



Competition Coaching-Development Para-Nordic (CCD-PN) Coach Flowchart

NCCP CCD-PN Certified

FORMAL EVALUATION:

- ✓ Making Ethical Decisions online evaluation
- ✓ Leading Drug Free Sport online evaluation
- ✓ Managing Conflict online evaluation
- Planning and delivering a practice for L2C PN athletes
- Supporting the competitive experience for L2C PN athletes
- Managing a program for L2C PN athletes
- ✓ Technical analysis and use of technological tools
- Monitoring, testing and designing training plans for L2C PN athletes

CCD-PN Experience Form:

- Minimum of 12 weeks on snow and 24 weeks dryland coaching L2C PN athletes
- Organize and lead one dryland and one on snow divisional camp with L2C PN athletes
- ✓ Lead a PN team to Nationals, Easterns, Westerns or WJC trials
- ✓ HPCE training camp assignment with Para National Ski Team (PNST)

Trained CCD-PN Coach -

Sport-Specific Training:

CCD-PN Workshop (2 days)

Topics:

- Review of Comp-Dev. energy systems and training plan design
- ✓ Biathlon regulations and training for PN athletes
- ✓ Specific strength training for PN athletes
- ✓ Designing a YTP for sit-skiers



Multi-Sport Training:

CCD (L2C) multi-sport modules:

4 modules (delivered online by the CAC or by provincial multi-sport organizations or as part of the Advanced Coaching Diploma delivered by the National Coaching Institutes).

Modules:

- ✓ Leading Drug Free Sport (3.5 hrs)
- Managing Conflict (4.5 hrs)
- Coaching and Leading Effectively (10 hrs)
- Psychology of Performance (7 hrs)



Prerequisites

NCCP Competiton Coaching-Development (L2C) dryland and on snow workshops

NCCP Competition Introduction-PN dryland and on snow workshops