

COACH PROFILE

Ed Richardson

Boccia Coach

Brampton

Coaching Experience:

14 years athletes with a disability

Context:

Community, Competitive and High Performance



Why did you start coaching athletes with a disability?

I started originally by helping my son who has Cerebral palsy. We joined a local Boccia club and I fell in love with the sport and the idea of helping out athletes with disabilities to achieve to their fullest potential.

Describe the aspects of participating in sport that make the experience fulfilling, valuable, and meaningful for the athletes?

For a lot of the athletes it's as simple as having an evening out and making new friends. For others it's a competitive challenge; Setting goals and going as far as they can in sport.

What strategies do you use to facilitate quality sport experiences for your athletes?

Each athlete is different. Strategies may vary for those that are looking strictly for recreational program and for those looking to Compete at the highest levels possible. But at the end of the day, we need to make the program fun and enjoyable so they keep coming back no matter what level they would like to achieve.

What is your best coaching moment in parasport? Why?

It's hard to pick just one moment. With a grassroots athlete, just to hear them say "I didn't know I could do this" and see the smiles and laughter on their faces. And at the other end of the spectrum, to see an athlete achieve a podium finish at a world or parasport event and hear them say "I knew I could do this" with the same smile and laughter on their faces.

What aspects of coaching athletes with disabilities do you find most enjoyable?

I really enjoy the challenge of finding new ways to help each athlete to find the best way for them to achieve in both sports and life adventures

What advice would you give to a coach just getting started in parasport?

Para sport or able-bodied sport to me really doesn't matter. My only advice would be keep it fun for the athletes. Keep them motivated, let them be all that they can be and all that they want to be. Get involved for the love of the sport and help each athlete excel to be their very best.



Contact education@coachesontario.ca for contact information!

NCCP Learn to Coach Boccia

Register by contacting: info@bocciacanada.ca

For questions and concerns contact:

info@bocciacanada.ca

For beginner coaches at the community level, this is a one day workshop that introduces participants to boccia. No previous knowledge of boccia is needed.

NCCP Introduction to Competition

Register by contacting: info@bocciacanada.ca

For questions and concerns contact:

info@bocciacanada.ca

The Introduction to Competition course combines specific boccia skills and general coaching concepts as they apply to participants competing at a local or provincial level. Upon completion of Introduction to Competition, the coach will be prepared to provide developing competitors with the basic skills necessary for successful competition.

Through the National Coaching Certification Program (NCCP), Boccia Canada provides training and certification for those interested in coaching Boccia. These workshops are designed to meet the needs of all types of coaches, from the first-time coach to the head coach of a national team. The NCCP gives coaches the confidence to succeed and is designed to prepare any level of coach.

HIGHLY RECOMMENDED - MULTISPORT

NCCP Coaching Athletes with a Disability

To Register: www.coach.ca/coaching-athletes-with-a-disability-s17345

Coaching Athletes with a Disability NCCP training provides coaches the knowledge to deliver quality, positive sport experiences for athletes, specifically with behavioural, intellectual, physical, and sensory disabilities.

No Accidental Champions-LTAD for Athletes with Disabilities, 2nd Ed.

No Accidental Champions describes some of the opportunities and challenges that face persons with permanent disabilities in pursuing sport and physical activity.

Training Athletes with a Physical Disability

Useful Links:

Need more information? Email education@coachesontario.ca to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Ontario Cerebral Palsy Sports Association <http://www.ocpsa.com/programs/competitive/boccia/coaching-sport-science/>
- Boccia Canada <http://bocciacanada.ca/en/get-involved/coach/>
- Canadian Cerebral Palsy Sports Association <http://ccpsa.ca/en/sports/boccia-canada/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada <http://coach.ca/boccia-p154495>
- ParaSport Ontario <http://www.parasportontario.ca/index.php/clubs/boccia>

Funding Opportunities:

Grants are available to pay a portion of NCCP courses through the Coach Enhancement Coach Bursary program. <https://www.coachesontario.ca/programs-resources/funding-for-coaches/> or email cep@coachesontario.ca