of the coaches who take a cycling Technical course complete Multi-sport and Practical to become certified;
- The existing program assumes that an "expert coach" must work with high performance athletes (ie Level 3 and beyond). There is no recognition of the need to have community experts and developing cyclist experts as well as high performance experts. The vast majority of cycling coaches work at the club and community level, and the "expert community coach" is vital to the development of the sport;
- Coaches currently complete certification based on accumulating knowledge, by taking courses. They are not evaluated based on what they can actually DO;
- The existing system is not linked to Long Term Athlete Development (LTAD) principles or the CCA's new LTAD Model;
- The existing program is discipline-specific, meaning that cycling coaches take MTB or Road, and there is not yet a BMX stream. There is no recognition that young cyclists (Learn to Train, Train to Train) will develop better if they have a base of physical literacy and then develop a broad spectrum of cycling skills.

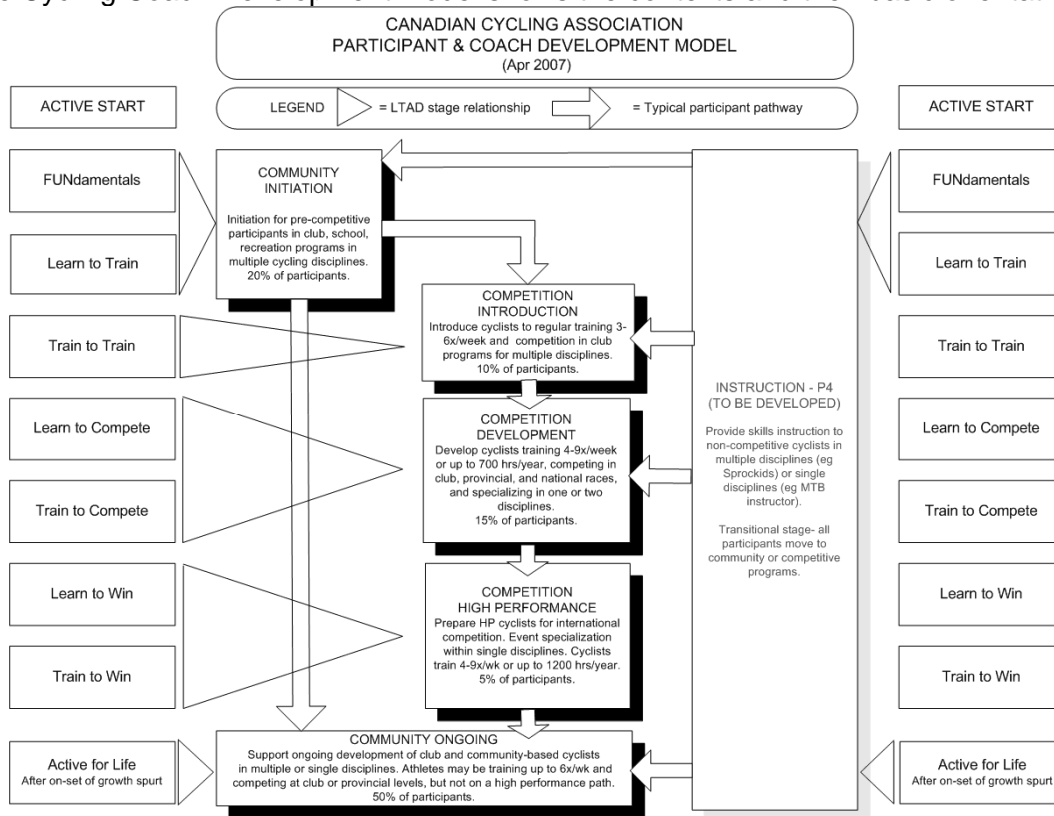
In the New NCCP, all sports will migrate to a system in which:

- There are new “streams” for Community Coaches and Instructors, as well as a revised Competition stream, recognizing that coaches working in different settings, or “contexts” have different needs;
- Coaches choose to develop and become certified in the context in which they work. They can then go on to work toward advanced certification in that context. This recognizes the equal importance of all contexts for sport development;
- The key to the new system is evaluation. Coaches are evaluated based on their ability to DO. Coaches are not required to take part in learning activities, and will be able to take a challenge evaluation- although the vast majority of coaches will be more successful if they take part in the learning activities;
- Coaches who complete learning activities are considered NCCP Trained. If they successfully complete the evaluation they are Certified; if they go on to do additional learning activities, such as professional development, and/or are evaluated to a higher standard, they may attain Advanced Certification.

