

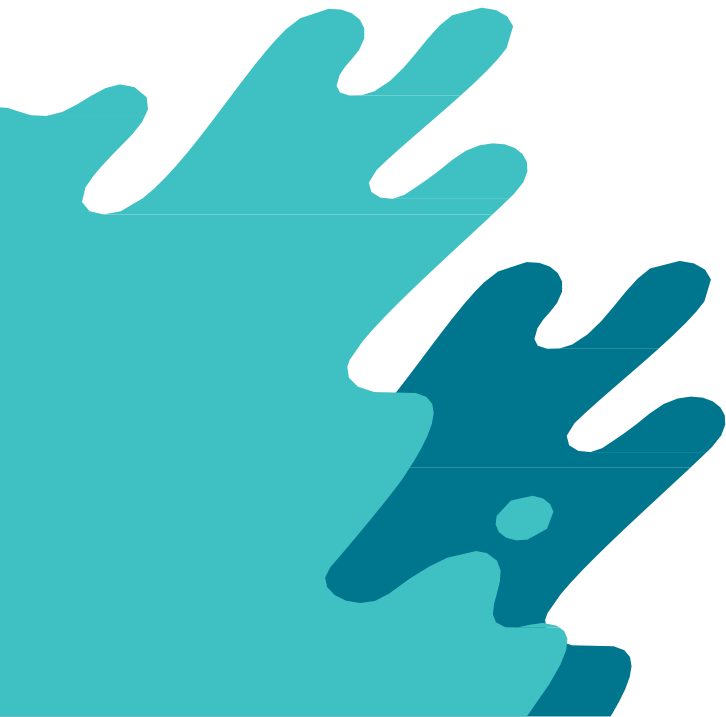


ONTARIO 
ARTISTIC
SWIMMING

2024-2025
COACH COURSES

ONTARIO ARTISTIC SWIMMING

COACH CERTIFICATION REQUIREMENTS



Hello to the Canada Artistic Swimming Coaching Community,

As we near the end of another exciting artistic swimming season, we want to extend our heartfelt thanks for your dedication and passion. The growth of artistic swimming and the continued improvement of our athletes is incredible to witness, and it's all thanks to your hard work and commitment.

We're writing to inform you about some important updates to coaching training requirements that will affect you. To streamline and enhance our training process, Canada Artistic Swimming (CAS) has made the following changes:

1. Updated Safe Sport Training Requirements:

- We have replaced the Respect In Sport training with the NCCP Safe Sport Training, available for free on the Locker. This new training is designed to save you time and money while providing more up-to-date materials.

<https://thelocker.coach.ca/onlinelearning#SS>

2. New Inclusion and Diversity Training:

- CAS, in collaboration with the four national aquatic organizations in Canada, has developed a new mandatory module called Inclusion and Diversity in Aquatic Sports. This interactive e-learning module introduces fundamental concepts of inclusion and diversity through self-reflective exercises and animated real-life athlete stories.

- The cost of the module is \$5, and it must be completed before the 2024-2025 season.

<https://thelocker.coach.ca/onlinelearning#AS-ID-E>

To monitor compliance with these new training requirements, CAS has partnered with Water Polo Canada and Sideline Learning. This partnership will help streamline tracking and communication of future revisions. You will soon receive an email titled "Welcome to Sideline Learning – your account for Water Polo Canada." Please log in and change your password as instructed. Through the Sideline Learning portal, you can update your training requirements and receive reminders for future modules or expiry dates.

Thank you for your ongoing efforts to make artistic swimming a safe, inclusive, and welcoming sport for all participants.

