

ONTARIO 
ARTISTIC 
SWIMMING

**2021 SEPTEMBER
COACH COURSES**





AquaGO! Instructor FULL Online Course

- Dates:** OAS will offer 1 course – September 8 - 11 (see detailed schedule below)
- Candidate:** These online AquaGO! course is for new coaches or previously trained Comp Intro+ coaches who will be delivering the AquaGO! Program in their clubs.
- Facilitator:** Jaime Thompson
- 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 the <https://artisticsswimmingcoach.ca> > Coach Calendar. Registration is open to all and will be on a first come first serve basis. Min. of 8 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@ontarioartisticsswimming.ca
 - PayPal invoice – subject to 3% administration fee – request invoice from Sue at smwall@ontarioartisticsswimming.ca
- Cheques payable to Ontario Artistic Swimming by September 3, 2021.
- *Please reference the AquaGo! September Course and the candidates name.
- There will be no refunds after the registration deadline.**

Prerequisites:

- Candidates must be 15 to register – no exceptions
- Pre-req #1: AquaGO! Preclinic Reading & Quiz - \$50 (payable on artisticsswimmingcoach.ca)
- Pre-req #2 <https://artisticsswimming.ca/i-love-synchro/ltad-framework> & Quiz – No fee (on artisticsswimmingcoach.ca)
- Pre-req #3: S4L Intro to Physical Literacy Module via [sportforlife.ca campus](https://sportforlife.ca/campus) - \$24.95
- Pre-req #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:

- This course is open to all coaches.
- 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 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 2 days before the start date.
- 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 will have 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 <https://artisticswimmingcoach.ca> Coach Pathway.
- The AquaGo! course is the prerequisite to the Competition Introduction Course.

DETAILED SHCHEDULE September 8-11, 2021 (Registration Deadline September 3, 2021)

Modules	Date	Time
Module 1: Delivering AquaGo! • NCCP Overview • Review Locker, CAS Coach Pathways & artisticswimmingcoach.ca	Sept 8th	6:00-8:00pm
Module 2: LTAD & Fundamental Movement Skills	Sept 9th	6:00-8:00pm
Module 3: Swimming Fundamental Skills	Sept 10th	6:00-8:00pm
Module 4: Bring a Lesson Plan to Life	Sept 11th	9:00am-12:00pm
Module 5: Artistic Swimming Skills	Sept 11th	12:30am-3:30pm





AquaGO! Instructor FULL Online Course

September 18 – 26, 2021 marks the 16th annual National Coaches Week in Ontario! NCW is a week to celebrate the tremendous positive impact coaches have on athletes and communities across Canada. This week is an opportunity to recognize coaches for the integral role they play by simply saying #ThanksCoach. **This course has been subsidized by the Coaches Association of Ontario as part of National Coaches Week.** You can learn more about the week here:

<https://www.coachesontario.ca/events/coachesweek/>

- Dates:** September 18 & 19, 2021
- Candidate:** This online AquaGo! course is for new coaches or previously trained Comp Intro+ coaches who will be delivering the AquaGO! Program in their clubs.
- Facilitator:** 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 the <https://artisticswimmingcoach.ca> > Coach Calendar. Registration is open to all and will be on a first come first serve basis. Min. of 8 and max. of 12 participants.
- Fee:**
- \$100 online course fee (a savings of \$50) – payable to Ontario Artistic Swimming*
 - Additional fees for prerequisites and micro-teaching evaluation – see below
- \$100 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 by September 13, 2021
- *Please reference the AquaGo! September 18 Course and the candidates name.
- There will be no refunds after the registration deadline.**

Prerequisites:

- Candidates must be 15 to register – 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 [sportforlife.ca campus](https://sportforlife.ca/campus) - \$24.95
- Pre-req #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:

- These courses are open to all coaches.
- 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 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 2 days before the start date.
- 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 will have 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 <https://artisticswimmingcoach.ca> Coach Pathway.
- The AquaGo! course is the prerequisite to the Competition Introduction Course.

