



## MENTORS EXPRESS PROGRAM

Enhancing Coaching Knowledge in Ontario

### INTRODUCTION

Coaches play a key role in high quality community sport programs. They can inspire and have a positive influence on not only the development of Ontario's youth, but also have a major impact on an athlete's sport experience along the pathway to excellence.

With funding support from The Government of Ontario, they are committed to providing funding support for Ontario's coaches. The **Coaches Association of Ontario** (CAO) has re-launched its Mentors Express program this program has been going on since 2012.

"**Mentors Express**" is designed to further enhance a coach's ability to apply the National Coaching Certification Program (NCCP) coaching concepts. Building upon concepts presented in NCCP workshops, there are now 5 areas of expertise to select from:

- Sport Psychology
- Nutrition
- Leadership & Management
- Strength and Conditioning
- Coaching Athletes with a Disability

With face-to-face specialized support this program has the potential to be a catalyst for your coaching education and growth.

### PROGRAM OVERVIEW

As one of the 15 clubs selected into the Mentors Express Program, successful applicants will be assigned a provincially endorsed Mentor who will come to their club and work with them face to face. This opportunity is not limited to one session, but can include multiple meetings up until the program deadline. In addition, this program is highly customizable and is tailored individually for a single coach, or a small group of coaches. All experts are recognized and approved by the Coaches Association of Ontario and/or Provincial Sport Organization.

In order to create the most effective program for our selected coaches, we have asked applicants to include a 'club profile' in their application. This profile will include information on the athletes they are currently coaching, their training and competition schedule for the duration of the program timeline, and any other details they see to be relevant for the expert to know. Additionally, the CAO will add some basic information such as sport, applicant position, and other club details that are drawn from the application. Our hope is that this supplementary information will assist experts in tailoring their program plan to the specific needs and focusses of the club. After our selection process, we will pair coaches and

experts together and send experts the corresponding club profile; experts will have 14 days to submit a proposed program to their assigned coach. The coach will be given the opportunity to review the proposed program plan to ensure it matches the expectations they have for the session and offer suggestions or pose any questions to the expert prior to meeting.

The Mentor's session fees and travel will be covered by the Coaches Association of Ontario with support from the Coaching Enhancement Funding.

## TIMELINE

This is a one-time commitment but clubs are encouraged to extend the commitment if they wish. However, any additional services or fees beyond this program will be negotiated between the club coach and the assigned Expert.

## IMPORTANT DATES

- Applications will be open for a month– please see [webpage](#) for dates
- Expert Assignment (for selected applicants only) will be selected 1-2 weeks after application submissions close – please see [webpage](#) for dates
- Project Completion – please see [webpage](#) for dates

**\*Mentor and Mentee must submit a learning plan to CAO within 14 days of matching\* (Learning plan to be provided by CAO)**

### Program Goals

- To enhance the knowledge of coaches working at the club level in the Ontario sport system.
- To increase the awareness of both the value of sport science, and the professional expertise available in Ontario to coaches working at the club level.
- To enhance the performance of Ontario athletes in the Canada Games, Ontario Games and other provincial and national sport-specific competition.
- To assist in retaining quality club coaches in their local communities
- To expand access to professional sport expertise to support coaches across regions of Ontario.
- To increase sharing and collaboration on initiatives that develop coaches from the regional level to the provincial and national levels.
- To enable an understanding and improved working relationship between coaches and sport science providers.

## APPLICANT ELIGIBILITY:

- The applicant must be a Coach who is a resident of and coaching in Ontario
- The coach applying must be formally affiliated with a “club” program. For purposes of this program, a club is defined as a facility organization with a primary mandate to develop and train athletes for competition in sport. This does not include school athletic organizations. The club must be in Ontario and a good member in standing with its recognized Provincial Sport Organization (PSO).
- The coach is coaching a Ministry of Heritage, Sport, Tourism and Culture Industries eligible sport. Click [here](#) for a list of approved eligible sports.
- The coach can be coaching QfG athletes, but they must not be coaching any AAP Carded athletes (e.g. nationally carded athletes).
- The coach must be actively coaching Ontario athletes in the Train to Train or Train to Compete stages of the Long Term Athlete Development pathway. If you are unsure, click [here](#)
- The target of the expertise is directed to the programs and athletes training at the Club where the coach is coaching.
- Applicants are strongly recommended to have completed one or more of the following Competition–Introduction, Competition–Development, and/or Instruction Beginners NCCP workshops within the past 5 years.
  - Nutrition
  - Coaching and Leading Effectively
  - Basic Mental Skills
  - Psychology of Performance
  - Developing Athletic Abilities
- The Club must be a non-profit organization.
- The Lead-Applicant must be a member of the Coaches Association of Ontario

## ACKNOWLEDGEMENT

The government of Ontario is committed to providing funding support for Ontario’s coaches.

