



Host Information Package

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Ontario



**National Coaching
Certification Program**

What is NCCP?

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.

COMPETITION COACH

WHO ARE YOU?

You're typically a coach who has previous coaching experience or you're a former athlete. You may already coach a team at the regional or provincial level, and you tend to work with athletes over the long term to improve performance.

INSTRUCTION COACH

WHO ARE YOU?

Coaches in the instruction stream must have sport-specific skills and training, whether coaching at the beginner or advanced skill level. Many are former participants in the sport.

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.

The NCCP is comprised of three streams and a total of eight "contexts", each with its own coaching requirements. Each sport is responsible for identifying how many of the eight contexts are relevant to their sport. As part of the program, all coaches (regardless of sport or context) are trained in ethical decision-making and sport safety

How to Host?

NCCP Host Partners can be any organization that has an agreement with the Coaches Association of Ontario to deliver a NCCP workshop with trained/certified Learning Facilitators. NCCP Host Partners are approved after submitting an Application to Host to register a workshop, and must agree to deliver the workshop according to the Coaching Association of Canada standards.

The Host Partner is the primary delivery agent at the community level and a valued leader. The Coaches Association of Ontario 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 (recreation department, sport council, provincial sport organization, club, community college, school, etc.) 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 contacting a Learning Facilitator.

Benefits

Highlights

- Access to 16 multi-sport workshops and link to 67 sport specific NCCP programs.
- All programs have been developed by National Sport Organizations and Coaching Association of Canada (CAC).
- CAC has been an international leader in coach education for over 30 years.
- Professional, high quality research and program development.
- Coaches Association of Ontario (CAO) has been the primary delivery partner for 7 years.
- Reliable and friendly customer service from CAO, and timely provision of related workshop materials.
- Quality and experienced NCCP trained/certified Learning Facilitators execute workshop.

- You will be training your staff, students, coaches, volunteers using a program with a proven track record of quality, commitment to coaching competency and ethical decision making processes.
- Your needs are met and delivered right to your door, saving you time and money in an efficient manner.
- You can be confident in that you are providing the latest and greatest training possible for your coaches that will be passed on to your athletes training and competition scenarios.
- Flexibility in delivery of training to meet your coaches schedules.
- You can track your coach's completion of certification.
- Networking opportunities in workshops.
- Generate revenue from promoting workshop to the general public, other local community sport organizations, clubs, facilities, school in your region.
- Promotion of lifelong learning, contributing to the Ontario sport system, making sport a better and safer place to participate, keeping kids active, improving health and decreasing health care costs.

Course Descriptions



Community Sport	Competition-Introduction	Competition-Development
<p>Designed for coaches where children are encouraged to participate in sport and introduced to sport basics in a fun, safe and self-esteem building environment, regardless of their ability.</p> <p>CAO Workshops</p> <ul style="list-style-type: none"> Fundamental Movement Skills 	<p>Designed for coaches where adolescents are taught basic sport skills and athletic abilities in a fun and safe environment are typically prepared for local and/or regional level competitions.</p> <p>CAO Workshops</p> <ul style="list-style-type: none"> Make Ethical Decisions Planning a Practice Nutrition Teaching and Learning Design a Basic Sport Program Basic Mental Skills Including Bundled and Teacher Options 	<p>Designed for coaches where young adults are coached to refine basic sport skills, to develop more advanced skills and tactics and are generally prepared for performance at the provincial and/or national level competitions.</p> <p>CAO Workshops</p> <ul style="list-style-type: none"> Advanced Practice Planning Coaching and Leading Effectively Developing Athletic Abilities Performance Planning Prevention and Recovery of Injury Psychology of Performance Leading Drug Free Sport Manage a Sport Program Managing Conflict
<p>Coaches coaching in other context may find other workshops in other contexts valuable (see badges for appropriateness)</p>		

