ONTARIO * ARTISTIC SWIMMING

2021 SUMMER COACH COURSES







AquaGO! Program Assistant Course

The AquaGO! Program Assistant role is designed to provide important support to Canada Artistic Swimming's AquaGO! program – making it more effective and engaging for the participants.

The AquaGO! Program is designed to help create strong, solid foundations for the participants, and therefore quality instruction of basic and fundamental skills is critical.

Program Assistants allow for more eyes to be on the participants, more feedback to be given, and more 1:1 interaction to take place during a lesson. This will facilitate the

improvement of participant skills at a faster rate all while ensuring participant safety, well-being, and overall enjoyment of the program.

AquaGO! Program Assistants are volunteer "helpers" who have been trained by an AquaGO! Learning Facilitator to assist AquaGO! Instructors with lesson delivery of the AquaGO! program.

Ontario Artistic Swimming AguaGO! Program Assistant Course Information

Pre Requisite: A minimum of 13 years of age with First Aid training recommended

Course Date: Tuesday August 24, 2021 – 6:00pm – 9:00pm

Register: Use the link below (Registration deadline August 18, 2021)

https://ontarioartisticswimming.formstack.com/forms/aquago program assistant course

Fee: \$25

- E-transfers to oaspayments@ontarioartisticswimming.ca
- PayPal invoice subject to 3% administration fee request invoice from Sue at smwall@ontarioartisticswimming.ca
- Cheques payable to Ontario Artistic Swimming OAS must receive them by August 18, 2021
- Please reference the August AquaGo! Program Assistant Course and the candidate's name.
- There will be no refunds after the registration deadline.

General Info:

- Candidates must participate via video and audio candidates must be visible throughout the course. It is your responsibility to ensure your equipment is working.
- Candidates will receive a ZOOM link to participate in the workshop no later than August 18th.





AquaGO! Instructor FULL Online Course

Dates: OAS will offer 3 separate courses – 1 in June and 2 in July (see detailed schedules below)

Candidate: These online AquaGo! courses are for new coaches or previously trained Comp Intro+ coaches

who will be delivering the AquaGO! Program in their clubs.

Facilitator: JUNE - Jaime Thompson and JULY - Kara Heald and Amanda Jackson

Platform: ZOOM – it is the participant's responsibility to ensure you are prepared. If you do not have the app

make sure you have enough time on the start date of the course to follow the link to install the app.

Register: Registration is via https://artisticswimmingcoach.ca > Coach Calendar. Registration is open to

ON residents first and will be on a first come first serve basis. Min. of 6 and max. of 12 participants.

Fee: • \$150 online course fee – payable to Ontario Artistic Swimming*

Additional fees for prerequisites and micro-teaching evaluation – see below

\$150 Payment to OAS is made after prerequisites are completed as per the following options:

E-transfers at oaspayments@ontarioartisticswimming.ca

PayPal invoice – subject to 3% administration fee – request invoice from Sue at

smwall@ontarioartisticswimming.ca

Cheques payable to Ontario Artistic Swimming – OAS must receive them by June 11, 2021

*Please reference the AquaGo! June Course and the candidates name.

There will be no refunds after the registration deadline.

Prerequisites:

- Candidates must be 15 no exceptions
- Pre-req #1: AquaGO! Preclinic Reading & Quiz \$50 (payable on artisticswimmingcoach.ca)
- Pre-req #2: https://artisticswimming.ca/i-love-synchro/ltad-framework/ & Quiz No fee (on artisticswimmingcoach.ca)
- Pre-req #3: S4L Intro to Physical Literacy Module via https://sportforlife-sportpourlavie.ca/catalog.php \$24.95
- Pre-reg #4: Coach Association of Canada (CAC) Coach Initiation in Sport via coach.ca Fee \$15
- NOTE: The registration 'button' for the online course will open to candidates who complete their prerequisites.

Micro-teaching Evaluation: \$10 – payable directly to evaluator once assigned

Course Information:

- The course will be open to ON coaches first. OAS will contact provinces when we open registrations outside of ON.
- A minimum number of 6 must be registered to run the course and a maximum of 12 will be accepted.
- Candidates must participate via video and audio candidates must be visible throughout the course. It is your responsibility to ensure your equipment is working.