Warm regards,
Canada Artistic Swimming

Appendix II – Coaching Pathway Requirements Summary

A) REGISTRATION	
Is in good standing (see page 2)	
Registered in CAS / PTSO registration system	
Enhanced Police Check (E-PIC)	
NCCP Make Ethical Decisions Workshop	
NCCP Make Ethical Decisions Online Evaluation	
Respect in Sport Activity Leader training (re-cert required every 3 years)	X
Acknowledgement of the CAS Safe & Welcoming Sport Policy Suite (via registration system)	
B) DAILY TRAINING ENVIRONMENT – RECREATIONAL (INSTRUCTING AQUAGO!)	
Instructor Beginner (AquaGO!) trained:	
AquaGO! modules 1-6	
NCCP Make Ethical Decisions Workshop and online evaluation	
NCCP Emergency Action Plan e-learning module	
C) DAILY TRAINING ENVIRONMENT – RECREATIONAL (INSTRUCTING ANY OTHER REC PROGRAM)	
Synchro Instructor trained or higher	
NCCP Make Ethical Decisions Workshop and online evaluation	
NCCP Emergency Action Plan e-learning module	
D) DAILY TRAINING ENVIRONMENT – COMPETITIVE PROGRAM	
Minimum of Competition Introduction In-Training:	
Competition Introduction modules 1-8	
NCCP Making Headway in Sport	
NCCP Make Ethical Decisions Workshop and online evaluation	
NCCP Emergency Action Plan e-learning module	
<i>*Note: A coach must complete Competition Introduction training within their first season of competitive coaching and competition introduction evaluation within two calendar years after taking the Competition Introduction modules 1-8 workshop.</i>	
E) COMPETITION ENVIRONMENT – PTSO HOSTED COMPETITIONS	
Coach eligibility requirements as described by the applicable PTSO	
Registered and in good standing	
Competition Introduction Certified or higher, or	
If within two calendar years of completing Competition Introduction Module 1-8 course may attend as a Competition Introduction Trained coach:	
Competition Introduction modules 1-9	
NCCP Make Ethical Decisions	
NCCP Making Head Way in Sport	
NCCP Emergency Action Plan e-learning module	
NCCP Teaching and Learning	
NCCP Basic Mental Skills	
NCCP Sport Nutrition	
F) COMPETITION ENVIRONMENT – CAS HOSTED COMPETITIONS (NQ and CASC)	
Registered and in good standing	
Competition Development Certified or NCCP Level 3 Certified, or	
If within two calendar years of completing a Comp Dev Module 1-6 course may attend as a Competition Development Trained coach:	
Competition Development modules 1-6	

NCCP Coaching & Leading Effectively	
NCCP Leading Drug Free Sport	
NCCP Make Ethical Decisions	
NCCP Making Head Way in Sport	
NCCP Managing Conflict	
NCCP Prevention & Recovery	
NCCP Psychology of Performance	
If within one calendar year of completing a Comp Dev Module 1-6 course may attend as a Competition Development In-Training coach:	
Competition Development modules 1-6	
NCCP Leading Drug Free Sport	
NCCP Make Ethical Decisions	
NCCP Making Head Way in Sport	
NCCP Managing Conflict	
If above requirements are not met a coach in good standing who is at minimum Competition Introduction Trained (see section E in this table) and has completed, Make Ethical Decisions Workshop and Online Evaluation may attend a CAS hosted competition as an "Apprentice Coach" for one competitive season only with a supervising coach who is Comp Dev or L3 Certified.	
G) COMPETITION ENVIRONMENT – CAS HOSTED COMPETITIONS (Masters)	
Registered and in good standing	
Enhanced Police Check (E-PIC)	
Respect in Sport for Activity Leaders	
NCCP Make Ethical Decisions workshop and online evaluation	
At minimum Competition Introduction In-Training status (Competition Introduction Modules 1-8, Making Head Way in Sport and Emergency Action Plan)	