See Multi Sport Modules Document

Host Partner Responsibilities

- Contact the CAO or Complete Application to Host
 - Discuss dates, times, location, requirements
 - Costs
 - Learning Facilitator (as assigned by CAO)
- Complete Application Online
- Communication with assigned LF
- Set course fee and promote course
- Take registration for course (**Coaches must be 16 years of age or older**)
- Cover or recover participant workshop fee for each participant
- Upon completion of course pay Learning Facilitator
(Honourarium and Travel expenses to be discussed prior to course)
- Pay Invoice for Participant Workshop Fee (includes manuals, locker fees, administrative support for host and coaches)

CAO Responsibilities

- Assist in promoting the course
- Assign a Learning Facilitator if one is not affiliated already
- Ship course material to host agency prior to course
- Complete all transactions with host and CAC 'The Locker' database

Guidelines for Hosting



*LF Fee is based on \$45/hour for FMS, MED, PaP, NUT, T&L, DSP, BMS, RT, E+ and \$50/hour for APP, DAA, CLE, PPLAN, PRI, PP, LDFS, MSP, MC and \$55/hour for CORE.

NCCP WORKSHOP	Instructional Hours	Learning Facilitator Fee*	Participant Workshop Fee	Minimum Participants	Maximum Participants	Recommended Course Fee (if pricing for public registration)
Fundamental Movement Skills (FMS) ⁱ	5	\$225	\$25	10	24	\$65
Competition-Introduction Making Ethical Decisions (MED)	3-5	\$157.50	\$25	8	24	\$55
Competition-Introduction Planning a Practice (PaP)	6.25	\$281.25	\$25	8	24	\$75
Competition-Introduction Nutrition (NUT)	1.25	\$56.25	\$25	8	24	\$35
Competition-Introduction Teaching and Learning (T&L)	6.5	\$292.50	\$25	8	24	\$75
Competition-Introduction Design a Basic Sport Program (DSP)	4	\$180	\$25	8	24	\$55
Competition-Introduction Mental Skills (BMS)	3	\$135	\$25	8	24	\$55
Competition-Introduction Teacher Accelerated	8	\$360	\$70	8	24	\$105
Competition-Development Developing Athletic Abilities (DAA)	9	\$450	\$25	8	20	\$95
Competition-Development Prevention and Recovery (PRI)	7.5	\$375	\$25	8	20	\$85
Competition-Development Leading Drug Free Sport (LDFS)	3-5	\$175	\$25	8	20	\$70
Competition-Development Managing Conflict (MC)	4.5	\$225	\$25	8	20	\$70
Competition-Development Coaching and Leading Effectively (CLE)	10	\$500	\$25	8	20	\$100
Competition-Development Psychology of Performance (PP)	7	\$350	\$25	8	20	\$80
Competition-Development Advanced Practice Planning (APP)	5	\$250	\$25	8	20	\$75
Competition-Development Manage a Sport Program (MSP)	4	\$200	\$25	8	20	\$75
Competition-Development Performance Planning (PPLAN)	12.5	\$824 (2 LFs)	\$25	8	20	\$125
Resistance Training (RT)	4	\$180	\$35 incl. DVD	8	24	\$65
Mentorship (MEN)	7	\$315	\$25	8	24	\$75
Empower + (E+)	4	\$180	\$25	8	24	\$65
Core Training (LF/MLF/E/ME CORE)	Hours vary	\$55/hour	\$20	8	24	\$75

i – Revised module being offered as of January 23rd, 2018

The figures noted above in Course Fee are simply guidelines for the host agency to base their course budget on. Each hosting partner will have unique costs and expenses associated with hosting the workshops and may set the participant course fee accordingly.

Host Budget Example – MED Sample



Expenses	Individual Cost	10 coaches	20 coaches
Participant Workshop Fee	\$25	\$250	\$500
Shipping Course Materials (average)	\$2	\$10	\$20
Learning Facilitator (\$45/hour @ 3.5 hour for MED)	\$20	\$157.50	\$157.50
Advertising	Varies		
Facility Rental	Varies		
Learning Facilitator Expenses	Varies		
Mileage (\$0.45/km)	Varies		
Accommodation (\$129/night)	Varies		
Breakfast (\$8.00)	Varies		
Lunch (\$12.00)	Varies		
Dinner(\$25.00)	Varies		
Miscellaneous (up to \$10.00)	Varies		
Total Expenses	\$47.00	\$420	\$680