

COACHING PROGRAM

MANDATORY QUALIFICATION

Standards for Cross-Country Skiing

Did you know that coaches are required to have minimum training in order to supervise, instruct or coach ski activities for children under the age of 16 years? If an individual is teaching someone to ski, they must have this training. If an individual is just helping the group (serving hot chocolate, following behind the last skier in the group as they ski around a trail, helping to put on gloves and skis), they do not require minimum training.

NCCP Intro to Community Coaching Workshop

The "ICC" Workshop is designed to provide parents and other beginner coaches with basic information and a feeling of confidence as they begin their role as a coach. It teaches coaches how to deliver a series of age-appropriate skill development sessions under the supervision of more experienced coaches. The orientation is to skiers of all age groups with an emphasis on working with children under six years of age ("Active Start" stage of athlete development). Coaches are taught basic coaching skills, how to teach the fundamentals of technique, growth and development considerations, how to create a motivating learning environment, and how to set up a ski playground. It is entry level, and there are no prerequisites except enthusiasm and the minimum age requirement of 14 years.

10 hours. *The workshop fee for CCC/CCBC members is \$80.00.*

NCCP Community Coaching Workshop

The "CC" Workshop is the second step in the NCCP coach education program. It provides essential training for coaches delivering effective skill development programs for children six to nine years of age (the "FUNdamentals" stage of skier development). This program is designed to train coaches to teach children technical skills, select games that reinforce the technical skill being taught, design and lead on-snow sessions, select and prepare equipment for young children, and make learning FUN. This workshop includes on-snow sessions. Successful completion of the ICC Workshop, enthusiasm and a minimum age of 14 years are the only prerequisites.

16 hours. *The workshop fee for CCC/CCBC members is \$100.00.*

NCCP CCI (L2T) Workshops

The CCI program develops skills and provides tools that a coach can use to (1) create a fun, team oriented environment that will motivate children to achieve their personal goals in sport and develop a lifelong interest in the fitness and health benefits of cross-country skiing, and

(2) deliver a well-rounded sport program with an emphasis on skill development to children nine to 12 years of age (the "Learning to Train" stage of development).

The **L2T (Dryland) Workshop** is the third step in the NCCP progression. Coaches are taught about developmental age, physical literacy, team building, athletic components (aerobic fitness, speed, etc.), nutrition, how to design their own sport program, adventure-based activities (year-round), roller-skiing and planning a practice. Prerequisite: Community Coach Workshop.

18.25 hours. *The workshop fee for CCC/CCBC members is \$100.00.*

The **L2T (On-Snow) Workshop** is the second half of the L2T program and the fourth step in the NCCP progression. This workshop is designed to train coaches on team management, supporting athletes at a competition, teaching and learning, equipment selection, ski preparation and how to effectively teach ski technique. Prerequisite: L2T (Dryland) Workshop.

16.5 hours. *The workshop fee for CCC/CCBC members is \$100.00.*

NCCP CCI Advanced (T2T) Workshops

The CCI Advanced program provides tools and develops skills that a coach can use to (1) teach athletes how to build an aerobic base, speed and strength and further develop and consolidate sport specific skills as appropriate for their developmental age, and (2) design and deliver an annual sport program that takes into consideration optimal trainability and the maturity/readiness (physical, mental, cognitive and emotional maturity) of individual athletes 12 to 16 years of age (the "Training to Train" stage of development).

The **T2T (Dryland) Workshop** is the fifth step in the NCCP progression. Coaches are taught about growth and maturation, energy systems, training intensities, monitoring and recovery, strength, speed, flexibility, roller-skiing and other dryland ski simulation techniques, exercise performance and health, etc. Prerequisite: L2T (On-Snow) Workshop.

The **T2T (On-Snow) Workshop** is the second half of the CCI Advanced program and the sixth step in the NCCP progression. It is designed to train coaches to develop an effective competition plan for a team, prepare for a competition, support athletes at a competition, teach basic mental skills, refine all ski techniques, test and prepare skis, and make ethical decisions. Prerequisite: T2T (Dryland) Workshop.