Clarification re: NCCP Make Ethical Decisions "MED": Effective September 1, 2020 instructors/coaches will be REQUIRED to take NCCP Make Ethical Decisions TRAINING (3.5 hour module delivered by Provincial/Territorial Coaching Association) as part of their required training (as per our CAS Coach Development Pathway for AquaGO!, Comp Intro & Comp Dev). Note that CAC states "Any coach requiring NCCP trained status will require the NCCP Make Ethical Decisions Training." Instructors/Coaches then complete MED online evaluation as an outcome of their 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	TRAINED	Evaluation	CERTIFIED	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 6. Practical In-Pool component 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	TRAINED	Evaluation	CERTIFIED	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"/> <u>Required</u> to be AquaGO! "Trained" (completed modules 1-5, in-pool practical and required multisport modules) effective 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 LTD 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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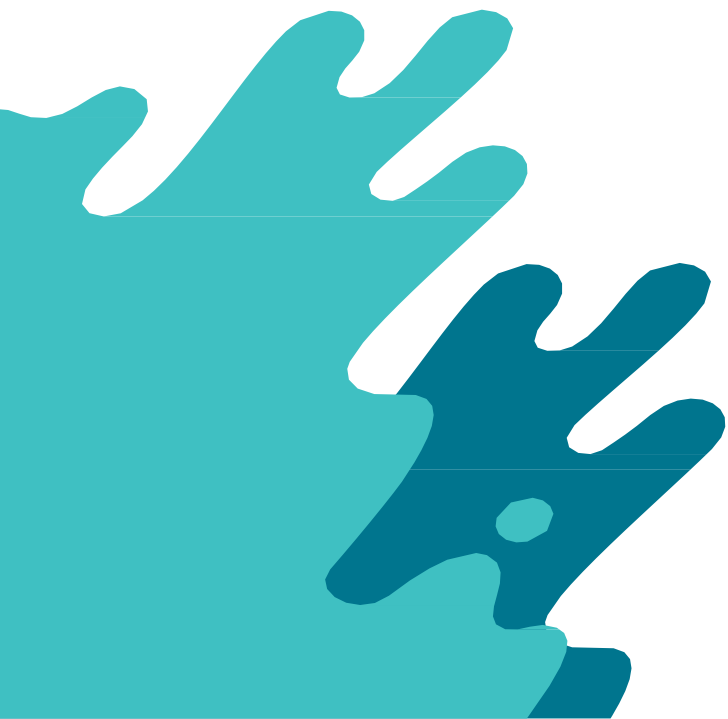
Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training	TRAINED	Evaluation	CERTIFIED	Professional Development
Competition Development	18 years of age	Train to Train Train to Compete Masters	Clubs National Championships Provincial Teams Canada Games	Sport Specific Modules (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 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"/> NCCP Multi-Sport Online Evaluations: <ul style="list-style-type: none"> Make Ethical Decisions* 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 Manage a sport program <i>*if not previously completed</i> <i>**recommended to be coaching athletes competing at national qualifier/national championships(team routine preferred)</i>		30 PD points every 5 years
	Pre-requisites:							
	<ul style="list-style-type: none"> ✓ Member in good standing ✓ First Aid Training recommended ✓ <u>Required</u> to be Competition-Introduction trained (effective as of July 1, 2020) 							
	Pre-course work:							
<ul style="list-style-type: none"> ✓ Developing Athletic Abilities pre-course work ✓ CAS LTAD Framework reading & quiz ✓ Pre-course reading 								

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
Competition Development Advanced Graduation (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: 1. Coach as Performer 2. International Innovation (with practical application component)</p> <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: 1. Coach as Performer 2. International Innovation 3. Practical Coaching Component 4. MED (if not previously completed)</p> <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: 1. Coach as Performer 2. International Innovation (with practical application component)</p> <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: 1. Coach as Performer 2. International Innovation 3. Practical Coaching Component 4. MED (if not previously completed)</p> <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 							

ONTARIO ARTISTIC SWIMMING

COURSE INFO AND DATES



AquaGO! Instructor Pathway

The AquaGO! Instructor workshop is for instructors working in a recreational non-competitive program. This workshop supports instructors working with recreational levels. The AquaGO! program has two distinct phases toward certification. Completion of each phase provides the instructor with one of two designations: "**Trained**" or "**Certified**".

TRAINED STATUS:

Instructors have completed the following requirements:

- AquaGO! Specific Workshop (NSO/PSO): Delivering AquaGO! Module, LTAD & Fundamental Movement Skills Module, Swimming Fundamentals Module, Bring a Lesson Plan to Life Module, Artistic Swimming Skills Module, In-Pool Practical
- NCCP Multi-sport: Make Ethical Decisions Workshop, Emergency Action Plan eLearning Workshop

CERTIFIED STATUS:

- Portfolio and Evaluation
 - Download and review the AquaGO! Instructor Evaluation Guide [HERE](#) (last revised April 2022)
 - Download the AquaGO! Instructor Evaluation - A step-by-step guide to navigate artisticswimmingcoach.ca [HERE](#) (last revised April 2021)
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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 AquaGO! Program Assistant Course Information

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

Course Dates: OAS will offer 2 courses in 2024 – 1 in August and 1 in September (see detailed schedule below)

Register: Use the link below listed with the specific course you want to take

Fee: \$25

- E-transfers to oaspayments@ontarioartisticswimming.ca
- PayPal invoice – subject to 3% administration fee – request invoice from Sue at smwall@ontarioartisticswimming.ca
- OAS must receive payment one week in advance of the course start date
- Please reference the 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 2 days prior to the course start date



DETAILED SCHEDULE FOR AUGUST 21, 2024

	Date	Time
	Wed Aug 21	6:30pm-8:30pm
Registration Link: https://ontarioartisticswimming.formstack.com/forms/aquago_program_assistant_course_copy_copy_1		

DETAILED SCHEDULE FOR SEPTEMBER 29, 2024

	Date	Time
	Sun Sep 29	2:00pm-4:00pm
Registration Link: https://ontarioartisticswimming.formstack.com/forms/aquago_program_assistant_course_copy_copy_1_copy		





2024-25 OAS AquaGO! INSTRUCTOR COURSES

Dates: OAS will offer 2 courses in 2024 – 1 in August, 1 in October
(see detailed schedule below)

Facilitator: 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 [Artistic Swimming Coach website](#) > Coach Calendar. Registration is open to all coaches on a first come first serve basis. Min. of 15 and max. of 20 participants.