DETAILED SHCHEDULE September 18- 19, 2021 (Registration Deadline September 13, 2021)

Modules	Date	Time
Module 1: Delivering AquaGo! • NCCP Overview • Review Locker, CAS Coach Pathways & artisticswimmingcoach.ca	Sept 18th	9:00am-11:00am
Module 2: LTAD & Fundamental Movement Skills	Sept 18th	11:00am-12:00pm (part 1)
LUNCH 12:00pm-12:30pm		
Module 2: LTAD & Fundamental Movement Skills	Sept 18th	12:30am-1:30pm (part 2)
Module 3: Swimming Fundamental Skills	Sept 18th	1:30pm-3:30pm
LUNCH 12:00pm-12:30pm		
Module 4: Bring a Lesson Plan to Life	Sept 19th	9:00am-12:00pm
Module 5: Artistic Swimming Skills	Sept 19th	12:30am-3:30pm





- Dates:** OAS will offer 1 course in September (see detailed schedule below)
- Facilitator:** Jennifer Scott
- 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 the [Artistic Swimming Coach website](#) > Coach Calendar. Registration is open to all coaches 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
- \$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](#)
 - smwall@ontarioartisticswimming.ca
- Cheques payable to Ontario Artistic Swimming – OAS must receive them by September 13, 2021
- *Please reference the Comp Intro Septmeber Course and the candidate’s name.
- There will be no refunds after the registration deadline.**

OAS Coaches are eligible for up to \$500 reimbursement through the Coaches Association of Ontario Coach Enhancement Bursary Program” Click here to apply:<https://www.coachesontario.ca/programs-resources/funding-for-coaches/>

- Prerequisites:**
- Candidates must be 16 to register – no exceptions
 - Pre-req #1: Completed AquaGO! Modules 1-5.
 - Complete Comp intro Pre-Course Homework Workbook
 - **NOTE:** The registration ‘button’ for the online course will open to candidates who complete their prerequisites.

Course Information:

- The course will be open to all coaches.
- 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 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 September 13, 2021.
- After completing modules 1-8, candidates will need to complete Module 9 (In Pool) to be eligible to coach. Once COVID-19 restrictions are lifted and coaching returns to normal candidates will have a limited time to complete Module 9 in order to receive full credit as being trained.
- To complete certification please see the information on the [ASC website > Coach Pathway](#).

DETAILED SHCEDULE September 17-19, 2021 (Registration Deadline September 13, 2021)

Modules	Date	Time
Modules 1 to 8	Friday Sept 17	5:00pm – 10:00pm
	Saturday September 18	9:00am – 6:00pm
	Sunday September 19	9:00am – 6:00pm

Requirements for FULL Certification

Modules
Module 9: Practical In Pool Component
Portfolio
In Training Evaluation
In Competition Evaluation



Step-by-Step Comp Intro Registration Instructions:

- Step 1:** Sign in to your account at www.artisticswimmingcoach.ca 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.

Competition Introduction

Learn to Train

	Component	Registered	Completed
1	Comp Intro Preclinic Reading <i>There is a \$80 charge for this module.</i>	register	–
2	Coach Initiation in Sport Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport-s17259 <i>*Note: NEW instructors must register for a Locker account prior to taking the module</i>	I have completed this. Give me credit.	–
3	S4L Introduction to Physical Literacy	register	–
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.	I have completed this. Give me credit.	–
5	Competition Introduction Coach Workshop	All preclinic modules required	–
6	Make Ethical Decisions (MED)- Training Complete Make Ethical Decisions Training (Workshop) via your FIT Coaching Association.	I have completed this. Give me credit.	–
7	MED Online Evaluation Complete MED Online Evaluation AFTER completion of Training (workshop).	I have completed this. Give me credit.	–

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:**

Competition Introduction

Learn to Train

	Component	Registered	Completed	to CAC
1	Comp Intro Preclinic Reading <i>print receipt</i>	✓	✓ undo	–
2	Coach Initiation in Sport Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport-s17259 <i>*Note: NEW instructors must register for a Locker account prior to taking the module</i>	✓	✓ undo	–
3	S4L Introduction to Physical Literacy	✓	✓ undo	–
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.	✓	✓ undo	–
5	Competition Introduction Coach Workshop	register	give credit	–

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

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

Learn to Train

	Component	Registered	Completed
1	Comp Intro Preclinic Reading <i>There is a \$80 charge for this module.</i>	register	—
2	Coach Initiation in Sport Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport-47258 <i>*Note: NEW instructors must register for a Locker account prior to taking the module</i>	I have completed this. Give me credit.	—
3	S4L Introduction to Physical Literacy	register	—
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.	I have completed this. Give me credit.	—
5	Competition Introduction Coach Workshop	All preclinic modules required	—
6	Make Ethical Decisions (MED) - Training Complete Make Ethical Decisions Training (Workshop) via your PPT Coaching Association.	I have completed this. Give me credit.	—
7	MED Online Evaluation Complete MED Online Evaluation AFTER completion of Training (workshop).	I have completed this. Give me credit.	—