## CRITERIA FOR SELECTION

There is a limit of fifteen (15) Coach – Expert Partnerships that can be funded. The following criteria and selection process is used to assess eligible applicants to fill these spots.

### Selection Process:

A committee will meet to discuss all eligible applications and rank them according to how well they meet or exceed the criteria. Using the information provided by the applicant and the assessment criteria listed below, the committee will make an educated judgment on the probability of long term success and implementation by the club coach. Only applications received before the application deadline will be accepted for selection.

### Application Assessment Criteria:

Minimum Requirements:	Primary Assessment:	Secondary Assessment:
<ul style="list-style-type: none"> <li>• Application is complete and signed</li> <li>• Applicant meets all areas of eligibility</li> <li>• Applicant has received endorsement from their respective PSO</li> </ul>	<ul style="list-style-type: none"> <li>• Applicant is a member of the CAO</li> <li>• Lead applicant has taken either Competition Introduction or Competition Development modules</li> <li>• Applicant has taken the corresponding NCCP modules to their requested area of specialty</li> <li>• Lead applicant NCCP training is recent (2014+)</li> <li>• Applicant is currently coaching athletes in the Train-to-train and Train-to-compete stages of LTAD</li> <li>• Evidence for club need has been presented in application</li> <li>• Lead coach has clear goals to continue coaching</li> <li>• Club has facilities available for use</li> <li>• Applicant has not yet participated in the program</li> </ul>	<ul style="list-style-type: none"> <li>• Applicants flexibility to meet with the expert</li> <li>• Lead applicant has sufficient connections to other coaches (either within their club or province)</li> <li>• Lead applicant has expressed interest in the particular area of specialty they have selected</li> </ul>

### APPLICATION PROCESS

Please check the [webpage](#) for application deadline. Upon receipt at the CAO office, all applications will be acknowledged. Initial screening will be for completeness of information and meeting of minimum eligibility requirements. All applications must be signed by authorized officials from the Provincial Sport Organization (PSO) before the application can be approved.

**Who Can Apply:** Only active coaches in Ontario may apply, but they **must** have the support and endorsement of their PSO. In addition, the Lead-Applicant must be a member of the Coaches Association of Ontario and have signed the Coaches Code of Ethical Conduct.

**How to Apply:** To simplify the process and supply the required information to adequately assess the Club Coach's eligibility with the goals of the Coach Enhancement

Funding program, the CAO has developed an online application for coaches to complete. The online application can be found on the [Mentors Express](#) page of the CAO website.

**Checklist of Information Required in Application:**

- Complete Online Application
- Support and Endorsement of respective Provincial Sport Organization (PSO)

Applications must be completed online. The application can be found on the Experts Express page of the Coaches Association of Ontario website.

Coaches Association of Ontario      Email: [express@coachesontario.ca](mailto:express@coachesontario.ca)  
 Suite 200 A - 1 Concorde Gate      Phone: 416-426-7023  
 Toronto, ON M3C 3N6      Fax: 416-426-7331

All Applications received by the CAO will be acknowledged with a confirmation of receipt. Any questions about the program can be addressed to Eric Belahov at 416-426-7023 or by email to [express@coachesontario.ca](mailto:express@coachesontario.ca)

RELATED NCCP WORKSHOPS	FORMS REQUIRED
Competition Introduction – Basic Mental Skills Competition Introduction – Nutrition Competition Development – Coaching and Leading Effectively Competition Development – Psychology of Performance Competition Development – Developing Athletic Abilities For more information on these courses: <a href="#">Click here for Comp-Intro.</a> and for <a href="#">Click here for Comp-Dev.</a>	All forms can be found here <a href="https://www.coachesontario.ca/programs-resources/mentorship-programs/mentors-express/">https://www.coachesontario.ca/programs-resources/mentorship-programs/mentors-express/</a>  Coaches Association of Ontario Membership <a href="http://www.coachesontario.ca">www.coachesontario.ca</a> . See home page for online membership registration.