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

\$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

*Please reference the AquaGO! course date and the candidate's name.

There will be no refunds after the registration deadline.

Ontario Coaches are eligible for up to \$300 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 15 years of age to register – no exceptions
Pre-req #1: AquaGO! Preclinic Reading & Quiz - \$50 (payable on artisticswimmingcoach.ca)

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 10 must be registered to run the course and a maximum of 16 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 prior to the start of the course
- After completing modules 1-5, candidates will need to complete Module 6 (In Pool) to be eligible to coach.
- To complete certification please see the information on the [ASC website > Coach Pathway](#).

DETAILED SCHEDULE FOR AUGUST 21-24, 2024

	Date	Time
MODULES 1-5	Aug 21 & Aug 22	5:00pm-7:00pm
	Aug 23	5:00pm – 8:30pm
	Aug 24	10:00am – 3:00pm

DETAILED SCHEDULE FOR OCTOBER 2-5, 2024

	Date	Time
MODULES 1-5	Oct 2 & Oct 3	6:00pm-9:30pm
	Oct 4	5:00pm – 8:30pm
	Oct 5	10:00am – 3:00pm



Competition Introduction Coach Pathway

(NEW Revised Course as of April 2021)

The Competition Introduction program is the entry point for most competitive coaches in artistic swimming. The course supports coaches working with athletes in the Learn to Train and Train to Train stages of development. The program has two distinct phases toward certification. Completion of each phase provides the coach with one of two designations: "**Trained**" or "**Certified**".

TRAINED STATUS:

Coaches have completed the following requirements:

- Artistic Swimming Specific Workshop (NSO/PSO): Introduction Module, Planning for Performance Part 1 Module, Introduction to Athletic Abilities and Skills Module, Figure Foundations Module, Developing and Training Routines Module, Planning for Performance Part 2 Module, Planning a Practice Module, Analyze Performance Module Module, Practical In-Pool component Module
- NCCP Multi-sport: Make Ethical Decisions Workshop (if not previously completed), Making Head Way in Sport eLearning Workshop, Emergency Action Plan eLearning Workshop (if not previously completed), Sport Nutrition eLearning Workshop, Basic Mental Skills Workshop, Teaching and Learning Workshop

CERTIFIED STATUS:

- Portfolio and Evaluation
 - Download and review the Competition Introduction Evaluation Guide [HERE](#) (last revised August 2021)
 - Download and review the Competition Introduction Portfolio [HERE](#) (last revised August 2021) - note that Portfolio word template is provided in Comp Intro workshop documents for coaches who take the course.
 - Download and review the Competition Introduction Evaluation Rubric [HERE](#) (last revised August 2021)
-



2024-25 OAS COMPETITION INTRODUCTION COURSES

- Dates:** OAS will offer 2 courses in 2024 - 2025 – 1 in October and 1 in January (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 10 and max. of 16 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

*Please reference the Comp Intro course date and the candidate’s name.

There will be no refunds after the registration deadline.

Ontario Coaches are eligible for up to \$300 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. Completed Emergency Action Plan (EAP)
 - 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 15 must be registered to run the course and a maximum of 20 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 prior to the start of the course
- 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 SCHEDULE FOR October 3-6, 2024

	Date	Time
MODULES 1-8	Oct 3 & Oct 4	6:00pm-9:30pm
	Oct 5 & Oct 6	9:00am-5:00pm

DETAILED SCHEDULE FOR January 6-January 26, 2025

	Date	Time
MODULES 1-8	Jan 6	6:00pm-9:30pm
	Jan 11	9:00am-5:00pm
	Jan 22	6:00pm-9:30pm
	Jan 26	9:00am-5:00pm

AquaGO! In Pool Module 6

DATE

TIME

TENT September 15	TBD - 4 Hours
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Location is CENTRAL – pool & Time TBD

DATE

TIME

TENT October 26 or 27	TBD - 4 Hours
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Location is CENTRAL – pool & Time TBD

DATE

TIME

TENT October TBD	TBD - 4 Hours
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Location is EAST – pool & Time TBD

Comp Intro In Pool Module 9

DATE

TIME

TENT November 23 or 24	TBD - 4 Hours
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ALL IN POOL INFO WILL BE CONFIRMED ASAP



COMP INTRO EVALUATION
PORTFOLIO

LINK TO REQUEST AN
EVALUATOR

https://ontarioartisticswimming.formstack.com/forms/comp_intro_eval_registration



Competition Introduction – Coach Portfolio

IMPORTANT! Please ensure you have read and reviewed the Competition Introduction Evaluation Rubric so you are aware of the evaluation standards for Competition Introduction. This will ensure that you understand what is being evaluated, when it is being evaluated, and how you are being assessed. It will also support you in knowing how to meet and exceed standards!