- Candidates will be considered registered once all prerequisites are completed and OAS has received payment.
- Candidates will receive a link to participate in the workshop no later than June 18th.
- After completing modules 1-5, candidates will be eligible to coach however MUST still complete a skills performance review and a 15 minute micro-teaching session. Information for this will be provided following the course. Once COVID-19 restrictions are lifted and coaching returns to normal candidates willhave a limited time to complete these requirements in order to receive full credit as being trained.
- To complete certification please see the information on the ASC website > Coach Pathway.
- The AquaGo! course is the prerequisite to the Competition Introduction Course.

DETAILED SHCEDULE JUNE 21-25, 2021 (Registration Deadline June 18, 2021)

Modules	Date	Time
Module 1: Delivering AquaGo! • NCCP Overview • Review Locker, CAS Coach Pathways & artisticswimmingcoach.ca	June 21st	7:00-9:00pm
Module 2: LTAD & Fundamental Movement Skills	June 22nd	7:00-9:00pm
Module 3: Swimming Fundamental Skills	June 23rd	7:00-9:00pm
Module 4: Bring a Lesson Plan to Life	June 24th	6:30-9:30pm
Module 5: Artistic Swimming Skills	June 25th	6:30-9:30pm

DETAILED SHCEDULE JULY 5-9, 2021 (Registration Deadline July 2, 2021)

Modules	Date	Time
Module 1: Delivering AquaGo! • NCCP Overview	July 5th	9:00-11:00am
• Review Locker, CAS Coach Pathways & artisticswimmingcoach.ca	, , , ,	
Module 2: LTAD & Fundamental Movement Skills	July 6th	9:00-11:00am
Module 3: Swimming Fundamental Skills	July 7th	9:00-11:00am
Module 4: Bring a Lesson Plan to Life	July 8th	9:00am-12:00pm
Module 5: Artistic Swimming Skills	July 9th	9:00am-12:00pm

DETAILED SHCEDULE JULY 19-23, 2021 (Registration Deadline July 16, 2021)

Modules	Date	Time
Module 1: Delivering AquaGo! • NCCP Overview • Review Locker, CAS Coach Pathways & artisticswimmingcoach.ca	July 19th	9:00-11:00am
Module 2: LTAD & Fundamental Movement Skills	July 20th	9:00-11:00am
Module 3: Swimming Fundamental Skills	July 21st	9:00-11:00am
Module 4: Bring a Lesson Plan to Life	July 22nd	6:30-9:30pm
Module 5: Artistic Swimming Skills	July 23rd	6:30-9:30pm





Competition Introduction Modules 1-8 Online Course

Competition Introduction is the entry point for most competitive coaches and supports the coach in the Sport for Life – Long Learn to Train and Train to Train stages.

Date: OAS will offer 1 course in August (see detailed schedules below)

Facilitator: Jennifer Scott

Platform: Z00M – it is the participant's responsibility to ensure you are prepared. If you do not have the

app make sure you have enough time on the start date of the course to follow the link to install

the app.

Register: Registration is via the https://artisticswimmingcoach.ca > Coach Calendar. Registration is

pen to

ON residents first and will be on a first come first serve basis. Min. of 8 and max. of 12

participants.

Fee: •\$350 online course fee – payable to Ontario Artistic Swimming*

See attached document for complete instructions.

• \$350 Payment to OAS is made after prerequisites are completed as per the following options:

E-transfers at oaspayments@ontarioartisticswimming.ca

PayPal invoice – subject to 3% administration fee – request invoice from Sue

at • smwall@ontarioartisticswimming.ca

Cheques payable to Ontario Artistic Swimming – OAS must receive them by July 30, 2021

*Please reference the Comp Intro August Course and the candidates name.

There will be no refunds after the registration deadline.

Prerequisites:

Candidates must be 16 - no exceptions

The following pre-regs were completed with AquaGO!

Pre-reg #1: AguaGO! Trained Modules 1-3

o Pre-reg #2: CAS LTAD Framework Reading & Quiz - No fee

o Pre-reg #3: S4L Intro to Physical Literacy Module

o Pre-reg #4: Coach Association of Canada (CAC) Coach Initiation in Sport

NOTE: The registration 'button' for the online course will open to candidates who completetheir prerequisites.

Course Information:

- The course will be open to ON coaches first. OAS will contact provinces when we open registrationsoutside of ON.
- A minimum number of 8 must be registered to run the course and a maximum of 12 will be accepted.
- Candidates must participate via video and audio candidates must be visible throughout the course. It isyour responsibility to ensure your equipment is working.