In addition, the Canadian Cycling Association has determined that:

- The new cycling program will be “integrated” meaning that the Multi-sport (previously Theory) and sport-specific (Technical) components will be delivered together;
- In the contexts relevant to coaches of younger participants, coaches will be prepared to develop all disciplines- BMX, Road, Track, Mountain Bike. Contexts for intermediate and elite performers will be more specialized. This will encourage multi-lateral, multi-discipline athlete development among new cyclists as called for by the LTAD Model.

The Cycling Coach Development Model shows the contexts and their basic orientation:



For a general overview of the New NCCP, visit www.coach.ca/eng/certification/documents/FS_ProgOverview_Jan06.pdf

The Community Initiation Context

Community Initiation is the context for coaches who will primarily work with novice, pre-competitive cyclists at the community level. These athletes will likely be in the FUNdamentals to early Train to Train stages of LTAD. We expect these participants to be able to ride a bicycle, be interested in improving their skills, and open to trying a competitive experience. The key objectives for a Community Initiation Cycling Coach are therefore:

- Ensure participants have a fun, safe, stage-appropriate experience that makes them want to come back;
- Help to develop basic cycling skills which are transferable to all cycling disciplines, and which can be done on any kind of bicycle;
- Introduce participants to the idea of competition and show them the competition pathway if they want to become more involved.

Community Initiation cyclists will usually participate 1 to 3 times per week. Coaches will likely be volunteers, parents, and recreation and summer camp leaders, so the program will be simple, based on a number of pre-designed lesson plans, and adaptable to the varying skill and ability levels of participants. The focus of the program will be on having participants develop skills which are basic to MTB, BMX, and Road, in a controlled, off-road, off-trail setting such as a sport field or parking lot. This will help minimize liability issues for those delivering the program, making it more acceptable to municipal recreation departments and schools.

Most coaches who take part in this program will complete the learning activities and achieve Trained status. There is provision for some coaches to take an advanced level of learning activities, be evaluated, and attain Certified status.

The Introduction to Competition Context

Ready to Race! Introduction to Competition is the context for coaches who will primarily work with new competitive cyclists at the community and club level. These athletes will likely be in the Learn to Train to Train to Train stages of LTAD, although the context could apply to any new racer of any age. We expect these athletes to have basic but developed cycling skills and the desire to begin competing within a structured training and competition program. They should have passed through an entry-level Community Initiation or non-competitive Instruction program to help them develop the basic skills.

The **key objectives** for an Introduction to Competition Cycling Coach are therefore:

- Ensure participants have fun, safe, stage-appropriate experiences that make them want to continue in competitive cycling;
- Introduce participants to regular training 3 to 6 times per week;
- Introduce participants to competition in multiple cycling disciplines, within club, school or basic provincial-level competition programs;

- Assist the development of cyclists passing through their growth spurt, and be ready to modify training and competition accordingly, consistent with the LTAD Model;
- Create a foundation to prepare participants to advance to a more specialized development level of training and competition as they develop.