Task 1: Coach Profile + Please submit a print-out (PDF) of your NCCP Transcript as proof of completion of your required NCCP Multi-Sport Modules

General Information:	
Name:	
CAS number:	
NCCP number:	
Address:	
Phone:	
Email:	
Name of Club:	
Head Coach:	
Current Coaching Information:	
Number of years coaching:	
Level of athletes:	
Number of athletes:	
Youngest athlete's age:	
Oldest athlete's age:	
Average practice time:	
Number of practices/week:	
Number of weeks/season:	

Pre-requisite training checklist - required NCCP Multi-Sport Modules:	
Make Ethical Decisions Workshop	<input type="checkbox"/> Date completed:
Make Ethical Decisions Online Evaluation	<input type="checkbox"/> Date completed:
Making Head Way in Sport eLearning Workshop	<input type="checkbox"/> Date completed:
Emergency Action Plan (EAP) eLearning Workshop	<input type="checkbox"/> Date completed:
Sport Nutrition eLearning Workshop	<input type="checkbox"/> Date completed:
Basic Mental Skills Workshop	<input type="checkbox"/> Date completed:
Teaching and Learning Workshop	<input type="checkbox"/> Date completed:

Portfolio checklist:	
Task 1: Coach Profile	<input type="checkbox"/> Date completed:
Task 2: Coach Self-Assessment	<input type="checkbox"/> Date completed:
Task 3: Emergency Action Plan (using CAC template)	<input type="checkbox"/> Date completed:
Task 4: Comp Intro YTP (Excel doc) + questions	<input type="checkbox"/> Date completed:
Task 5: 4 Practice Plans (for each training phase)	<input type="checkbox"/> Date completed:
Task 6: Competition Plans (parent/athlete/coach)	<input type="checkbox"/> Date completed:
Task 7: Analyze Performance Assignment	<input type="checkbox"/> Date completed:

Task 2: Coach Self-Assessment

Reflecting on your Competition Introduction training including the CAS Coaching Excellence profile, and your current coaching activities please answer the following questions.

Please identify 3 areas of strength that you feel you have as a coach and how/why you have personally developed that into a strength:

1	
2	
3	

Please identify 3 areas where you feel you could improve and what actions you feel would help you to improve the area identified:

1	
2	
3	

As a developing coach, where/how do you feel you could use the most support?:

1	
2	
3	

Task 3: Emergency Action Plan (using CAC template)

You have completed the NCCP Emergency Action Plan (EAP) eLearning module as part of your training. Using the NCCP EAP template provided when you complete the module (fillable PDF), please complete your EAP and submit the PDF as a separate attachment with your portfolio. Image below for reference.

Completion of the Emergency Action Plan (EAP) is part of Outcome 2: Plan a Practice and Outcome 3: Provide Support to Athletes in Training. Please refer to the Competition Introduction Evaluation Rubric.

The image shows two versions of the Emergency Action Plan (EAP) form. The left version is a fillable template, and the right version is a completed form.

Left Form (Template):

- Header: EMERGENCY ACTION PLAN (EAP) | Date: _____
- Event: _____ | Location: _____
- Charge Person: _____ | Call Person: _____
- Backup: _____ | Backup: _____
- Backup: _____ | Backup: _____
- Important Addresses: _____ | Emergency Phone Numbers: _____
- Site or Facility (Address, City, Province): _____ | Emergency Services: _____
- Nearest Hospital (Address, City, Province): _____ | Facility Manager or Superintendent: _____
- Additional Location Information: _____ | Other: _____

Right Form (Completed):