- Candidates will be considered registered once all prerequisites are completed and OAS has receivedpayment.
- Candidates will receive a link to participate in the workshop no later than 2 days before the start date.
- After completing modules 1-8, candidates will be eligible to coach however MUST still complete the In Pool Module 9, Coach Portfolio, In Training Evaluation and In Competition Evaluation to be considered certified. Once COVID-19 restrictions are lifted and coaching returns to normal candidates willhave a limited time to complete these requirements.
- The CAS Coach Pathway is attached for your reference.

DETAILED SHCEDULE JUNE 21-25, 2021 (Registration Deadline June 11, 2021)

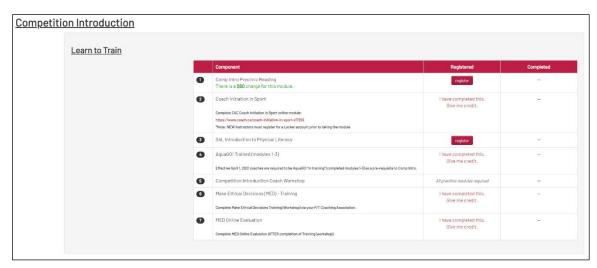
Modules	Date	Time
Module 1: Introduction	August 9	6:00pm-8:00pm
Module 2: Planning for Performance Part 1	August 10	6:00-8:30pm
Module 3: Intro to Athletic Abilities & Skills	August 11	6:00-8:00pm
Module 4: Figure Foundations	August 12	6:00-10:00pm
Module 5: Developing and Training Routines	August 16	6:00-10:00pm
Module 6: Planning for Performance Part 2	August 17	6:00pm-8:00pm
Module 7: Planning a Practice	August 18	6:00pm-9:00pm
Module 8: Analyze Performance	August 19	6:00pm-8:00pm
Module 9: In-Pool Practical	TBD	4 hours





Step-by-Step Comp Intro Registration Instructions:

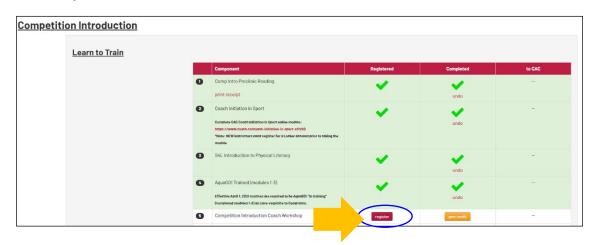
- Step 1: Sign in to your account at <u>www.artisticswimmingcoach.ca</u> by clicking on "Member Sign In" and filling in your username and password and clicking "Sign In".
- **Step 2:** After logging in make sure you are on your "**My Status**" page which should look like the screenshot below. Scroll down until you see Competition Introduction.



In order to be eligible to officially REGISTER for the COMPETITION INTRODUCTION workshop you must first complete the required prerequisites:

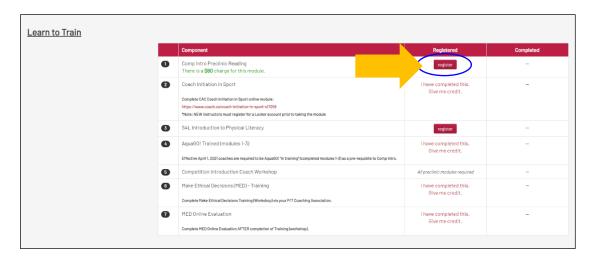
- (1) Comp Intro Preclinic Reading
- (2) Coach Initiation in Sport
- (3) S4L Introduction to Physical Literacy
- (4) AquaGO! Trained (modules 1-3)

ONCE #1-4 are complete "register" will appear next to (5) Competition Introduction Coach Workshop:



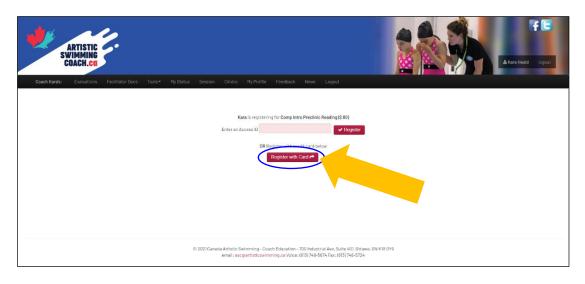
But first let's work through the steps.....

