

COACH PROFILE

Kathleen Fraser



Sprint Canoe/Kayak Coach St. Catharines
Coaching Experience: 3 years athletes with a disability
4 years able bodied athletes
Context: Community, Competitive and High Performance

Why did you start coaching?

Because I wanted to give back a sport that provided me with so many opportunities and developed me into the person I am today.

Why did you start coaching athletes with a disability?

Because I feel everyone should be able to paddle able body or not. I also loved the challenge of trying to make each boat unique for that athlete.

What is your best coaching moment in parasport? Why?

At Para Pan Am Championships when I saw all the paddlers that I helped from the beginning and seeing their improvements. Also we had such a big team that it was a great group dynamic almost like a club. I feel in para most athletes are older and they missed out on that feeling of being part of a team. You get that more when you are younger and doing club dinners and stuff, it really brought all those para athletes together and one as a team.

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

That once they are in the boat seeing their faces of enjoyment it brings me back to when I first started paddling and the first feeling of getting into the boat being on the water.

How do you contribute to increasing the support and awareness of adaptive sports?

I'm part of my para community and have been involved with many camp in my sport but also connecting with different para sport within the Niagara region to expand and provided every opportunity for adaptive sport.

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

You have no idea how rewarding parasport is until you see that first person that didn't think they were able to do anything smile and enjoy the sport as much as you did when you started.



Contact education@coachesontario.ca for contact information!

Instructor (Whitewater)

- Instruction – Beginner, Lake Kayak Instructor
- Instruction – Intermediate, River Kayak Instructor 2 Leader 2
- Instruction – Advanced, Whitewater Instructor 3 Leader 3

For more information and to Register contact: Ian Mortimer
imortimer@canoekayak.ca

This stream is for delivering sport-specific skills and training, whether at the beginner or advanced skill level. Many in this stream are former participants in the sport.

Community Initiation

- CanoeKids (Sprint)
- Pool Kayak Instructor (Whitewater)

For more information and to Register contact: Ian Mortimer
imortimer@canoekayak.ca

Teaching enthusiastic newcomers can be a rewarding way to help others experience the joys of paddling by delivering an introductory program like CanoeKids or Pools in Schools. Sink your heart into managing a specific program like PaddleALL (Paracanoe), Dragon Boat or Masters. This stream is an ideal starting point for new coaches to gain experience and they can easily transition into the competition stream if they so desire.

Competition Introduction (Comp Intro)

- Comp Intro, Entry Level Competitive Coach
- Comp Intro, Entry Level Competitive Coach – Advanced Gradation
- Comp Intro, Whitewater

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Coaches entering this stream typically have previous coaching experience or have been an athlete in the sport. Starting at the regional or provincial level, coaches tend to work with athletes over the long-term to improve performance. A coach in this stream could eventually become a National Team Coach working with world-class athletes who travel the globe representing Canada.

Competition Development (Comp Dev)

- Comp Dev, Slalom Competition
- Comp Dev, Sprint Competition

For more information and to Register contact: Ian Mortimer
imortimer@canoekayak.ca

Coaches entering this stream will develop and prepare coaches to be the head coach of a club or provincial program, and coach athletes competing at the National Championship, Canada Games, or Junior World Championship level. Focus will be on analyzing both technical and tactical performance of Train to Compete athletes, and creating performance plans, including advanced practice plans, yearly training plans, mesocycle and microcycle plans, and tapering and peaking plans.

PROFESSIONAL DEVELOPMENT—PARACANOE

PaddleAll

For more information contact: Ian Mortimer imortimer@canoekayak.ca or visit: <http://canoekayak.ca/paddle-all/>

Provide a paddling experience to the broader community. Provide an enjoyable activity in an “on the water” sport for the disabled community and their family members. Provide canoe club members an opportunity to share the sport that they love with the disabled community

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.

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.).

- Canoe Kayak Canada <http://canoekayak.ca/coaching-overview/>
- Canoe Kayak Ontario <http://canoekayak.org/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada <http://coach.ca/>
- ParaSport Ontario <http://www.parasportontario.ca/index.php/clubs/canoe-kayak>

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