



Kal Tire Bunny Rabbit & Jack Rabbit Program: Coaching

The Kal Tire Bunny Rabbit & Jack Rabbit Skill Development Programs (SDP) requires certified coaches to lead every group. The groups are limited to 8 skiers, unless there is an assistant coach or co-coach available.

The Strathcona Nordics Ski Club (SNSC) runs the SDP programs for 10 weeks from January to March on Saturdays and Sundays. Coaches have the option to:

- Participate for the full 10 weeks;
- Co-coach and share the sessions with another coach;
- Assist another certified coach; or
- Act as an alternate coach on an as needed basis.

Coaching certification for participation in the Rabbit SDP involves taking required Cross Country Canada (CCC) coaching courses:

- Introduction to Community Coaching (available as an online course)
- Community Coaching (16 hrs dryland, and on-snow)
- Completing a Making Ethical Decisions (available as an online test)

SNSC will cover the cost of the courses for your commitment to participate in coaching in some capacity with the Kal Tire Rabbit Programs.

SNSC typically hosts the Community Coaching course sometime in December each year. View the Coaching page for upcoming course dates.

Once you have completed the coaching courses, you can complete the online Making Ethical Decisions test at any time.

To move from a status of trained to a status of certified, you must:

- Complete a minimum of 20 hours of coaching;
- Participate in some kind of season wind-up, ski tournament or other age-appropriate FUNdamental special activity;
- Fill out your Practical Experience Form; and
- Have either the club Head Coach, Rabbits SDP Coordinator, or other SNSC Director sign the form.

Coaches will be further supported by annual Coaching Refresher clinics with the Club Head Coach. Coaches will also have the opportunity to do small group and/or one-on-one mentoring with the Head Coach to further develop their coaching skills.

Cross Country Canada (CCC) details about coaching qualifications

The key improvements of a competency-based NCCP include:

- A greater emphasis on coach abilities; certification based on a proven ability to do versus simply to know.
- A structure for the program that is able to accommodate differences between sports, types of coaches, and environments in which coaches work.
- Coach training and certification based on the needs of the participants and as experiential as possible.

The new NCCP model distinguishes between training and certification:

- Coaches can participate in training opportunities to acquire or refine the skills and knowledge required for a particular coaching context as defined by the sport. However to be certified in a coaching context, coaches must be evaluated on their demonstrated ability to perform within that context in areas such as program design, practice planning, performance analysis, program management, ethical coaching, support to participants during training, and support to participants in competition.

In the new NCCP system a coach is described as:

- In Training – when a coach has completed some of the required training for a context;
- Trained – when a coach has completed all required training for a context;
- Certified – when a coach has completed all evaluation requirements for a context.

Certified coaches enjoy the credibility of the sporting community and of the athletes they coach. They are recognized as meeting or exceeding the high standards embraced by more than 60 national sport federations in Canada. Fostering confidence at all levels of sport, certification is a benefit shared by parents, athletes, sport organizations, and our communities.

To check your certification status, please visit the Coaching Association of Canada website: <https://www.coach.ca/>.