17.5 hours / workshop. *The workshop fee for CCC/CCBC members is \$125.00*

COACHING PROGRAM

NATIONAL COACHING CERTIFICATION PROGRAM (NCCP)

INTRODUCTION TO COMMUNITY COACHING WORKSHOPS

| | | | |
|------------|---------------|---------------------|----------------|
| May 14-15 | Smithers | Sandra Nash | (250) 847-0022 |
| Sept 16-17 | Prince George | Sally Connon | (250) 564-3809 |
| Oct 7-8 | Kitimat | Travis Carter | (250) 635-6435 |
| Oct 14-15 | Vernon | Troy Hudson | (250) 439-7070 |
| Oct 21-22 | Wells Gray | Suzanne Foster | (250) 674-8383 |
| Oct 22-23 | Revelstoke | Matt Smider | (250) 683-9012 |
| Oct 22-23 | Salmon Arm | Marie Peterson | (250) 832-0200 |
| Nov 4-5 | Kelowna | Deren Sentesy | (250) 979-0338 |
| Nov 4-5 | Fernie | Clark Weber | (250) 946-6644 |
| Nov 4-5 | Whistler | Delores Franz Los | (604) 894-6182 |
| Nov 4-5 | Prince George | Sally Connon | (250) 564-3809 |
| Nov 5-6 | Invermere | Cam Gillies | (250) 342-9605 |
| Nov 5-6 | Penticton | J. Dunn Parchomchuk | (250) 492-6775 |
| Nov 11-12 | Rossland | Ann Quarterman | (250) 362-5956 |
| Nov 11-12 | Vancouver | Doug Grimes | (604) 353-6991 |
| Dec 2-3 | Courtenay | Marilyn Atkinson | (250) 338-9345 |

COMMUNITY COACHING WORKSHOPS

| | | | |
|-----------|---------------|---------------------|----------------|
| Nov 18-20 | Squamish | Lynn Ayers | (604) 815-0912 |
| Nov 18-20 | Penticton | J. Dunn Parchomchuk | (250) 492-6775 |
| Nov 25-27 | Rossland | Ann Quarterman | (250) 362-5956 |
| Nov 25-27 | Kimberley | Thom Tarte | (250) 427-4415 |
| Nov 25-27 | Revelstoke | Matt Smider | (250) 683-9012 |
| Nov 25-27 | Vancouver | Doug Grimes | (604) 353-6991 |
| Nov 25-27 | Smithers | Sandra Nash | (250) 847-0022 |
| Nov 25-27 | Vernon | Troy Hudson | (250) 439-7070 |
| Dec 2-4 | Kelowna | Deren Sentesy | (250) 979-0338 |
| Dec 2-4 | Prince George | Sally Connon | (250) 564-3809 |
| Dec 9-11 | Wells Gray | Suzanne Foster | (250) 674-8383 |
| Dec 9-11 | Kamloops | Dana Manhard | (250) 299-1717 |
| Dec 9-11 | Invermere | Cam Gillies | (250) 342-9605 |
| Jan 13-15 | Courtenay | Marilyn Atkinson | (250) 338-9345 |

LEARNING TO TRAIN (DRYLAND) WORKSHOPS

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|--------------|-----------------|------------------|----------------|
| Apr 29-May 1 | Fernie | Clark Weber | (250) 946-6644 |
| Sept 23-25 | Nelson | Louise Poole | (250) 825-9202 |
| Oct 14-16 | North Vancouver | Doug Grimes | (604) 353-6991 |
| Oct 14-16 | Prince George | Sally Connon | (250) 564-3809 |
| Oct 21-23 | Smithers | Sandra Nash | (250) 847-0022 |
| Oct 28-30 | Courtenay | Marilyn Atkinson | (250) 338-9345 |
| Nov 18-20 | Kelowna | Deren Sentesy | (250) 979-0338 |
| May 12-14 | Prince George | Sally Connon | (250) 564-3809 |

LEARNING TO TRAIN (ON-SNOW) WORKSHOPS

| | | | |
|-----------|---------------|------------------|----------------|
| Nov 18-21 | Vancouver | Doug Grimes | (604) 353-6991 |
| Dec 1-3 | Vernon | Troy Hudson | (250) 439-7070 |
| Dec 9-11 | Kelowna | Deren Sentesy | (250) 979-0338 |
| Dec 9-11 | Courtenay | Marilyn Atkinson | (250) 338-9345 |
| Dec 16-18 | Prince George | Sally Connon | (250) 564-3809 |

TRAINING TO TRAIN WORKSHOPS

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|-----------|---------|----------|----------------|----------------|
| May 13-15 | Dryland | Whistler | N. Beaumont | (250) 545-9600 |
| Nov 25-27 | On-Snow | Whistler | Maria Lundgren | (604) 906-1081 |

LEARNING TO COMPETE (ON-SNOW) WORKSHOP

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|-----------|---------|----------|-------------|----------------|
| Nov 23-27 | On-Snow | Whistler | N. Beaumont | (250) 545-9600 |
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Cross Country BC Contact List

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