



DEVELOPING CHAMPIONS

Where do you fit in?

Athletics Canada NCCP Coaching Pathways

Sport Coach

As a coach, I want to work with athletes 4-10 weeks a year and/or 2-3 sessions a week.

This course is for coaches who are introducing athletes to Athletics and competitions (regional and provincial). Planning a practice is a key skill that is introduced in this workshop and coaches are exposed to all event groups (i.e. sprints, jumps, throws, endurance, etc.) through their training.



In Training

- Course - 2 days/ 1 weekend
- Complete "Make Ethical Decisions" workshop
- All Disciplines Covered

Certified

- Submit Portfolio
- Observed or video submission coaching at a practice; reviewed by AO Evaluator

Club Coach

As a coach, I am preparing athletes (building fitness, refining skills) and introducing them to competition.

This course is for coaches who are coaching 12-24 weeks a year and/or 3-5 sessions a week. The Club Coaches have a foundation in Athletics or come from a multisport environment. The focus of this course is preparing the coach to develop an athlete's skills in one event group area. Seasonal planning is a key skill that is introduced in this course.



In Training

- Course: 2 days/ 1 weekend
- Specification on 1 discipline (i.e... Sprints & Hurdles, Endurance, Jumps, Throws & Wheelchair)
- Complete "Make Ethical Decisions" workshop

Certified

- Submit Portfolio
- Observed or video submission coaching at a competition; reviewed by AO Evaluator

Performance Coach

As a coach I support provincial and national level athletes by helping them reach their potential and their performance goal.

This course is for coaches who are coaching year round, 40+ weeks a year and 5-10 sessions a week. The Performance Coaches have experience coaching athletes at a national level in the junior and senior categories. The training for this course is event group focused. A main focus of this course is annual planning and periodization.



In Training

- Course: 2 weekends
- Planning for Performance (open)
- Performance Analysis (event group specific)
- Complete "Make Ethical Decisions", "Leading Drug-Free Sport" & "Managing Conflict" workshop

Certified

- Submit Portfolio
- Observed or video submission coaching at a competition or practice; reviewed by AO Evaluator
- Debrief with Evaluator

Run Jump Throw Wheel Instructor

As a coach, I want to increase participation and encourage athletes to have fun while learning fundamental skills. This course is targeted at coaches who are engaged throughout the year with children (<13 years old) and have little or no sport experience. The focus of this program is to provide an introduction of FUNdamental movement skills in a fun and non-competitive environment. Track and field activities, games and challenges will be employed with developmentally appropriate progressions.



In Training

- Course - 1 day
- All Disciplines Covered
- Program writing
- LTAD Progressions
- Pole Vault)

Certified

- Submit Portfolio
- Observed or video submission coaching at a practice; reviewed by AO Evaluator





PROFESSIONAL DEVELOPMENT

Where do you fit in?

Athletics Canada NCCP Coach Professional Development (PD) Pathway

Maintenance of Certification

As soon as a coach earns the “Certified” status, the maintenance of certification through professional development (PD) will apply to them. A coach has 5 years to collect the required PD points. The table below outlines the requirements:

Athletics Canada NCCP Certification	Required Professional Development Points
Run-Jump-Throw-Wheel	10 points
Sport Coach	20 points
Club Coach (Any event group)	20 points
Performance Coach	30 points
Level 4/5	30 points

Points can be collected in many ways, including:

	Active Category	Points	Limitations
Sport Specific	Active Coaching	1 point/year for every season coached OR 1 point/year for learning Facilitator or Evaluator activity	To a maximum number of points equal to the number of years of the certification renewal period, e.g. 3 points, if certification period is 3 years
	NCCP Activity	5 points/training module or evaluation event	No maximum or minimum
	Non-NCCP Activity	1 point/hour of activity up to 3 hours maximum	No minimum or maximum
	Coach self-directed activity	3 points for the valid certification period	Maximum of 3 points for certification renewal period
	Re-evaluation in context	100% of the points required for PD credit in the context	No other PD is required if coach chooses re-evaluation
Multi-sport	NCCP activity	5 points/training module or evaluation event	No maximum or minimum
	Non-NCCP activity	1 point/ hour of activity up to 3 points maximum	To a maximum of 50% of the required PD credit for the context in a certification renewal period