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"

Kara is registering for Comp Intro Preclinic Reading (\$ 80)

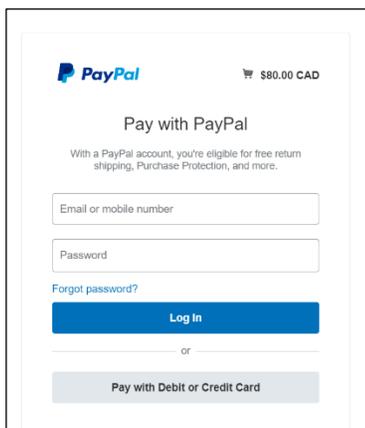
Enter an Access ID Register

OR Register with Card below

Register with Card

© 2021 Canada Artistic Swimming - Coach Education - 700 Industrial Ave, Suite 401, Ottawa, ON K1B 0Y8
email: esc@artisticswimming.ca Voice: (613) 748-5674 Fax: (613) 748-5724

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.

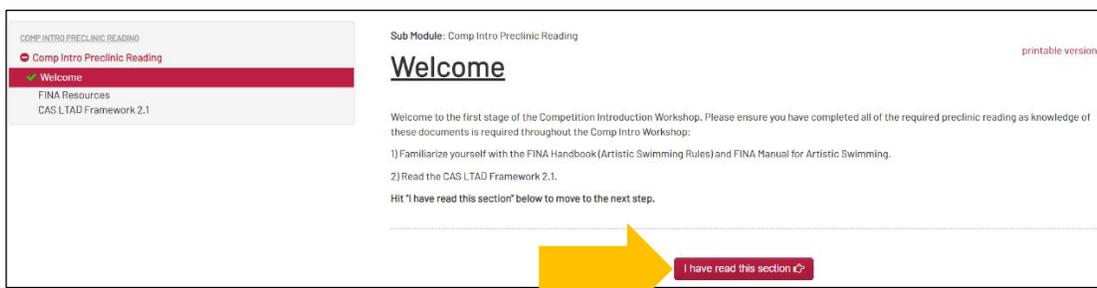
*If you do not have a PayPal account you can create one (if you want) OR you can just simply click on "Pay with Debit or Credit Card" and continue with the payment.

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

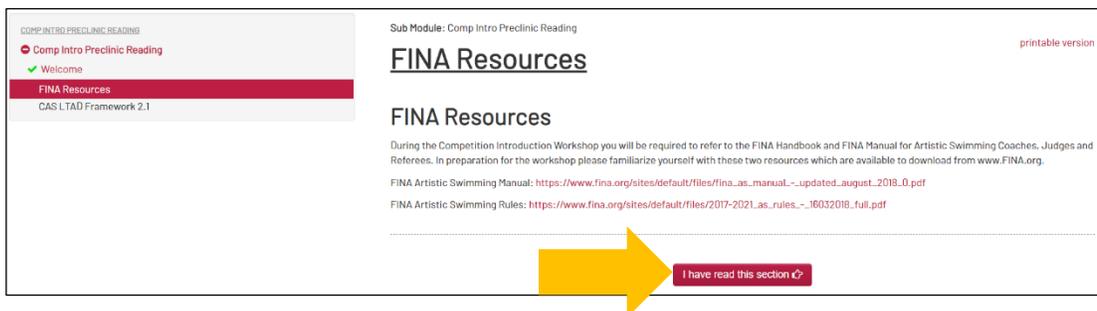
You will need to return to **www.artisticswimmingcoach.ca** and log back in.

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**"

COMP INTRO PRECLINIC READING

- Comp Intro Preclinic Reading
- ✓ Welcome
- ✓ FINA Resources
- CAS LTAD Framework 2.1**

Sub Module: Comp Intro Preclinic Reading

CAS LTAD Framework 2.1

printable version

CAS LTAD Framework 2.1

Throughout the Competition Introduction Workshop you will be required to refer to the Canada Artistic Swimming LTAD Framework 2.1. Please download and read the framework in advance of the workshop:

<https://artisticswimming.ca/fin-love-synchro/ltad-framework/>

[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.

