



COACHING COURSES

Club Coach Youth

Club Coach Youth is designed for coaches who do not require certification but become involved on a voluntary (and often short-term) basis. Participants tend to work with curlers of all ages who are new to the sport, but most particularly with Little Rock Curlers.

Coaches who take this one-day workshop will become a **trained** "Club Coach - Youth". This coach will be able to instruct beginning curlers and youth curlers. A Club Coach – Youth instructor will concentrate on the technical skills and leading curlers in activities that are age suitable and technically correct.

Prerequisite: Must be a minimum of fourteen (14) years of age at the start of the course.

Course content:

- ◆ Setting the Scene
- ◆ Ethical Coaching
- ◆ Practice Planning
- ◆ Safety
- ◆ Game Orientation
- ◆ Teaching the Delivery & Brushing Skills
- ◆ Program Management
- ◆ Games, Skills and Activities

NCCP Certification for Curling

Certification at each level is received with the completion of three components (Technical, Practical and Theory). The technical component is taught by the Ontario Curling Association www.ontcurl.com. Dates and course locations may be found on the website or on the Course Calendar posted in your curling club. Participants will require note-taking materials as well as curling clothing and equipment.

The practical component is work done instructing or coaching in club and must be done after completing the technical component. The theory component is taught by the Coaches Association of Ontario.

www.coachesontario.ca/calendar displays the dates and locations of upcoming courses.

Club Coach (formerly Level 1) Certification

Technical - Coaches who take this two-day workshop will become a **trained** "Club Coach." This is a program designed to enhance the skill set of the coach or instructor who function primarily at the club level but whose teams are starting their competitive experience. The Club Coach will be competent in training curlers from youth to masters, with skill levels of beginning to intermediate. The Club Coach will be proficient in planning and designing a practice/clinic, ethical decision-making, teaching correct curling skills, skill analysis, safety and program management.

Prerequisite: Must be a minimum of sixteen (16) years of age at the start of the course.

Course content:

- ◆ Role of the Coach and Organizational Management
- ◆ Game Orientation, Rules & Etiquette
- ◆ Safety
- ◆ Warm-ups & Cool-downs
- ◆ The Curling Delivery
- ◆ Introduction to Strategy
- ◆ Brushing
- ◆ Ethical Coaching
- ◆ Practices
- ◆ Clinics
- ◆ Skill Analysis
- ◆ Special Interest Groups

Practical - A minimum of 20 hours of coaching or instructing experience.

Theory - "Introduction to Competition A" – A 14-hour two-day course given by the Coaches Association of Ontario (www.coachesontario.ca/calendar)

Competition Coach (formerly Level 2) Certification

Technical - Designed to train an individual to coach a medium to advanced performance team. The 18-hour course is taught over two days and time is spent on-ice and in the classroom.

Prerequisite: None, but general knowledge of the game.

Course content:

- ◆ Teaching & Learning
- ◆ Strategy & Tactics
- ◆ Skill Analysis
- ◆ Practice Planning, including Safety and EAP (Emergency Action Plan)
- ◆ Delivery Skills
- ◆ Brushing Skills
- ◆ Drills to Correct

Practical Evaluation - a 2-hour evaluation session one-on-one with an Evaluator. The coach must execute a complete practice session on ice with his/her team.

Theory - 3-hour module "Making Ethical Decisions" + on-line evaluation @ www.coachesontario.ca

Level 3 Coach Certification

Technical - Designed to train an individual to coach a high performance team. The course is taught over two and a half days and time is spent on-ice and in the classroom. Teams are brought in for part of the course and the Level 3 candidates practice their new skills on these teams. This means the work is more closely related to realistic situations and the teams benefit as well.

Prerequisite: Competition Coach Certified.

Course content:

- ◆ Skill Analysis (advanced)
- ◆ Delivery Updates
- ◆ Brushing Updates
- ◆ Team Dynamics
- ◆ Physical Preparation
- ◆ Mental Preparation
- ◆ Strategy (advanced)
- ◆ Communication
- ◆ Coaching Strategy – Annual Planning etc.
- ◆ Parent-Coach Relationships
- ◆ Ethics
- ◆ V1 Home Video Analysis

Practical - Coaching a competitive team (uses a points system with 3 points required)

Theory - Multi Sport Competition Development

Level 4 National Coach

Coaches working towards Level 4 National Coach status will complete a program which will include technical components, sport science tutorials, self-directed studies and practical coaching experience. Prescribed studies will be dependent on individual applicant needs.

Level 5 International Coach

Coaches must complete a program of extensive self-directed studies and practical coaching experiences to be eligible for Level 5 Certification.

Registration

Registration in OCA Courses is available at www.ontcurl.com, or for more details contact the OCA office at 1-877-668-2875

Note: All information subject to change

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