

Intro to Artistic Swimming – AquaGO!								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
AquaGO! Instructor <i>(will become a prerequisite to Comp Intro beginning April 1, 2021)</i>	15 years of age	Active Start FUNdamentals	Clubs Aquatic Facilities Municipalities	Sport Specific Modules (NSO/PSO): <ol style="list-style-type: none"> Delivering AquaGO! LTAD & Fundamental Movement Skills Swimming Fundamentals Bring a Lesson Plan to Life Artistic Swimming Skills 	TRAINED	<input checked="" type="checkbox"/> 16 years of age <input checked="" type="checkbox"/> AquaGO! Evaluation: <ul style="list-style-type: none"> Observed detecting and correcting performance Quiz & AquaGO! portfolio (incl. upload of CAC NCCP EAP Form) via artisticswimmingcoach.ca Observed delivering an AquaGO! lesson 	CERTIFIED	10 PD points every 5 years
	Pre-requisites:		Multi-Sport Modules: <ol style="list-style-type: none"> Make Ethical Decisions NCCP Emergency Action Plan (EAP) 	<input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> Analyze performance Provide support to athletes in training Make Ethical Decisions (online evaluation) 				
Pre-requisites:		<ul style="list-style-type: none"> Member in good standing First Aid Training recommended Mandatory pre-course work: <ul style="list-style-type: none"> Completes Coach Initiation in Sport online module: https://thelocker.coach.ca Sport for Life Intro to Physical Literacy course & quiz CAS LTAD Framework reading & quiz Required reading 						

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
Competition Introduction <i>(Under revision - revised course will be implemented September 1, 2020)</i>	16 years of age	Learn to Train Train to Train Train to Compete Masters	Clubs Provincial Championships	Sport Specific Modules (NSO/PSO): <ol style="list-style-type: none"> Introduction Design a Sport Program Plan a Practice (1) Support Athlete in Training and Competition Analyze Performance Figures Routines 	TRAINED	<input checked="" type="checkbox"/> Make Ethical Decisions (MED) online evaluation* <input checked="" type="checkbox"/> Competition Introduction Evaluation: <ul style="list-style-type: none"> Submit portfolio In-practice observation and debrief by evaluator In-competition observation and debrief by evaluator 	CERTIFIED	20 PD points every 5 years
	Pre-requisites:		Multi-Sport Modules: <ol style="list-style-type: none"> Make Ethical Decisions* Making Head Way in Sport* (<i>concussion elearning module</i>) NCCP Emergency Action Plan (EAP)* 	<input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> Design a sport program Plan a practice Provide support to athletes in training / and in the competitive experience Analyze performance Figures Routines 				
Pre-requisites:		<ul style="list-style-type: none"> Member in good standing First Aid Training recommended <u>Required to be AquaGO! Trained</u> (will be implemented April 1, 2021) 						
Pre-course work:		<ul style="list-style-type: none"> Completes Coach Initiation in Sport online module*: https://thelocker.coach.ca <p>*if not previously completed</p>		<p>*if not previously completed</p>		<p>*if not previously completed</p>		

Competitive Program									
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development		
Competition Development	18 years of age	Train to Train	Clubs National Championships Provincial Teams Canada Games	Sport Specific Modules (NSO): 1. Developing Athletic Abilities 2. Plan a practice (2) 3. Performance Planning 4. Analyze Figure Abilities 5. Analyze Routine Abilities 6. Manage a Sport Program Multi-Sport Modules: 1. Coaching & leading Effectively 2. Managing Conflict 3. Leading Drug Free Sport 4. Psychology of Performance 5. Make Ethical Decisions* 6. Prevention & Recovery 7. Making Head Way in Sport* <i>*if not previously completed</i>	TRAINED	<input checked="" type="checkbox"/> Multi-Sport online evaluations: <ul style="list-style-type: none"> Make Ethical Decisions (MED)* Managing Conflict Leading Drug Free Sport <input checked="" type="checkbox"/> Competition Development Evaluation**: <ul style="list-style-type: none"> Submit portfolio In-practice observation and debrief by evaluator In-competition observation and debrief by evaluator <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> Design a sport program Plan a practice Provide support to athletes in training Support the competitive experience Analyze performance <i>*if not previously completed</i> <i>**recommended to be coaching athletes competing at national qualifier/national championships (team routine preferred)</i>	CERTIFIED	30 PD points every 5 years	
		Pre-requisites:							
		<ul style="list-style-type: none"> ✓ Member in good standing ✓ First Aid Training recommended ✓ Required to be Competition-Introduction trained (will be implemented July 1, 2020) 							
		Pre-course work:							
<ul style="list-style-type: none"> ✓ Developing Athletic Abilities pre-course work ✓ CASLTAD Framework reading & quiz ✓ Pre-course reading 									

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
Competition Development Advanced Gradation (CDAG)	18 years of age	Train to Train	As per Comp Dev + 13-15 and Junior National Team	Completes the Advanced Coaching Diploma (ACD) (2-year program) Completes CDAG Practicum: (6-12 month minimum) 2 modules: 1. Coach as Performer 2. International Innovation (with practical application component) Practical Coaching component: Coach will work in a high-performance National Team training setting (Example: 13-15/Junior National Team Training Camp/Competition)	TRAINED	The coach will complete the ACD/CDAG final assessment (includes CAS expert & CAC HP expert) CDAG Practicum Evaluation: 1. Coach as Performer 2. International Innovation 3. Practical Coaching Component 4. MED (if not previously completed) Coach will successfully complete these 3 specific projects under the guidance of a mentor/CDAG facilitator. Evaluation will be ongoing through these projects.	CERTIFIED	30 PD points every 5 years
		Pre-requisites:						
Currently under development		<ul style="list-style-type: none"> ✓ Member in good standing ✓ Identified & selected by Canada Artistic Swimming ✓ Competition Development certified ✓ CAS 13-15 or Junior National Team Coach 						

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation		Professional Development
High Performance Coach <i>Currently under development</i>	18 years of age	Learn to Win Perform to Win	Senior National Team	Completes the Advanced Coaching Diploma ACD (2- year program) or equivalent Completes HP Practicum (6-12 month minimum) or equivalent. 2 modules: 1. Coach as Performer 2. International Innovation (with practical application component)	TRAINED	The coach will complete the ACD/HP final assessment (includes CAS expert & CAC HP expert) HP Practicum Evaluation: 1. Coach as Performer 2. International Innovation 3. Practical Coaching Component 4. MED (if not previously completed)	CERTIFIED	30 PD points every 5 years
	Pre-requisites: <ul style="list-style-type: none"> ✓ Member in good standing ✓ Identified & selected by Canada Artistic Swimming for HP Program ✓ Competition Development certified (or equivalent) ✓ CAS Senior National Team Coach 	Practical Coaching component: Coach will work in a high-performance Senior National Team training/competition setting (example: apprentice coach/assistant coach at a Senior National Team camp/competition).	Coach will successfully complete these 3 specific projects under the guidance of a mentor/HP facilitator. Evaluation will be ongoing through these projects.					