- Header: EMERGENCY ACTION PLAN (EAP) | Date: _____
- Event: _____ | Location: _____
- Directions to site/facility: _____
- Charge Person Responsibilities:
 - Conduct an initial assessment of the injury.
 - Designate someone to watch the other participants (stop all activities and ensure all participants are in a safe area if nobody is available to supervise).
 - Wait with the injured participant and help keep them calm until emergency medical services arrive and conduct their assessment of the injury.
 - Record the injury using their club's accident report form.
- Call Person Responsibilities:
 - Call for emergency help.
 - Provide all necessary information to dispatch.
 - The facility location
 - The closest access door to the injured participant
 - The nature of the injury
 - A description of first aid that has been performed
 - Other medical information, such as allergies or medical conditions
 - Clear any traffic from the facility entrance or access road before the ambulance arrives.
 - Wait by the entrance to direct the ambulance.
 - Call the participant's emergency contact person.
 - Assist the charge person as needed.
- REMINERS:
 - You can save and re-use this form to prepare an EAP for your usual practice site and for any site where you host competitions.
 - When preparing for away competitions, ask the host team or host facility for a copy of their EAP in advance.
 - Attach the medical profile and parent or caregiver contact information for each participant to this emergency action plan.

Task 4: Competition Introduction YTP Template (you must use the Comp Intro YTP excel template introduced in the Comp Intro workshop) and follow-up questions

Submission of the YTP and follow-up questions is part of Outcome 1: Design a Sport Program. Please refer to the Competition Introduction Evaluation Rubric to ensure you meet or exceed all standards.

Part 1

Complete the Competition Introduction YTP Template (Excel document) for the athletes you are coaching. Ensure you complete ALL tabs in full (Seasonal Goals, Monthly Goals, Weekly Goals, Practice Goals, Practice breakdown by phase, YTP, Figures - BPs, and Figures – Transitions). Submit the Excel file as a separate attachment with your portfolio.

Part 2

Please complete the follow-up questions.

Question 1: Please also fill out the two charts below. You should also add this as a tab in your YTP. Note: do not give athlete’s actual names (for privacy). You can just write Athlete A, Athlete B, etc.

Athlete	Birthyear	Age	Gender*	Developmental stage**
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

**Male; Female; trans or transgender person; two-spirit; nonbinary, agender or gender-neutral*

*** To determine the development stage of your athletes, you need to track their growth spurt or use the Self-Assessment of Puberty questionnaire (Appendix 3 in CAS LTAD 2.1 Framework, pg. 79 or 80)*

Within your group of athletes, are there differences in the following areas?

Height?	<input type="radio"/> Yes	<input type="radio"/> No
Skill level?	<input type="radio"/> Yes	<input type="radio"/> No
Level of experience?	<input type="radio"/> Yes	<input type="radio"/> No
Social/emotional maturity?	<input type="radio"/> Yes	<input type="radio"/> No
Developmental stage?	<input type="radio"/> Yes	<input type="radio"/> No

Question 2a: Try determining the ratio of training to competition opportunities within your program. Note: this is a learning and development exercise not a right/wrong answer.

Step 1 - Calculate the number of **competition days** by examining the total number of competitions you have identified. Each event is considered one competition day. For example, if there are two events on one day (for example figures and team), count them as two competition days AND as a second example, if your team has 3 events (figures, team prelims, and team finals) over a two-day tournament, count this as 3 competition days.

Step 2 – Calculate (ok if this is an estimate) the total number of days/practices that would be dedicated to **competition specific training** - meaning practices that are focused on competition preparation vs developing skills – that means run-throughs, full figures, competition simulation, etc. These practices would only be present in the **main competition phase** of your YTP.

Step 3 - Calculate the total number of days you have scheduled for **training (practices)**. Count each practice/training session as one training day. If by chance there are two training sessions on one day, count them as two training days.

Step 4 - Divide the total number of competition days by the total number of training days, multiplied by 100. Subtract this number from 100 to get the ratio of training to competition. For example: $100 - [(10 \text{ competition days} / 25 \text{ training days}) \times 100] = 60\%$

1	LTD stage of my team is:	
2	My total number of competition days (step 1):	
3	My total number of competition specific training days (step 2):	
4	Add competition + comp specific training days (row 3 + row 4):	
5	My total number of training days (step 3):	
6	Competition days (row 4) divided by training days (row 5) equals:	
7	X 100:	
8	Number above subtracted from 100 equals (%):	

Question 2b: How does this compare with the training to competition ratio in the CAS LTD Framework for the LTD stage you are working with? (Refer to the training metrics charts – L2T p.34, T2T p.39 in the CAS LTD Framework).

Question 2c: Identify strategies you are using to improve alignment of the development of athletic abilities, figure skills and routine skills with CAS LTD standards (refer to CAS LTD Framework and your Competition Introduction Coach Workbooks).


