

The logo for the Canada Snowboard Coaching Program. It features the text "CANADA SNOWBOARD" in a black, sans-serif font at the top. A red stylized snowboard icon is positioned between "CANADA" and "SNOWBOARD". Below this, the word "COACHING" is written in a large, bold, blue, sans-serif font. At the bottom, the word "PROGRAM" is written in a large, bold, black, sans-serif font.

CANADA  SNOWBOARD
COACHING
PROGRAM

Competition Introduction

Evaluation Guide

This guide is designed as a tool to assist evaluators and coach candidates in determining what is an acceptable portfolio by providing samples of each portfolio piece as well as outlining the evaluation guidelines for completion of the mentorship/evaluation.

The CSCP Competition Introduction Portfolio shall contain the following;

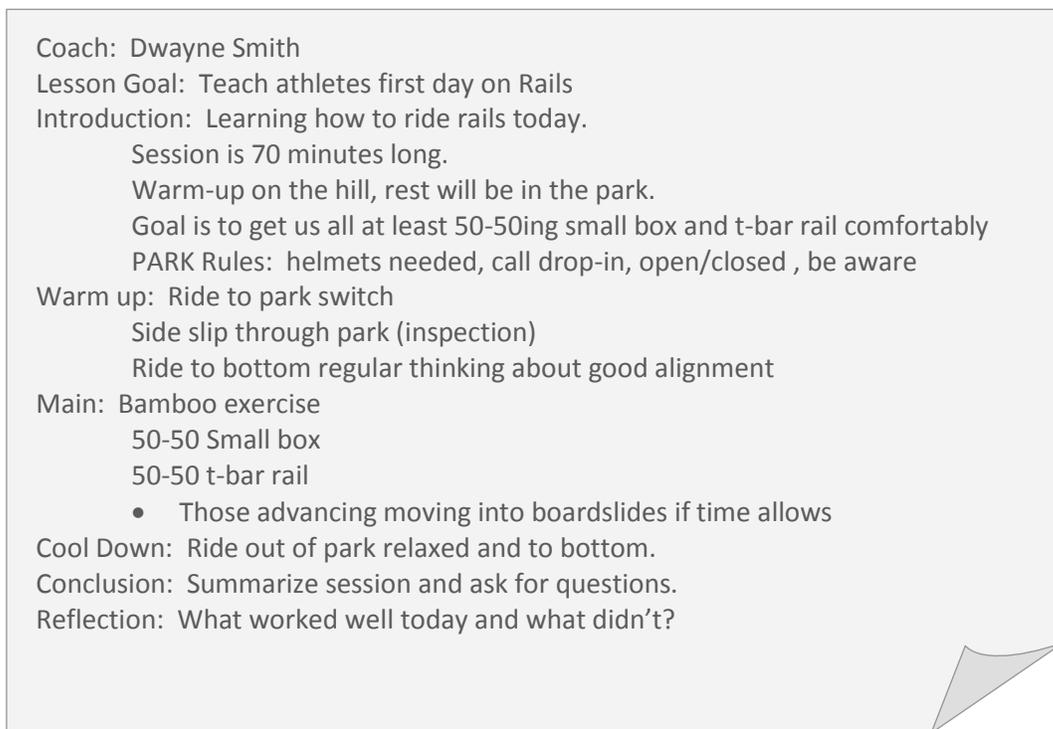
1. A Session plan
2. An Emergency Action Plan (EAP)
3. A communications plan/sample letter to parents

1. A Session Plan

The session plan should be structured to outline the six parts of a snowboard session as taught in the Basic Coach course. It should contain significant detail for a coach to understand the idea of the session and have a plan B or stalling strategies to ensure the session will be successful in any situation.

The evaluator is looking to ensure that the coach candidate is able to plan a safe and structured session for athletes at the Learn to Ride level.

Sample: A 'Good' Session Plan



Coach: Dwayne Smith
Lesson Goal: Teach athletes first day on Rails
Introduction: Learning how to ride rails today.
Session is 70 minutes long.
Warm-up on the hill, rest will be in the park.
Goal is to get us all at least 50-50ing small box and t-bar rail comfortably
PARK Rules: helmets needed, call drop-in, open/closed , be aware
Warm up: Ride to park switch
Side slip through park (inspection)
Ride to bottom regular thinking about good alignment
Main: Bamboo exercise
50-50 Small box
50-50 t-bar rail
• Those advancing moving into boardslides if time allows
Cool Down: Ride out of park relaxed and to bottom.
Conclusion: Summarize session and ask for questions.
Reflection: What worked well today and what didn't?