Step 3: Begin by clicking on "register" in the row for (1) Comp Intro! Preclinic Reading

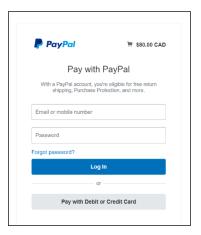


You will be taken to a page to process your \$80.00 payment to Canada Artistic Swimming. The payment of \$80.00 is for the Canada Artistic Swimming NCCP Competition Introduction workshop materials, and also includes one year of access to artisticswimmingcoach.ca "Tools".

Click on "Register with Card"



You will then be taken to PayPal to process your payment. Please follow the instructions.



- *If you have a PayPal account log in and continue with payment.
- *If you do not have a PayPal account you can create one (if you want) OR you can just simply click on "Pay with Debit or Credit Card" and continue with the payment.

After completing your PayPal payment, you will see a confirmation page/receipt. It is recommended you take a screenshot/save for your records.

You will need to return to **www.artisticswimmingcoach.ca** and log back in.

A confirmation email with receipt will also be sent to you by PayPal.

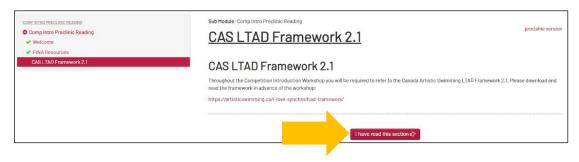
Step 4: Type in www.artisticswimmingcoach.ca into your browser and you will be brought to the Comp Intro Preclinic Reading page. Read the page and then click "I have read this section"



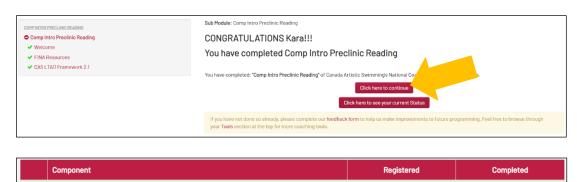
On the next page review the FINA Resources (required reading in preparation for the Workshop – links provided). Once complete click "I have read this section"



On the next page review the CAS LTAD Framework 2.1 instructions (required reading in preparation for the Workshop – link). Once complete click "I have read this section"



You will then be taken to a summary page that concludes the section! Click on "Click here to see your current Status" which will bring you back to the My Status page, where you will see that you now have green check marks across Comp Intro Preclinic Reading.



Step 5:	The next step is to ensure you have completed the (2) CAC Coach Initiation in Sport and

Comp Intro Preclinic Reading

the (3) S4L Introduction to Physical Literacy.

*As AquaGO! Modules 1-3 are now a pre-requisite for Competition Introduction you should have completed these pre-requisites already and you will automatically have green check marks across these rows.

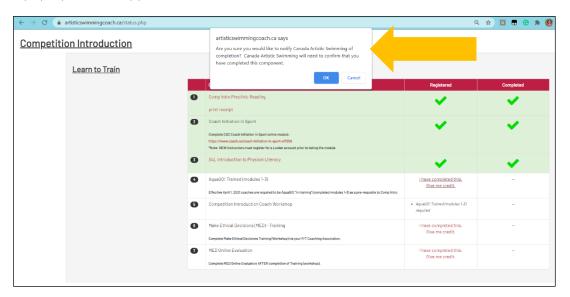
Your "My Status" table for Competition Introduction should look like the screenshot below with green checkmarks across your (2) Coach Initiation in Sport and (3) S4L Introduction to Physical Literacy rows:



Step 6: The next step is to confirm that you are (4) AquaGO! Trained (modules 1-3). Effective April 1, 2021 coaches are required to be AquaGO! "in training" (completed modules 1-3) as a pre-requisite to Comp Intro. Click on "I have completed this. Give me credit".



