

COACH PROFILE

Rob Christy

Goalball Coach

Coaching Experience:

Gloucester

20 years athletes with a disability

25 Total

Context:

Community, Competitive & High Performance



Why did you start coaching?

Our sport got to a level where we had moved beyond our excellent community level volunteer coaches. I was forced to take courses and become a player coach, at least up to the National team level. I also spent many enjoyable years coaching my kids in hockey and lacrosse.

Why did you start coaching athletes with a disability?

As an athlete with a disability I fully understand the need for more coaches with experience in Paraspport. I spent almost 20 years competing and knew I owed it to the sport to give back.

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

My sport is the sport of Goalball, which requires everyone to wear a visor, no matter your level of vision. I come across community level kids who have been held out of gym class for fear they will get hurt to former sighted athletes who have lost, or are losing, their vision and are still looking for a place to compete. When either of these groups puts a visor on for the first time and they realize that their vision is no longer a hindrance but could in fact be a strength. The visor is the great equalizer and allows athletes to be athletes.

What is your best coaching moment in parasport? Why?

My favourite coaching moment is losing a bronze medal game. I had worked for several years with a group of young men who worked hard for years before finally making their way to a medal game. It was very rewarding to see them finally believe in themselves and have it pay off. You can tell an athlete to trust their skills and training until you are blue in the face, but they have to do it, and sometimes in intense competition. Once they do it is like they have unlocked a door on their own and usually there is no turning back. Without a doubt that was my most enjoyable coaching moment.

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

I try to create an environment where athletes, no matter their skill level, can grow and push themselves. I believe that has to be done in an open, honest, trusting environment. If you can create a space where athletes can grow and have fun, success will come to all.

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

Anyone involved in a niche sport owes it to the sport to be an ambassador. Whether you are on the train, in line at the bank or walking your dog, when someone leans over and says "what's Goalball?" it is your duty to spread the gospel. Beyond awareness I have tried to make it available to more than just Paralympic level athletes by starting up a provincial club system and having a place where kids can play recreationally.



Contact education@coachesontario.ca for contact information!



NCCP SPORT SPECIFIC

Community Coach (Club Coach)

For questions, concerns and to register contact Richard Amelard:
richard@blindsports.on.ca

A club coach is focused on grassroots, beginning, developing and recreational athletes.

Competition Development (Performance Coach)

For questions, concerns and to register contact Richard Amelard:
richard@blindsports.on.ca

A performance coach coaches athletes with a high-performance focus, such as a provincial or national team

NCCP MULTISPORT

Community Coach (Club Coach)

To Register: <http://www.coachesontario.ca/nccp-training/course-calendar/>

[Making Ethical Decisions](#)
[Making Headway in Sport \(Concussion Training\)](#)

Competition Development (Performance Coach)

To Register: <http://www.coachesontario.ca/nccp-training/course-calendar/>

[Coaching and Leading Effectively](#) | [Managing Conflict](#)
[Manage a Sport Program](#) | [Prevention and Recovery](#)
[Leading Drug-Free Sport](#) | [Developing Athletic Abilities](#)
[Psychology of Performance](#) | [Performance Planning Advanced Practice Planning](#)

HIGHLY RECOMMENDED - MULTISPORT

NCCP Coaching Athletes with a Disability

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

Aimed at coaches working with players in an environment where performance is a critical factor in successful coaching. (CP,VI Integrated)

To ensure that every Goalball coach has the skills necessary for success, the NCCP and the [Canadian Blind Sports Association](#) have worked together to develop a Coach Development Model. This model guides coaches as they develop their skills.

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.).

- Canadian Blind Sports <http://canadianblindsports.ca/coaching/>
- Ontario Blind Sports Association <https://blindsports.on.ca/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada <http://coach.ca/blind-sports-goalball-p154502>
- ParaSport Ontario <https://www.parasportontario.ca/index.php/clubs/goalball>

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