Task 5: Four (4) Practice Plans, one per each phase of training


Submission of the four (4) practice plans is part of Outcome 1: Design a Sport Program. Please refer to the Competition Introduction Evaluation Rubric to ensure you meet or exceed all standards.

Submit four (4) practice plans in total - one plan for each of the phases:

- General Preparation Phase
- Specific Preparation Phase
- Pre-Competition Phase
- Main Competition Phase

You may choose to complete your four (4) practice plans in the YTP Template using the practice plan template provided OR you may choose to complete in the Coach Portfolio document. It is your choice – please just ensure it is clear for the evaluator.

 Please see the CAC Practice Plan template on the next page (this was also provided in the Competition Introduction workshop materials – and is the same in the Excel YTP Template).

 Be sure to clearly add a label or heading to your plan that indicates which phase it is for: General Preparation, Specific Preparation, Pre-Competition, or Main Competition.

CAC Practice Plan Template

Practice plan:							
Team:		Date:		Time: from		to	
Age/Level:							
Location:		Objective:					
Equipment needed:							
Introduction							Key message/safety
Warm-up							Key message/safety
							Equipment needed
Main part							Key message/safety
							Equipment needed
Cool-down							Key message/safety
Conclusion							Key message/safety

Task 6: Competition Plans (parent/athlete/coach)

Submission of competition plans is part of preparation for Outcome 4: Support the Competitive Experience. Please refer to the Competition Introduction Evaluation Guide (Formal Observation of Competition) and Competition Introduction Evaluation Rubric to ensure you meet or exceed all standards.

For this task you will need to complete the 3 questions below, as well as provide the competition plan documents that you would:

- a) Provide to parents - your "Competition Plan for Parents" (schedule, directions, instructions, equipment reminders, your team's goal for the competition, etc.)
- b) Provide to your athletes - your "Competition Plan for Athletes" (schedule, instructions, equipment needed, what your goals/objectives are, etc.)
- c) Prepare for yourself as your detailed competition coaching plan – your "Coaching Competition Plan" (schedule, land and water warm-up plans/details, equipment, goals/objectives, recovery, debrief, etc.)

You may cut and paste these plans into the Coach Portfolio on the following pages or you may provide them as attachments to your Portfolio, please just ensure it is clear for the evaluator and that each plan is clearly titled for Parents, Athletes and Coaching.

Question 1: Describe the type of training you will do the week before the competition.
Question 2: What will you focus on during the competition
Question 3: What will you do after the competition to debrief with the athletes?

Task 7: Analyze Performance Assignment

Submission of this assignment is part of Outcome 5: Analyze Performance. Please refer to the Competition Introduction Evaluation Rubric to ensure you meet or exceed all standards.

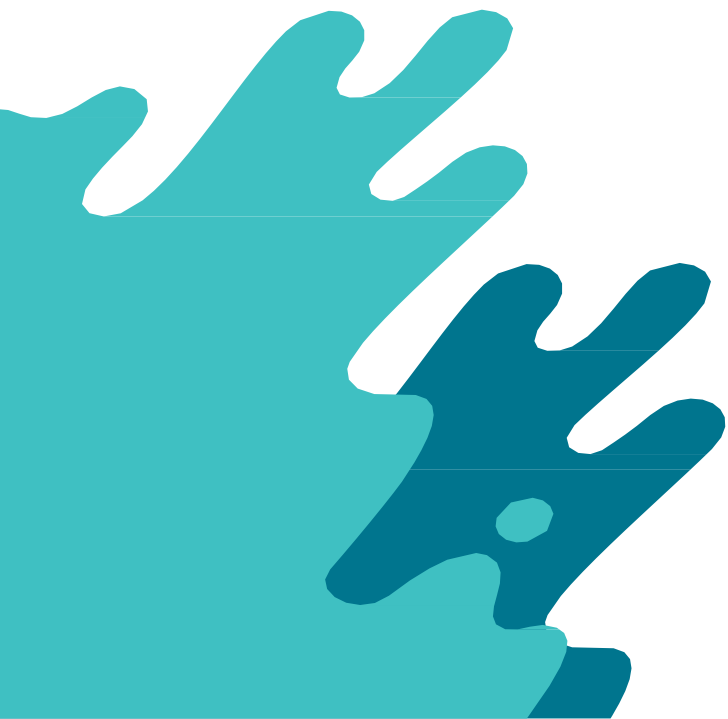
Submit two videos with your portfolio (as separate attachments or via link to a google drive or Dropbox, etc.) of one of your athlete's performing two types of skills (one figure skill and one routine skill) and answer the following questions for each video submission. Ensure you have the athlete and their parent's permission to use their video for your portfolio submission. The video will only be seen by the evaluator. You can refer back to your Module 8: Analyze Performance Coach Workbook as a resource.

