



# Coach Professional Development Inventory

The following is an inventory of *some* of the Professional Development opportunities and resources that BCAS has shared with coaches in BC in 2019 and 2020.

## Webinars

### 1. Long-Term Development in Sport & Physical Activity

Presented by Jaime Thompson to Head Coaches during the 2019 Annual Coaches Meeting

**COST:** Free      **DELIVERED:** June 2019

*This [resource](#) provides a framework for the development of every child, youth, and adult to enable optimal participation in sport and physical activity. The objective of the framework is to promote both sporting excellence at the highest international level and life-long engagement in health-enhancing physical activity. This third edition brings a number of important updates and enhancements.*

### 2. “Coaching IS Teaching”

Delivered by Jennifer Koptie, the webinar was presented to coaches in BC and across Canada

**COST:** \$25      **DELIVERED:** November 2019      **PD POINTS:** 2

With more than 22 years of coaching experience (16 on the international stage) as well as a ‘day job’ as a Phys Ed and Special Education teacher, Jennifer brings a wealth of knowledge to our coaches as well as a coaching philosophy that is “student-athlete” focused.

This interactive webinar will have three over-arching themes that will be linked to the technical side of coaching artistic swimming:

- a. Teaching a Lesson - planning, teaching strategies, and effective athlete management
- b. Descriptive Feedback
- c. Gap Analysis - informing your future plan and guiding next steps.

The webinar will also include an open Q&A period where coaches can ask questions specific to the topics covered or other technical questions (i.e. figures, elements, drills, etc.).

## In-Person Opportunities

### 1. The Artistic Swimming Pathway: Benchmarking and Monitoring for High Performance

Delivered by Canada Artistic Swimming’s Chief Sport Officer Julie Healy during Training Meet #2.

**COST:** FREE      **DELIVERED:** December 2019      **PD POINTS:** 2

This session presented the critical relationship and correlations between the national and provincial high performance pathways.

## PD Opportunities

### 1. Cultural Awareness in Youth Sport

**COST:** \$24.95

**SHARED:** July 2019

**PD POINTS:** At least 2 *PD points not stated in the course description*

*Sport offers many opportunities to meet people and learn about various cultures. This course on [Cultural Awareness in Youth Sport](#) examines the basic concept of culture and provides sport leaders with practical ways to model cultural awareness to youth players.*

### 2. NCCP Nutrition Module

**COST:** \$20.00

**SHARED:** August 2019

**PD POINTS:** 5

*The [NCCP Sport Nutrition](#) module helps coaches understand how to support athletes and their parents or caregivers in making effective nutrition choices.*

### 3. All Youth Matters: Inclusion Training

**COST:** FREE

**SHARED:** September & October 2019

**PD POINTS:** 3

*Based on deep consultation with nearly 250 youth and over 100 inclusion experts, viaSport's [All Youth Matter: Inclusion Training](#) was developed to equip sport and recreation leaders to make a difference in the lives of diverse youth in their community.*

### 4. National Coaches Week FREE Courses

**COST:** FREE

**SHARED:** September 2019

**PD POINTS:** various

*Each year during [National Coach Week](#) in September, the NCCP offers a list courses at no cost to coaches.*

### 5. Canucks Autism Network – Supporting Positive Behavior Module

**COST:** FREE

**SHARED:** September 2019

**PD POINTS:** self-report

*[CAN](#) is offering an eLearning module: **Supporting Positive Behaviour**, which focuses on managing group behaviour when working with kids of all abilities. [Access the resource here](#) for free using the code: JSCAN-A2B3C4D.*

### 6. NCCP Managing Conflict Module

**COST:** \$85

**SHARED:** October 2019

**PD POINTS:**

*After completing the [NCCP Managing Conflict](#) module, you will be able to:*

- a. identify common sources of conflict in sport;*
- b. determine which individuals or groups are most likely to find themselves in situations involving conflict;*
- c. prevent and solve conflict resulting from misinformation, miscommunication, or misunderstandings; and*

- d. *listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials, and other coaches.*

7. **Canadian Women & Sport Webinars**

**COST:** FREE      **SHARED:** March 2020      **PD POINTS:** self-reporting

4 Free [Webinars](#): *Supporting Newcomer Girls & Women Through Sport; Empowering Girls Through Positive Coaching; Webinar for Women: Jointing a Board; Directing Change: Towards Gender Equitable Sports Boards*

8. **Canadian Women & Sport Learning Opportunities**

**COST:** varies      **SHARED:** April 2020      **PD POINTS:** varies

*Canadian Women & Sport is dedicated to creating an equitable and inclusive Canadian sport and physical activity system that empowers girls and women as active participants and leaders. We partner with a wide variety of organizations, offering [customized solutions, practical tools, and research](#) that support them to advance gender equity in their communities.*

## Additional Resources

To continue supporting BC coaches through COVID-19, viaSport has assembled a series of resources available to further coach education and training:

1. **viaSport** – We are offering a number of core multi-sport NCCP courses via Online Delivery. Participate in a live, online classroom setting to continue your coach training. View the courses offered and more information [click here](#).
2. **NCCP Home Study** – The [NCCP home study program](#) is designed for coaches unable to attend an in-class course due to location, work or coaching schedule.
3. **CAC e-Learning** – Certain multi-sport NCCP training is available as on-demand eLearning in the [Locker](#). NCCP [Sport Nutrition](#) (\$20.00) and [Making Head Way](#) (free), are great modules to start with.
4. **CAC Safe Sport** - Everyone has a part to play when it comes to making sport safe and inclusive for all. The [Coaching Association of Canada](#) has developed Safe Sport Training to give you the knowledge and skills to create safe environments by recognizing, addressing and preventing maltreatment in sport. Take the training [here](#). *\*\*BCAS coaches can expect this training to be mandatory to coach artistic swimming in BC.*
5. **CSI Speaker Series** - [Canadian Sport Institute Pacific](#) has a speaker series covering a variety of topics to support athletes from mental health, to training tips during this time. View their [on-demand page](#) for access to free presentations.