

COMPETITION-DEVELOPMENT COACH

START

Pre-Requisites

Multi-Sport training Modules:

- Speed Skating Intro to Comp OR MED, Plan a Practice & Design a Sport Program
- Psychology of Performance
- Prevention & Recovery
- Developing Athletic Abilities

Recommended to be
Competition-Introduction Trained or
Certified and coaching T2T/T2C
athletes

IN TRAINING

Multi-Sport Modules

- Coaching & Leading Effectively
- Managing Conflict
- Leading Drug-Free Sport

Speed Skating Specific

- Developing SS Physiology Webinar
- Performance Planning Webinar
- Performance Planning Workshop
- Plan a Practice Webinar
- Technical Model Webinar
- Analyze Performance Workshop
- Tapering and Peaking Webinar
- Manage a Sport Program Webinar

TRAINED

Portfolio

Complete Portfolio requirements including:

- Yearly Training Plan
- Microcycle Plans
- Task Analysis
- Emergency Action Plan
- Coaching Philosophy
- Technical Analysis

Evaluations

- Direct Observation: In-Training Evaluation & Debrief
- Direct Observation: In-Competition Evaluation & Debrief
- Making Ethical Decisions
- Managing Conflict
- Leading Drug Free Sport

CERTIFIED