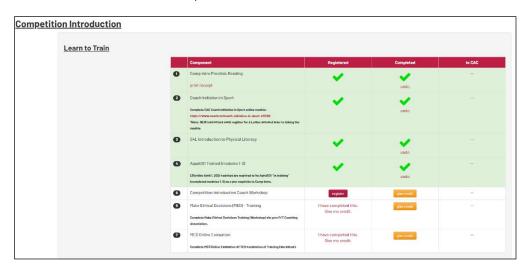
A pop-up box will appear on the screen - click "OK"



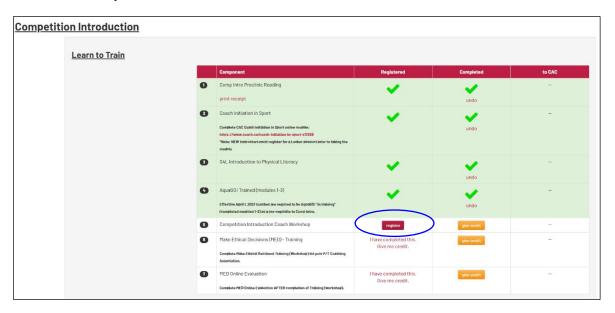
The (4) AquaGO! Trained (modules 1-3) row will then be yellow and state "PENDING CONFIRMATION" in Registered column.



Once your AquaGO! training is confirmed – your (4) AquaGO! Trained (modules 1-3) row will have green checks appear and you can proceed with registering for a Competition Introduction Coach Workshop.



Step 7: You will now see that "register" is now available next to (4) Competition Introduction Coach Workshop:



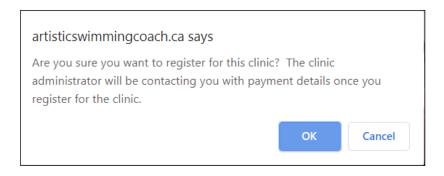
Click on "register" to register for the Competition Introduction Coach Workshop.

You will be taken to the clinics page on artisticswimmingcoach.ca.

When you see the clinic you want to register for click on "Register" in the first column:



A pop-up box will appear on the screen with the following message:



Click on "**OK**" to register and your PTSO will contact you with payment instructions OR will have PayPal set-up here. Contact your PTSO with any questions.

You will also receive a confirmation email.

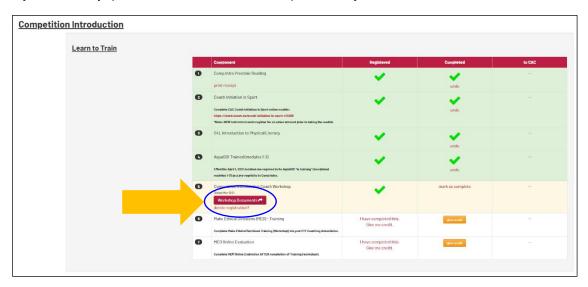
You will then show a green "REGISTERED" box next to the clinic you have registered for.

Step 8: Return to your My Status page by clicking "My Status" on the top header.

You will see that you have a green checkmark in the "**Registered**" column for the **(5) Competition Introduction Coach Workshop** row and a "**Workshop Documents"** link has now appeared.

Click on "**Workshop Documents"** to see all of the documents you will be using for the Competition Introduction Workshop.

If you have any questions about the workshop contact your PTS0.





Canada Artistic Swimming - Coach Development Pathway



(Effective April 1, 2021)

Clarification re: NCCP Make Ethical Decisions "MED": Effective September 1, 2020 instructors will be REQUIRED to take NCCP Make Ethical Decisions TRAINING (3.5 hour module delivered by Provincial/Territorial Coaching Association) as part of their AquaGO! Instructor Training. Note that CAC states "Any coach requiring NCCP trained status will require the NCCP Make Ethical Decisions Training." Instructors then complete MED online evaluation as an outcome of their AquaGO! Evaluation and Certification. Anyone who has completed MED online evaluation prior to September 1, 2020 is exempt – this is not retroactive.

Intro to Artis	Intro to Artistic Swimming - AquaGO!										
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation		Professional Development			
AquaGO! Instructor (Prerequisite to	15 years of age	Active Start FUNdamentals	Clubs Aquatic Facilities Municipalities	Sport Specific Modules (NSO/PSO): 1. Delivering AquaGO! 2. LTAD & Fundamental Movement Skills 3. Swimming Fundamentals	1. Delivering AquaGO! 2. LTAD & Fundamental Movement Skills		 AquaG0! Evaluation: Must be 16 years of age Must have completed AquaG0! in-pool practical/microteaching 				
Comp Intro as of April 1, 2021)	Pre-requisites: ✓ Member in good standing ✓ First Aid Training recommended ✓ Mandatory pre-course work: • 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			 3. Swimming Fundamentals 4. Bring a Lesson Plan to Life 5. Artistic Swimming Skills NCCP Multi-Sport Modules: 1. Make Ethical Decisions Workshop 2. NCCP Emergency Action Plan (EAP) eLearning Workshop 	TRAINED	 AquaGO! Evaluation Quiz AquaGO! Portfolio Observed delivering an AquaGO! lesson Outcomes: Analyze performance Provide support to athletes in training Make Ethical Decisions (online evaluation) 	CERTIFIED	10 PD points every 5 years			

