



## **CBET – INTERMEDIATE STARSKATE/PROVINCIAL COACH PROGRAM**

NCCP is moving towards a Competency Based Education and Training (CBET) program where coaches will be:

- Trained in NCCP outcomes relevant to the athletes coaches are or will be coaching
- Evaluated by demonstrating specific coaching outcomes (skills) to a national standard.

At any time during the process, coaches must complete the following multi-sport modules prior to achieving certification in the CBET Intermediate STARSkate/Provincial Coach program:

### **INTRODUCTION TO COMPETITION – PART B** (Formerly Theory Level 2):

Design a Basic Sport Program (4 hours), Teaching & Learning (6.5 hours), and Basic Mental Skills (3 hours)

1. **ISPC HOME STUDY:** This guide will include exercises that will focus on STARSkate, planning, physical preparation, practical evaluator/judge observation, ice shows, business management, music & choreography, and much more. Content presented will cover information that is relevant to all four skating disciplines.

Note: This is the first component to this program that coaches must complete in full prior to attending the ISPC training.

ISPC Home Study guide may be purchased from the Section by completing the form on the Skate Canada: Alberta-NWT/Nunavut website – [www.skateabnwtun.com](http://www.skateabnwtun.com)

2. **ISCP TRAINING:** Once coaches have completed the General Subjects Home Study, coaches must register and attend the following two courses prior to attending the discipline specific technical courses:

**Sport Science** (1 day): Coaches will cover topics such as physical preparation, mental preparation, nutrition, and planning all in which are crucial areas to produce well-rounded athletes

**Stroking & Skating Skills** (1 day): Coaches will cover the "basics" of stroking and much more including the Senior Bronze/Junior Silver Skating Skills test.

Once coaches have participated in the Sport Science and Stroking & Skating Skills courses, Coaches may register and attend the following technical courses in no particular order:

**Singles** (1 day): Coaches will cover effective techniques to teach all six double jumps and spins needed to train athletes at the Senior Bronze/Junior Silver STARSkate and Juvenile Competitive level.

**Pairs Skating & Synchronized Skating** (1 day): Coaches will cover key elements to develop and train juvenile pair skating teams and also learn about the factors of difficulty, various technical elements, choreography transitions involved in synchronized skating.

**Ice Dancing** (1 day): Coaches will cover various elements of ice dancing, Senior Bronze/Junior Silver Compulsory Dances, costuming and total athlete packaging and much more.

Note: To receive credit for the ISPC training, coaches must complete all five technical courses and associated workbooks successfully. To begin the ISPC evaluation component, coaches must first complete the sport science, stroking & skating skills courses and at least one discipline technical course – so either ice dancing, pairs, & synchronized skating, or singles.

3. **ISPC EVALUATIONS:** Coaches now have the flexibility to select the certification path that best meet the needs as a coach. Coaches can become an Intermediate STARSkate Coach (Instruction Stream) or a Provincial Coach (Competition Stream). Certifying in more than one discipline is highly recommended; however, not mandatory.

The requirements to achieve within the new ISPC are as follows:

**Path 1** – To certify as an **Intermediate STARSkate Coach**, coaches will be required to:

1. Complete 75 hours of coaching in a Skate Canada Club
2. Submit one (1) technical video lesson with a lesson plan at the Senior Bronze or Junior Silver STARSkate level.
3. Submit one (1) stroking or skating skills video lesson with a lesson plan at the Senior Bronze or Junior Silver STARSkate level.
4. Submit a video analysis and music CD or cassette tape of a skater whose program you have designed or choreographed at eh Intermediate STARSkate level.
5. Have skaters pass intermediate STARSkate tests or higher **or** complete the Mentorship Program. A copy of the test summary sheet for each test passed must be submitted with your Practical Coaching Record Form.

**Path 2** – To certify as a **Provincial Coach**, coaches will be required to:

1. Complete 75 hours of coaching in a Skate Canada Club.
2. Submit one (1) technical video lesson with a lesson plan at the Juvenile or Pre-Novice Competitive level.
3. Submit one (1) stroking or skating skills video lesson with a lesson plan at the Juvenile or Pre-Novice Competitive level.
4. Submit a video analysis and music CD or cassette tape of a Juvenile or Pre-Novice skater/team whose program you have designed or choreographed.
5. Have skaters pass Juvenile or Pre-Novice Competitive tests. A copy of the test summary sheet for each test passed must be submitted with your Practical Coaching Record Form.
6. Have a skater/team qualify and compete at a Sectional Championship level or higher caliber competition (i.e. Junior Nationals, National,

etc.) and provide a protocol of the event as proof with your Practical Coaching Record Form.

- Must be the primary coach of the skater for the past three consecutive months prior to the event. A declaration of the parent/skater is required.

**Certifying a Second Discipline:** Interested coaches wanting to certify in a second discipline will be required to complete the following practical requirements as outlined in the ISPC Evaluations:

1. Video Lesson: Submit one technical lesson that begins with stroking followed by an element of choice specific to the discipline selected.
2. Video Analysis: Complete the requirement in full as outlined in both paths.
3. Test Passed: Complete the requirement in full as outlined in both paths.
4. Provincial Coach Certification: Same as outlined in Path 2.

### **Achieving Level 2 Certification (Former)**

Candidates that have completed their Level 2 General Subjects Course (2-day) and Technical Course (2-day) in a discipline of choice (pairs, singles, dance, synchro) will have until August 31, 2006 to achieve their certification within the current system.