COMP INTRO PRECLINIC READING

- Comp Intro Preclinic Reading
- ✓ Welcome
- ✓ FINA Resources
- ✓ CAS LTAD Framework 2.1

Sub Module: Comp Intro Preclinic Reading

CONGRATULATIONS Kara!!!

You have completed Comp Intro Preclinic Reading

You have completed: "Comp Intro Preclinic Reading" of Canada Artistic Swimming's National Coaches Course

[Click here to continue](#)

[Click here to see your current Status](#)

If you have not done so already, please complete our [feedback form](#) to help us make improvements to future programming. Feel free to browse through your [Tools](#) section at the top for more coaching tools.

	Component	Registered	Completed
1	Comp Intro Preclinic Reading	✓	✓

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

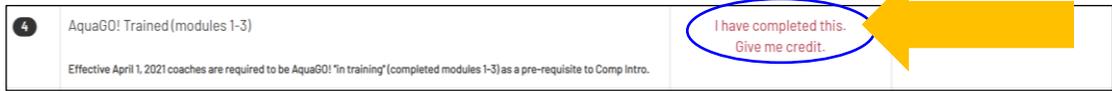
Your **“My Status”** table for Competition Introduction should look like the screenshot below with green checkmarks across your **(2) Coach Initiation in Sport** and **(3) S4L Introduction to Physical Literacy** rows:

Competition Introduction

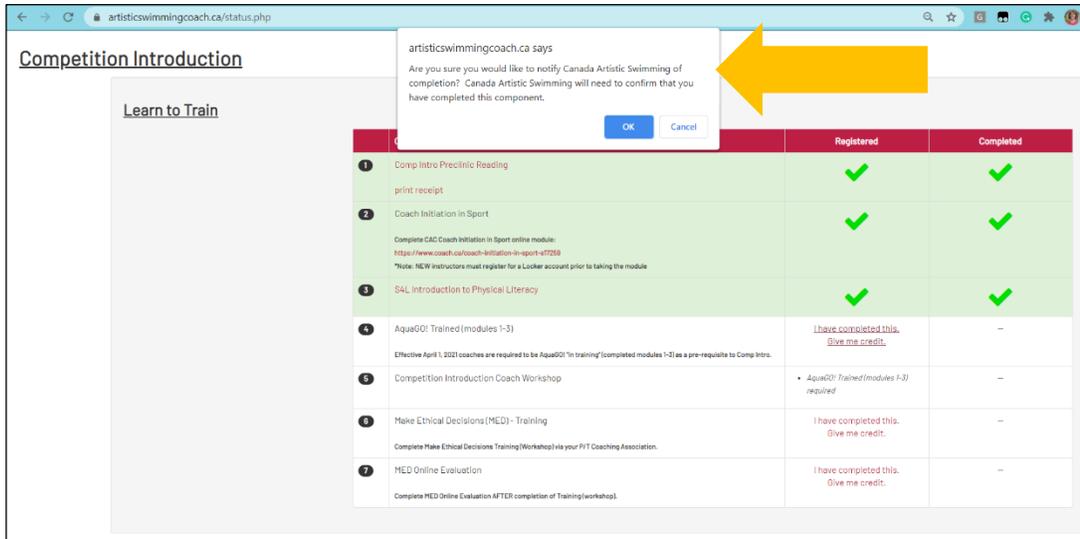
[Learn to Train](#)

	Component	Registered	Completed
1	Comp Intro Preclinic Reading print receipt	✓	✓
2	Coach Initiation in Sport Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport/#7258 <small>*Note: NEW Instructors must register for a Locker account prior to taking the module</small>	✓	✓
3	S4L Introduction to Physical Literacy	✓	✓

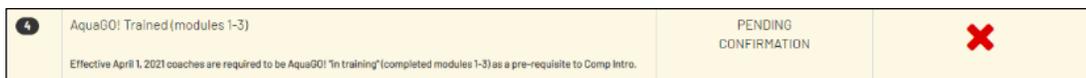
Step 6: The next step is to confirm that you are **(4) AquaGO! Trained (modules 1-3)**. Effective April 1, 2021 coaches are required to be AquaGO! "in training" (completed modules 1-3) as a pre-requisite to Comp Intro. Click on **"I have completed this. Give me credit"**.



