**NCCP Triathlon Coaching Pathway**



**Community Sport Coach**

You may already coach at the community level or you’re thinking about coaching. Often, you’re a parent whose child is involved in sport, or a volunteer who works with participants of all ages that are new to a sport.

There are two levels of workshops for community triathlon coaches: ***Youth*** and ***Adult*** participation. Triathlon Canada offers the following NCCP workshops:

**Triathlon Youth Community Coach**

This workshop is appropriate for those who want to coach children in triathlon and/or related sports. The practical and applied training will integrate the sport’s values into physical training and teach coaches the 3F’s of coaching children (fun, form, fitness) while educating them in physical literacy and the sport’s various techniques.

**Triathlon Adult Community Coach**

This workshop is for both beginner and experienced coaches who are currently coaching, or intend to coach athletes 18 and older. Through this two-day workshop, coaches will learn how to plan safe and effective practices, make ethical decisions, and learn basic technical skills.



**Competition Coach**

Coaches in the Competition stream usually have previous coaching experience or are former athletes in triathlon. They tend to work with athletes over the long term to improve performance, often in preparation for provincial, national, and international competitions.

There are two levels of workshops for competition triathlon coaches that reflect the stages of athlete development: ***Introduction*** and ***Development***.

* The ***Competition – Introduction*** context is designed for coaches of athletes moving from the *FUNdamentals* to the *Learn to Train* and *Train to Train* stages of long-term athlete development.
* The ***Competition – Development*** context is designed for coaches of athletes ranging from the *Train to Train* to the *Train to Compete* stages of long-term athlete development.

**Competition Introduction**

This 2-day workshop is designed for coaches who have completed a triathlon Community Sport Coaching workshop and who wish to learn applied planning and training, how to create a yearly training plan (YTP), and to deepen their knowledge of skills assessment and performance analysis.

***Please Note: Coaches wishing to take this workshop must have completed Portfolio Paper 1 which follows the Community Sport course, and have received a passing grade on the Make Ethical Decisions online evaluation.***

**Competition Introduction (Evaluation)**

This workshop is the practical evaluation for those coaches who have completed both a Community Sport workshop and the Competition Introduction workshop. Additionally, coaches registering for this workshop must have completed Portfolio Paper 2 which follows the Competition Introduction workshop (and have submitted a Coaching Hours log) to their marker.

**Competition Development (Mentored Learning Plan)**

Tailored for high-performance coaches of competitive Junior /U23 athletes, late maturating athletes, or athletes that have transferred from other sports, this one to two-year program is designed for experienced coaches that wish to develop individual learning/experiential training plans, and to continue their coaching development through a mentor program.