Positives:

- Session is correctly broken into the 6 main parts of a snowboard session.
- Includes clear goal for coach & athletes
- Reviews park rules/safety relating to the session
- Has an option for more advanced riders or to turn to if moving quickly through the session

Potential Recommendations:

- Include both a general warm up to get blood flowing and a specific .
- List stalling strategies or a Plan B if the box/rail were closed/in rough condition.
- Give some time estimates for each section so coach knows if on track.

Sample: A 'Great' Session Plan

Coach: Dan Smith

Date: January 4th, 2010

Lesson Goal: Generating Lift, Spin Progression

Introduction (2): Prepare site, welcome athletes

What: Generating Lift, spin progression

When: 70 minutes

Where: Warm up on hill, generating lift and spin progression on bunny hill, hill again if time permits

Why: Goals for the session are to gain skills of getting air and then adding spinning to develop freestyle skills and increase control inn overall riding.

EAP will be discussed on chair lift; discuss what happens in the case of an emergency, someone will block train in front of injured athlete, coach contacts ski patrol.

Warm up (13): *General:* Grape vine, arm circles, leg swings, torso twists, warm up run.

At bottom of hill: 4 ways to generate lift – coast, pop, Ollie, nollie

Pop, Ollie, nollie without and with board on.

Specific: 1/3 run generate lift anyway you want. 2/3 follow the leader in pairs generating air (switch partners half way)**Main Part (40):** Bunny Hill.

Pop, Ollie, nollie over bamboo. Reverse bamboo if time permits

Top of hill, no board – 4 ways to spin (frontside/backside – regular & switch).

Side Slipping 180's back and forth.

Sideways across hill, bend, straighten, turn 180, bend – frontside & backside.

Sideways across hill, pop 180's all four directions.

On hill if time permits: practice 180's working on arm windup, sucking legs up , spotting, and completing full 180.

Cool Down (10): Full run riding regular and switch relaxed. Stretch at bottom of hill.**Conclusion (5):** Today we learned the 4 ways to generate lift – review them. Learned the 4 directions of spin – review them. These skills will help with freestyle riding and freeriding.

Reminder that practice will increase comfort with these new skills.

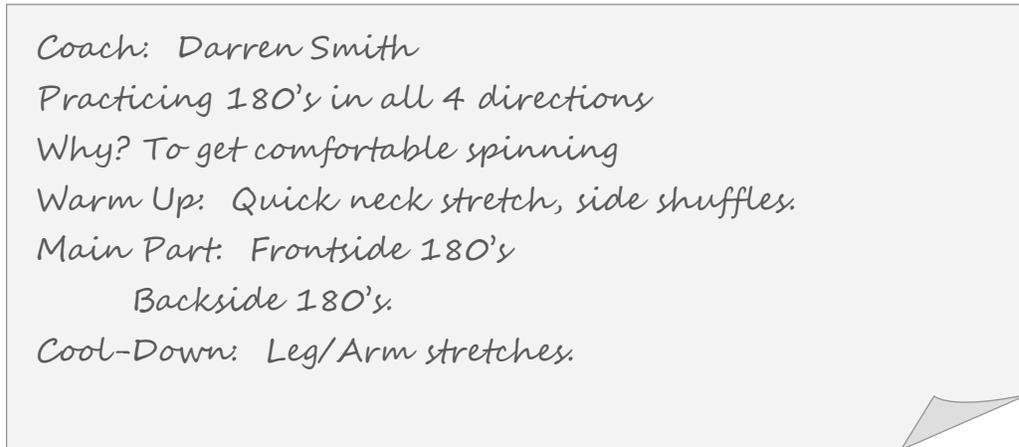
Reflection: What worked well today and what didn't?**Positives:**

- Great detail & options if time allow
- Session plan time breakdown
- Each part of the session is broken into its part and it includes a full warm-up and cool down.
- Reviews safety aspects related to session

Potential Recommendations:

- Include notes on next practice/competition at the end of the practice.