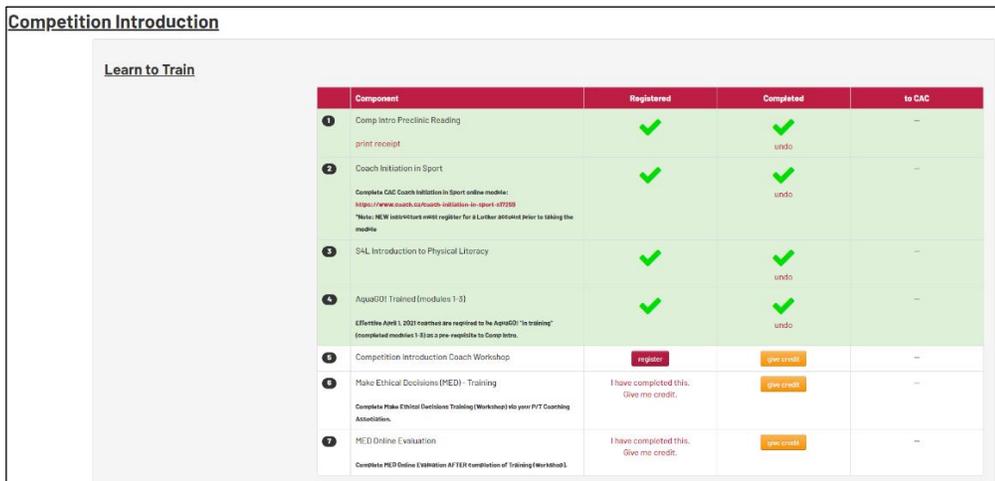
A pop-up box will appear on the screen – click "OK"



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**:

Competition Introduction

Learn to Train

Component	Registered	Completed	to CAC
1 Comp Intro Preclinic Reading print receipt	✓	✓ undo	—
2 Coach Initiation in Sport <small>Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport-417258 <small>*Note: NEW Instructors must register for a Locker account prior to taking the module</small></small>	✓	✓ undo	—
3 SAL Introduction to Physical Literacy	✓	✓ undo	—
4 AquaGO! Trained (modules 1-3) <small>Effective April 1, 2021 coaches are required to be AquaGO! "in training" (completed modules 1-3) as a pre-requisite to Comp Intro.</small>	✓	✓ undo	—
5 Competition Introduction Coach Workshop	register	give credit	—
6 Make Ethical Decisions (MED) - Training <small>Complete Make Ethical Decisions Training (Workshop) via your PFT Coaching Association.</small>	I have completed this. Give me credit.	give credit	—
7 MED Online Evaluation <small>Complete MED Online Evaluation AFTER completion of Training (Workshop).</small>	I have completed this. Give me credit.	give credit	—

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:

1 Clinics

City	Workshop Name	Notes	Facilitator	Module(s)	Date	Location	Contact	Contact Email	Cost				
Online	COMP INTRO PILOT (note times are MT)	Notes	Jaime Thompson Jennifer Langlois Kara Heald Julie Healy	★ Competition Introduction Coach Workshop	Oct 24/20 @ 9:00am to Nov 1/20 @ 3:30pm	Online	Kara Heald	✉	<table border="1"><tr><th>Option</th><th>Cost</th></tr><tr><td>Comp Intro Pilot Fee</td><td>\$250</td></tr></table>	Option	Cost	Comp Intro Pilot Fee	\$250
Option	Cost												
Comp Intro Pilot Fee	\$250												

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

artisticswimmingcoach.ca says

Are you sure you want to register for this clinic? The clinic administrator will be contacting you with payment details once you register for the clinic.

[OK](#) [Cancel](#)

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 PTSO.