Competitive F	Competitive Program										
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation		Professional Development			
Competition Introduction Revised and effective as of Sep 1, 2020	✓ First Aid ✓ Required modules status(c	in good standing I Training recommond to be AquaGO! "In- 1-3) effective April	training"(completed	 Sport Specific Modules (NSO/PSO): Introduction Planning for Performance Part 1 Introduction to Athletic Abilities and Skills Figure Foundations Developing and Training Routines Planning for Performance Part 2 Planning a Practice Analyze Performance Practical In-Pool component 	TRAINED	 ✓ Competition Introduction Evaluation: Submit Comp Intro Portfolio In-practice observation and debrief by evaluator In-competition observation and debrief by evaluator ✓ Outcomes: Design a sport program Plan a practice Provide support to athletes in training 	CERTIFIED	20 PD points every 5 years			

Pre-course work:	NCCP Multi-Sport Modules:	4. Support the competitive
1. NCCP Coach Initiation in Sport* online	1. Make Ethical Decisions Workshop*	experience
module: https://thelocker.coach.ca	2. Making Head Way in Sport eLearning	5. Analyze performance
2. Sport for Life Intro to Physical Literacy*	Workshop	6. Make Ethical Decisions (online
online course & quiz	3. Emergency Action Plan (EAP)	evaluation)*
3. CAS LTD Framework reading & quiz (via	eLearning Workshop*	
artisticswimmingcoach.ca)	4. Sport Nutrition eLearning Workshop	*if not previously completed
4. Comp Intro pre-course homework workbook	5. Basic Mental Skills Workshop	
	6. Teaching and Learning Workshop	
*if not previously completed	*if not previously completed	

Competitive F	Program							
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation		Professional Development
Competition Development	18 years of age	Train to Train Train to Compete Masters	Clubs National Championships Provincial Teams Canada Games	4. Analyze Figure Abilities 5. Analyze Routine Abilities 6. Manage a Sport Program NCCP Multi-Sport Modules: 1. Coaching & Leading Effectively Workshop 2. Leading Drug Free Sport Workshop 3. Make Ethical Decisions Workshop* 4. Making Head Way in Sport eLearning	TRAINED	 ✓ NCCP Multi-Sport Online Evaluations: Make Ethical Decisions* Managing Conflict Leading Drug Free Sport ✓ Competition Development Evaluation**: Submit portfolio 		
	✓ First Aid ✓ Require	ites: In good standing Training recommed to be Competitio (effective as of Jul	n-Introduction			 In-practice observation and debrief by evaluator In-competition observation and debrief by evaluator ☑ Outcomes: Design a sport program Plan a practice 	CERTIFIED	30 PD points every 5 years
	Pre-course work: ✓ Developing Athletic Abilities pre-course work ✓ CAS LTAD Framework reading & quiz ✓ Pre-course reading			Workshop* 5. Managing Conflict Workshop 6. Prevention & Recovery Workshop 7. Psychology of Performance Workshop *if not previously completed		3. Provide support to athletes in training 4. Support the competitive experience 5. Analyze performance 6. Manage a sport program *if not previously completed **recommended to be coaching athletes competing at national qualifier/national championships (team routine preferred)		

Competitive P	Competitive Program										
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation		Professional Development			
Competition Development Advanced Gradation (CDAG)	✓ Competiti ✓ Successforegistered (ACD) ✓ Identified Swimming	n good standing ion Development ully completed or d in Advanced Coa & selected by Ca	be currently aching Diploma nada Artistic	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			

Competitive Program									
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation		Professional Development	
High Performance Coach	✓ Identified Swimmin ✓ Competit equivalen	n good standing I & selected by Ca g for HP Program ion Development	certified(or	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) 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).	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) Coach will successfully complete these 3 specific projects under the guidance of a mentor/HP facilitator. Evaluation will be ongoing through these projects.	CERTIFIED	30 PD points every 5 years	