Sample: A session plan that requires improvement



Positives:

- Some evidence of session breakdown (Warm-Up, Main, Cool down)

Potential Recommendations:

- Fully break session plan down into the six parts of a snowboards session
- Include more detail in each section on what will be covered
- Define a session goal.
- Define a session length and break down the sections with estimated times.
- Include a plan B or stalling strategies.
- Expand on current Warm-Up and Cool-Down activities.

2. An Emergency Action Plan (EAP)

The EAP is required to demonstrate that the new coach has a plan to assist them in responding to emergency situations. The idea behind having such a plan prepared in advance is that it will help you respond in a reasonable and clear-headed way if an emergency occurs.

The Evaluator should be looking to ensure the candidates EAP includes the following;

- Who is in charge in the case of an emergency and an assistant.
- Telephone location or cell phone plan
- Emergency telephone numbers as well as contact numbers (list where they are kept).
- Basic medical profile of each athlete
- Directions to provide to Emergency Medical Services (EMS)

Sample EAP: Requires some improvement

Emergency Action Plan (EAP)	
Training Venue: Martock 902-798-9501	
Emergency Contact Info: (Repeat for each athlete).	
Athlete Name: _____	Phone: _____
Emergency Contact: _____	Phone: _____
Brief Medical History:	
Directions to Martock: Take Exit 7, turn right, turn left onto the Chester Rd. Drive. Turn left onto road at Martock Sign.	

Feedback Suggestions:

- Should include who is in charge as well as an assistant.
- Detailed directions to the hill with a note on where the directions start from.

Sample: An improved 'Good' EAP

Emergency Action Plan (EAP)	
Ambulance: 9-1-1	
In Charge: Sarah Smith (Coach). Assistant: Sam M. (Coach) or Matt D. (senior athlete)	
Training Venue: Ski Patrol #: 902-798-5671	
Martock Ski Hill Tel: 902-798-9501.	
Address: 7628 Martock Rd. Windsor, NS B6G7Y2	
Telephone: Cell phone with Coach Sarah. Pay phone located near bathrooms through mail lodge doors. Office phone located in main office on left.	
Emergency Contact Info: (Repeat for each athlete).	
Athlete Name: _____	Phone: _____
Emergency Contact: _____	Phone: _____
Brief Medical History:	
Directions to Martock: From Highway 101 heading East, take exit 7. Turn right at the bottom of the exit and left onto the Chester Rd. Drive 8 km's and turn left at the Martock Ski Hill sign just past the corner store on your right.	

3. A Communications Plan/Sample Letter to parents.

Good communication from coaches to parents and athletes will be the key to the success in any snowboard program. Athletes and Parents need to know what is going on before they will support what you're doing.

The coach can submit either a full communications plan outlining who initiates communication in a program, main contacts, forms of communication, etc. Or they can submit a simple 'welcome to the program' letter that outlines;

- Parents main point of contact
- Details of programming.

ABC Snowboard Club

www.abcsnowboard.com

Welcome parents & athletes to the 2011 season with the ABC Snowboard Club.

Communication through the season will occur primarily through emails sent from the head coach each Thursday as well as regular website updates. If you have specific questions or concerns not dealt with our regular communications, please feel free to contact the head coach via email.

Practices will take place Tuesday's and Thursday's from 6-8pm at the Hongel Ski Hill. The group meets at the base of the Erase Run and spends 10 minutes warming up. Late athletes are asked to meet the group and wait at the line up for the chair lift.

The club's athletes will be competing in two RBC Riders events this winter which will take place at Hongel Ski Hill on January 31st and February 20th. Please schedule full days for these events and details will be sent out as the season gets rolling.

Thank you & we look forward to a great season.

Joe Doe, Head Coach.

Email: joedoecoach@gmail.com

The Competition Introduction on-snow mentorship & evaluation

Introduction

The goal of the CSCP Competition Introduction mentorship program is to ensure that coaches are gaining guidance and gaining experience during their early coaching careers and to assist the coach in completing the certification pathway for this stage.

DUTIES

The coach:

- completes her or his portfolio before the evaluation as it may be required to prepare for the observation (for example, the coach may submit a detailed plan of the session that should be implemented during the observation),
- registers for evaluation online,
- schedules a practice session with the Evaluator during online registration,
- implements a practice for observation, and
- engages in a debriefing with the Evaluator.