Competition Introduction

Learn to Train

Component	Registered	Completed	to CAC
1 Comp Intro Preclinic Reading <small>print receipt</small>	✓	✓ <small>undo</small>	—
2 Coach Initiation in Sport <small>Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/academy-initiation-to-sport-41208 *Note: NEW instructors must register for a Lector account prior to taking the module</small>	✓	✓ <small>undo</small>	—
3 S/L Introduction to Physical Literacy	✓	✓ <small>undo</small>	—
4 AquaSOI Trained (modules 1-3) <small>(Effective April 1, 2021 coaches are required to be AquaSOI "in training" completed modules 1-3) as a pre-requisite to Comp Intro.</small>	✓	✓ <small>undo</small>	—
5 Competition Introduction Coach Workshop <small>View My SOI</small> Workshop Documents <small>Delete registration?</small>	✓	mark as complete	—
6 Make Ethical Decisions (MED)- Training <small>Complete Make Ethical Decisions Training (Workshop) via your PFT Coaching Association.</small>	I have completed this. Give me credit.	<small>give credit</small>	—
7 MED Online Evaluation <small>Complete MED Online Evaluation AFTER completion of training (workshop).</small>	I have completed this. Give me credit.	<small>give credit</small>	—



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 Artistic Swimming – AquaGO!								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
AquaGO! Instructor <i>(Prerequisite to Comp Intro as of April 1, 2021)</i>	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 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	<input checked="" type="checkbox"/> AquaGO! Evaluation: <ul style="list-style-type: none"> Must be 16 years of age Must have completed AquaGO! in-pool practical/micro-teaching AquaGO! Evaluation Quiz AquaGO! Portfolio Observed delivering an AquaGO! lesson <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> Analyze performance Provide support to athletes in training Make Ethical Decisions (online evaluation) 	CERTIFIED	10 PD points every 5 years
	Pre-requisites: <input checked="" type="checkbox"/> Member in good standing <input checked="" type="checkbox"/> First Aid Training recommended <input checked="" type="checkbox"/> 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>Revised and effective as of Sep 1, 2020</i>	16 years of age	Learn to Train Train to Train Masters	Clubs Provincial Championships	Sport Specific Modules (NSO/PSO): 1. Introduction 2. Planning for Performance Part 1 3. Introduction to Athletic Abilities and Skills 4. Figure Foundations 5. Developing and Training Routines 6. Planning for Performance Part 2 7. Planning a Practice 8. Analyze Performance 9. Practical In-Pool component	TRAINED	<input checked="" type="checkbox"/> Competition Introduction Evaluation: <ul style="list-style-type: none"> Submit Comp Intro 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 	CERTIFIED	20 PD points every 5 years
	Pre-requisites: <input checked="" type="checkbox"/> Member in good standing <input checked="" type="checkbox"/> First Aid Training recommended <input checked="" type="checkbox"/> Required to be AquaGO! “In-training” (completed modules 1-3) effective April 1, 2021. “Trained” status (completed modules 1-5) will be required as of September 1, 2021.							

	Pre-course work: 1. NCCP Coach Initiation in Sport* online module: https://thelocker.coach.ca 2. Sport for Life Intro to Physical Literacy* online course & quiz 3. CAS LTAD Framework reading & quiz (via artisticswimmingcoach.ca) 4. Comp Intro pre-course homework workbook <i>*if not previously completed</i>	NCCP Multi-Sport Modules: 1. Make Ethical Decisions Workshop* 2. Making Head Way in Sport eLearning Workshop 3. Emergency Action Plan (EAP) eLearning Workshop* 4. Sport Nutrition eLearning Workshop 5. Basic Mental Skills Workshop 6. Teaching and Learning Workshop <i>*if not previously completed</i>		4. Support the competitive experience 5. Analyze performance 6. Make Ethical Decisions (online evaluation)* <i>*if not previously completed</i>		
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Competitive 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	Sport Specific Modules (NSO): 1. Developing Athletic Abilities 2. Planning a Practice (2) 3. Performance Planning 4. Analyze Figure Abilities 5. Analyze Routine Abilities 6. Manage a Sport Program	TRAINED	<input checked="" type="checkbox"/> NCCP Multi-Sport Online Evaluations: <ul style="list-style-type: none"> Make Ethical Decisions* Managing Conflict Leading Drug Free Sport 	CERTIFIED	30 PD points every 5 years
	Pre-requisites:			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 Workshop* 5. Managing Conflict Workshop 6. Prevention & Recovery Workshop 7. Psychology of Performance Workshop <i>*if not previously completed</i>	<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 			
	Pre-course work:				<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 Manage a sport program 			
	<ul style="list-style-type: none"> Developing Athletic Abilities pre-course work CAS LTAD Framework reading & quiz Pre-course reading 				<i>*if not previously completed</i> <i>**recommended to be coaching athletes competing at national qualifier/national championships (team routine preferred)</i>			

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