



# NCCP Fundamental Movement Skills Information Package

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## What is NCCP?

The National Coaching Certification Program was developed by the Coaching Association of Canada and its partners to give coaches that extra advantage. The program targets 67 different sports, in both official languages, and is the recognized standard for coach training and certification in Canada.

NCCP workshops are designed to meet the needs of all types of coaches, from the first-time community coach to the head coach of a national team. Each year, more than 50,000 coaches take an NCCP workshop. Since the program began, more than 1 million coaches have participated, making it one of the largest adult education programs in Canada.

Where does NCCP Fundamental Movement Skills fit?

### COMMUNITY SPORT COACH

#### WHO ARE YOU?

You may already coach at the community level or you're thinking about coaching. Often, you're a parent whose child is involved in sport, or a volunteer who works with participants of all ages that are new to a sport.

# How to Host FMS?

NCCP Host Partners (that is you) can be any organization that has an agreement with the Coaches Association of Ontario to deliver a NCCP Fundamental Movements Skills (FMS) workshop with a trained/certified Learning Facilitators assigned by CAO.

The Host Partner is the primary delivery agent at the community level and a valued leader. The CAO staff are available to assist in the planning process and help answer any questions that arise.

Delivering an NCCP course involves many components. The Host Partner is responsible for scheduling a date and facility for the course, paying Learning Facilitators, helping ensure local coaches are aware of the course, accepting names for registration, and covering or recovering participant workshop fee. Coaches Association of Ontario will help Host Partners with assigning a Learning Facilitator.

## Why Host FMS?

### FMS Highlights

- Learn how to teach young children aged 3-12 how to: throw, catch, jump, run, kick as well as the basics of agility, balance and coordination.
- Learn an extensive variety of age appropriate games for children.
- Learn how to implement a teaching model.
- Learn how to observe & communicate appropriately with children.
- Learn how to break down each fundamental movement skill in to its key parts.
- Learn how to identify what stage a child is at and how to move them appropriately along the skill progression.
- Quality and experienced NCCP trained/certified Learning Facilitators execute workshop.

### Benefits of NCCP

- You will be training your staff, students, coaches, volunteers, and community members using a program with a proven track record of quality, commitment to coaching competency and national coaching standards.
- Your needs are met and delivered right to your door, saving you time and money in an efficient manner.
- Flexibility in delivery of training to meet your schedules.
- Coach's and volunteer's completion of NCCP FMS is track on the national coaching certification database called the locker.
- Each coach receive an NCCP number and a coaching transcript. Looks great on a resume!
- Networking opportunities in workshops.
- Promotion of lifelong learning, contributing to the Ontario sport system, and your community leadership capacity, making sport a better and safer place to participate, keeping kids active, improving health and decreasing health care costs.

# Host Partner Responsibilities

1. Complete Application to Host Online – CAO staff will help with this:
  - Discuss dates, times, location, requirements
  - Costs
  - Learning Facilitator (as assigned by CAO)
4. Communication with assigned LF
5. Promote course
6. Take registration for course (**Coaches must be 16 years of age or older**)
7. Cover or recover participant workshop fee for each participant
8. Upon completion of course pay Learning Facilitator  
(Honourarium and Travel expenses to be discussed prior to course)
9. Pay Invoice for Participant Workshop Fee (includes manuals, locker fees, administrative support for host and coaches)

# CAO Responsibilities

1. Assist in promoting the course
2. Assign a Learning Facilitator if one is not affiliated already
3. Ship course material to host partner prior to course
4. Complete all transactions with host and CAC 'The Locker' database

# Budget Considerations

NCCP WORKSHOP	Instructional Hours	Learning Facilitator Fee	Participant Workshop Fee	Minimum Participants	Maximum Participants
Fundamental Movement Skills – Community	8	\$360	\$25	8	24

Expenses	
Participant Workshop Fee	\$25/coach
Shipping Course Materials (average)	\$10-25 (depending on distance and weight)
Learning Facilitator (\$45/hour @ 8 hours)	\$360
Learning Facilitator Expenses	Varies if applicable
Facility Rental	Varies on location/venue
Advertising	Varies on community and media being utilized
<b>Total Expenses (for 18 coach workshop)</b>	<b>~ \$800-\$1,100</b>