

## PARASPORT COACH CHAMPION

# Vicki Keith

**Swimming Coach**

**Coaching Experience:**

**Gananoque**

**40 years athletes with a disability**

**40 total**

**Context:**

**Community, Competitive & High Performance**



### *Why did you start coaching?*

I began coaching because I loved the water and wanted to share this joy with young people. It wasn't until I found para-swimming that I realized that coaching was what I wanted to do as a career.

### *Why did you start coaching athletes with a disability?*

I began volunteering by teaching swimming to young people with disabilities when I was 10 years old. I identified the freedom that swimming offered these young people and I wanted to create this opportunity for more children. During my swimming career I had the opportunity to raise funds for Variety Village so that they could build a pool for kids with disabilities. I got to know these kids and wanted to be part of their journey. As my swimming career wound down, my para-coaching career was born.

### *What is your best coaching moment in parasport? Why?*

My best coaching moments are watching tears roll down a parents face when they realize that their child has found a place to belong. 53% of children with a disability don't have a friend. Parasport brings young people together for sport, but so many other doors open up to the young people when they join. Friendship, the feeling of team, life skill development, fitness, sport and competition are just a few of the benefits young people gain when they join a team.

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

I love the challenge of finding new ways of supporting a young person as they strive to achieve their goals whether they are health related or sport related.

### *Describe the aspects of participating in sport that make the experience fulfilling, valuable, and meaningful for the athletes?*

Participating in sport offers young people an opportunity to develop awareness of their true potential, develop friendships of like minded people, a positive body image, goal setting and other life skills to name just a few.

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

I lead by example, share stories of success and offer time and advice to those who are searching for more information. I have created a number of presentations on developing quality programs for young people.



**Contact [education@coachesontario.ca](mailto:education@coachesontario.ca) for contact information!**

## NCCP PARA-SWIMMING

<https://www.swimming.ca/en/nccp-programs/>



**SWIM  
ONTARIO**

### NCCP ABLE BODIED

#### Fundamentals Coach (Level 1) – Recommended Starting Point

More information: <https://www.swimming.ca/en/fundamentals-coach-level-1/>

Contact Lindsay Taylor if you have any questions:  
[lindsay@swimontario.com](mailto:lindsay@swimontario.com)

Fundamentals Coach (level 1) is designed for coaches preparing entry-level competitive swimmers for local and / or regional competitions. The Fundamentals Coach (level 1) training will focus on coaching swimmers in the Fundamentals and Learn to Train stages of long-term swimmer development. **Para Swimming handouts districutes and reviewed throughout the course.**

#### Age Group Coach (Level 2)

More information: <https://www.swimming.ca/en/age-group-coach-level-2/>

Contact Lindsay Taylor if you have any questions:  
[lindsay@swimontario.com](mailto:lindsay@swimontario.com)

Age Group Coach (level 2) is designed for coaches preparing developing competitive swimmers for Provincial and/or Age National competitions. Age Group Coach (level 2) training will focus on coaching athletes in the Train to Train stage of long term swimmer development.

#### Senior Coach (Level 3)

More information: <https://www.swimming.ca/en/senior-coach-level-3/>

Contact Lindsay Taylor if you have any questions:  
[lindsay@swimontario.com](mailto:lindsay@swimontario.com)

Senior Coach (level 3) is designed for coaches preparing developing competitive swimmers for Eastern or Western Championship, National Age Championship, CIS University Championship and Senior National competitions. Senior Coach (level 3) training will focus on coaching athletes in the Train to Train and Train to Compete stages of long term swimmer development. **Para Swimming section is individualized. If you coach Para Swimmers the practice plan is geared towards Para.**

### HIGHLY RECOMMENDED - Swimming and Multi Sport

#### Swimming Resources

<https://swimming.ca/en/resources/coaching/long-term-athlete-development/>

#### Para-Swimming eLearning Module

Must be signed into <https://edu.swimming.ca/login> to access

#### NCCP Coaching Athletes with a Disability

To Register: [www.coach.ca/coaching-athletes-with-a-disability-s17345](http://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](mailto: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.).

- Swimming Canada <https://www.swimming.ca/en/nccp-programs/>
- Swimming Ontario <http://www.swimontario.com/page.php?id=1628>
- Coaches Association of Ontario <https://www.coachesontario.ca/>

## 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](mailto:cep@coachesontario.ca)