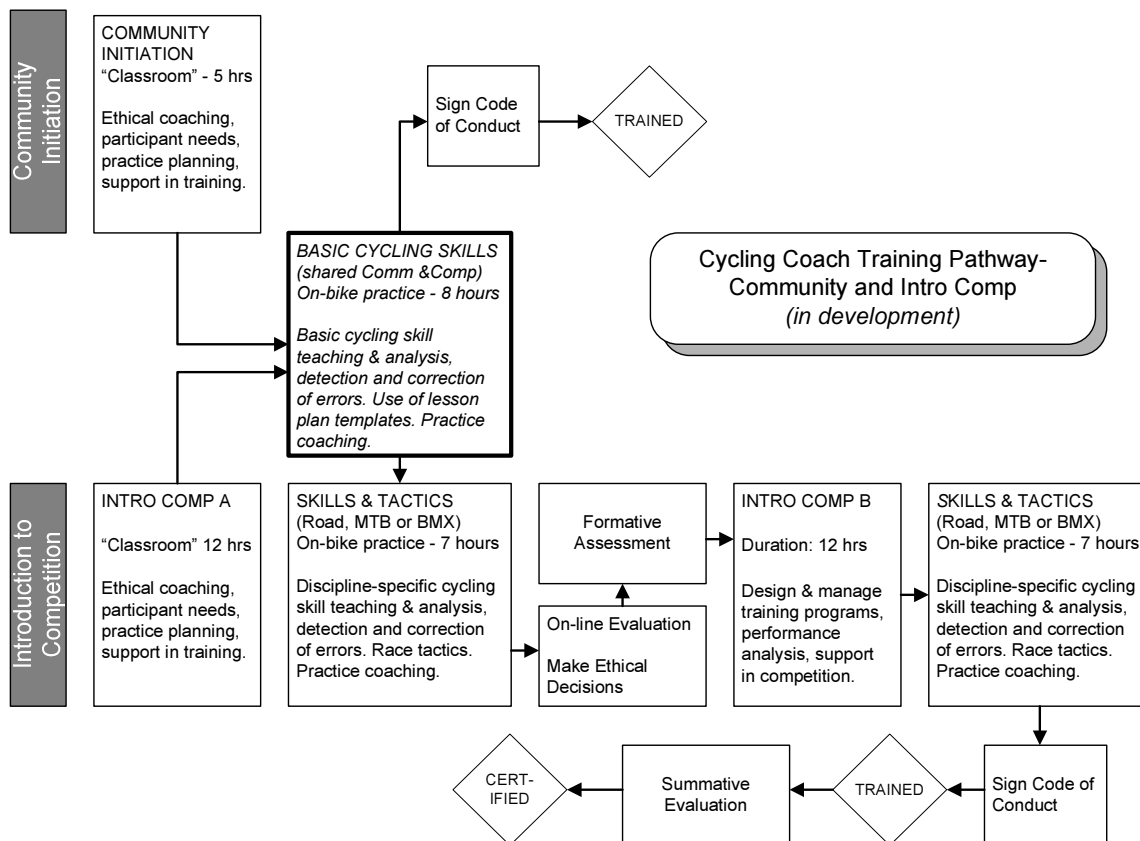
Introduction to Competition cyclists will usually participate 3 to 6 times per week for an entire season. Coaches will typically be volunteers who are operating within a club program as specialist youth/introduction coaches. The focus of the program will be on having participants develop skills and abilities needed for successful club-level competition.

The Introduction to Competition coach development program emphasizes multi-sport and multi-discipline development of cyclists. Consequently, coaches in this program will take two discipline-specific skills clinics, which will focus on teaching, analyzing and correcting performance skills. Coaches may select any two of MTB, BMX or Road/Track skills clinics. In addition, coaches will take two learning sessions to develop their skills in areas including ethical decision-making, practice planning, sport program design, and supporting athletes in training and competition. The learning sessions may be taken before or after the skills clinics, adding flexibility to the program. After each block of learning, coaches will complete evaluation activities to attain certification.

The following diagram shows the training and certification pathways for both Community Cycling Initiation and Introduction to Competition. Note the shared use of the Basic Cycling Skills (BCS) module by both programs: both Community Cycling Initiation and Introduction to Competition coaches will take part in BCS as part of their training. Common use of the BCS module as a foundation for all disciplines will reduce the duration of training as well as increasing demand for BCS. This will improve the viability of the BCS module for provincial/territorial cycling association partners.

Remember, in the new integrated model, training and evaluation takes the place of the multi-sport (“Theory”, non-cycling) and the sport-specific training in the “old” model. Coaches should be able to complete certification within a single season, assuming availability of learning sessions and clinics in their area.

Certification in the new Cycling NCCP lasts five years. To maintain certification, coaches must complete prescribed “professional development” activities- this aspect is still in development.



The Competition Development and Competition High Performance Contexts

Following release of Introduction to Competition, the next context to be completed will be Competition Development, aimed at coaches of Learn to Compete and Train to Compete athletes (roughly, Provincial Team-level competitors). Finally Competition High Performance will be developed, aimed at coaches of National Team-level competitors.

Implementation Schedule

As of early 2008, the following is the expected timetable for program implementation:

- Community Initiation: Offered beginning Spring/Summer 2008
- Ready to Race! Introduction to Competition: Late 2008 or early 2009
- Competition Development: Late 2009 or early 2010
- Competition High Performance: Late 2010

A Final Word

The new Cycling coach education program will be a cornerstone of coach and athlete development within our LTAD model. Specialized development of new cyclists, and especially young cyclists, entering competition will give them a stronger foundation to develop from, and will ultimately result in higher performance as well as longer-term enjoyment of the sport.