The Evaluator:

- coordinates the exchange of the portfolio and the scheduling of the observation sessions,
- evaluates portfolio items and identifies areas that are deficient ,
- evaluates the submitted portfolio provides feedback to the coach before observation,
- observes coach during grass roots practice and/or competition and completes Evaluation Form following third observation.
- conducts a debriefing after the observation using debriefing guidelines, and
- submits a recommendation and action plan to the coach and to Canada~Snowboard.

Evaluation Criteria to be met by the end of observations:

		Rate here				
Date						
Coach						
Evaluator						
PLAN A SESSION		Not seen	Good	Great	#	Total sum per Criteria
Criteria	Evidence	0	1	2		
Identifies logistics	Athletes' age, abilities and performance levels are identified.				1 □	0
	The session has a clearly identified goal, consistent with snowboarding's LTAD and the timing of the year.				2 □	
	Main segments of the session are identified: intro, warm-up, main part, cool-down and a conclusion/reflection				3 □	
Identifies activities in each part of the session	Planned activities are effectively described through illustration, diagram, explanation				4 □	0
	Activities are purposeful and linked to overall session goal (purposeful means that the activities match snowboarding's LTAD).				5 □	

SUPPORT TO ATHLETES IN TRAINING		Bad	Good	Great		Total per Criteria
Criteria	Evidence	0	1	2		
Ensures that the session environment is safe	Surveys the session site for potential safety concerns.				6 ◻	0
	Takes steps to minimize risk to participants before and throughout the session – Includes equipment, adapting to environmental factors				7 ◻	
	Present an Emergency Action Plan (EAP) that contains elements specific to the facility being used.				8 ◻	
Implements an appropriately structured and organized session	Coach clearly communicates session and learning objectives.				9 ◻	0
	session is well organized, structured and time framed to the development of the session objectives.				10 ◻	
	Athletes are actively engaged in performance and learning objectives – cognitive, affective, physical, .				11 ◻	
	Breaks are provided for appropriate recovery and hydration.				12 ◻	
	Activities are appropriate for the level of the athlete – snowboard LTAD				13 ◻	
	Main session segments are evident (warm up, main part, cool down)				14 ◻ 15 ◻	
Makes interventions that promote learning	Coach creates opportunities to interact with all athletes				16 ◻	0
	Coach and/or demonstrator is position so that athletes can see and hear				17 ◻	
	Explanations and demonstration provide opportunities for athletes to learn basic skills.				18 ◻	
	Provides feedback and instruction that clearly identifies what to improve and how to improve				19 ◻	
	Feedback is positive, specific and directed towards both the group and individuals				20 ◻	

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ANALYSE PERFORMANCE		Bad	Good	Great		Total per Criteria
Criteria	Evidence	0	1	2		
Coach detects performance	Observes skills from adequate vantage point(s) based on the snowboard skill being performed				21 ◻	0
	Coach can identify key performance indicators that can potentially impact basic snowboarding skills.				22 ◻	
	Identifies potential causes of skill error (EEPPTT)				23 ◻	
Coach corrects performance	Identifies specific correction based on observation of movement phases and in accordance with the skill / development progression checklist.				24 ◻	0
	Prescribes an appropriate activity and or drill that assists athlete to make correction in performance.				25 ◻	
	Asks participant's consent for physical contact when assisting in correcting a skill error				26 ◻	

SUPPORT TO ATHLETES IN COMPETITION		Bad	Good	Great		Total per Criteria
Criteria	Evidence	0	1	2		
Pre-competition: Implements procedures that prepare for readiness	Manages own anxiety/stress level in an effective way, in order not to become a source of distraction for the athlete				27 ◻	0
	Ensures athletes perform appropriate physical warm-up.				28 ◻	
During EVENT: Makes decisions and interventions	Provides athletes with encouragements, confidence building comments, and motivating feedback.				29 ◻	0
	Behaves in a controlled manner and shows respect towards officials, opponents and own athletes.				30 ◻	
After EVENT: Uses the competitive experience in a meaningful manner for the development	Debriefs performance with athletes, and provides constructive feedback that identifies what and				31 ◻	0
	how to develop greater performance.				32 ◻	

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