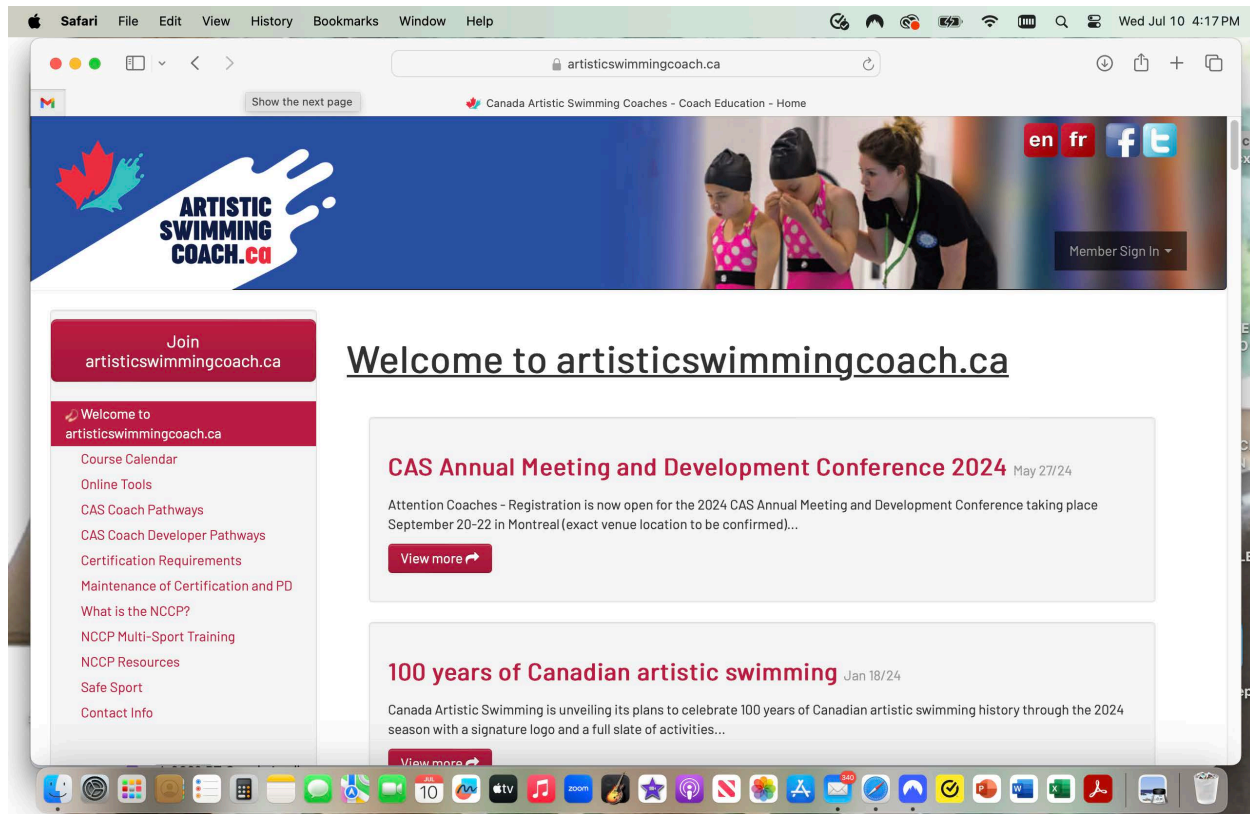
Name of figure skill being performed:	
What is the error? (major/minor)	
Why is it happening? Can you detect a root cause?	
How will you fix it? Remember to use the correction methods outlined in Module 8.	
What would you say to the athlete? Write out exactly what you would communicate to the athlete.	
What athletic abilities should be trained in order to further develop and improve this skill?	
What types of drills and activities will you assign to help develop and improve the gap?	

Name of routine skill being performed:	
What is the error? (major/minor)	
Why is it happening? Can you detect a root cause?	
How will you fix it? Remember to use the correction methods outlined in Module 8.	
What would you say to the athlete? Write out exactly what you would communicate to the athlete.	
What athletic abilities should be trained in order to further develop and improve this skill?	
What types of drills and activities will you assign to help develop and improve the gap?	

ONTARIO ARTISTIC SWIMMING

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IN CAS





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2. Click on Join artisticswimmingcoach.ca
3. Complete the registration and click on continue