

# CANADA ARTISTIC SWIMMING

The logo for Canada Artistic Swimming is composed of three stacked words: 'CANADA' in red, 'ARTISTIC' in dark blue, and 'SWIMMING' in light blue. A red maple leaf is positioned to the right of 'CANADA'. The letters 'I' and 'C' in 'ARTISTIC' are stylized to resemble a swimmer's arms and legs. Blue splashes and water droplets are scattered around the text, particularly on the right side.

***COACH DEVELOPMENT UPDATE***

***June 2021***



# COACH DEVELOPMENT UPDATE

- ☑ ***Coach education philosophy & Coaching Excellence Model***
- ☑ ***Overview of our collective responsibilities to CAC and NCCP***
- ☑ ***Revised CAS Coach Development Pathway effective April 1st***
- ☑ ***Context updates: AquaGO!, Comp Intro and Comp Dev***
- ☑ ***Questions?***



# COACH EDUCATION

***Every athlete deserves to be coached by a **trained and competent, professional coach in a safe and welcoming environment.*****

***A coach will impact more people in a year than the average person will in their lifetime!***



# FOUNDATION FOR COACHING EXCELLENCE



# ACCOUNTABILITY TO CAC

- **CAS and the PTSOs are partners in the delivery of coach education**
- **The CAS Coach Education Program/Pathways adhere to **NCCP standards, policies and procedures** as set out by the **Coaching Association of Canada (CAC)**.**
- **“Trained Coaches “ must demonstrate the **required competencies** for their context to be certified (**CAC Standards**)**
- **Development and Delivery of the NCCP:**
  - **Context development and approval (by the CAC)**
  - **NCCP Program Delivery (including minimum age standards, online delivery)**
  - **Coach Developers (LF, CE, MCD)**
  - **Maintenance of Certification**



# COACH DEVELOPMENT PATHWAY

- **CAS Coach Development Pathway is revised and effective as of April 1, 2021**
- **Posted on [artisticswimmingcoach.ca](http://artisticswimmingcoach.ca) "CAS Coach Pathways" page**



The screenshot shows the website header with the logo, navigation menu, and main content area. The main content area features the title "CAS Coach Pathways" and two links. A yellow arrow points to the second link, which is the updated pathway link.

**Join [artisticswimmingcoach.ca](http://artisticswimmingcoach.ca)**

Welcome to [artisticswimmingcoach.ca](http://artisticswimmingcoach.ca)  
Course Calendar  
Online Tools  
**CAS Coach Pathways**  
CAS Coach Developer Pathways  
Certification Requirements  
Maintenance of Certification and PD  
What is the NCCP?  
NCCP Multi-Sport Training  
NCCP Resources  
Safe Sport  
Contact Info

UANA

## CAS Coach Pathways

[Click here for the Canada Artistic Swimming NCCP Operations Manual](#)  
[Click here for Canada Artistic Swimming's Coach Development Pathway \(Effective April 1, 2021\)](#)

## AquaGO! Instructor Pathway

The AquaGO! Instructor workshop is for instructors working in a recreational non-competitive program. This workshop supports instructors working with recreational levels. The AquaGO! program has two distinct phases toward certification. Completion of each phase provides the instructor with one of two designations: "Trained" or "Certified".

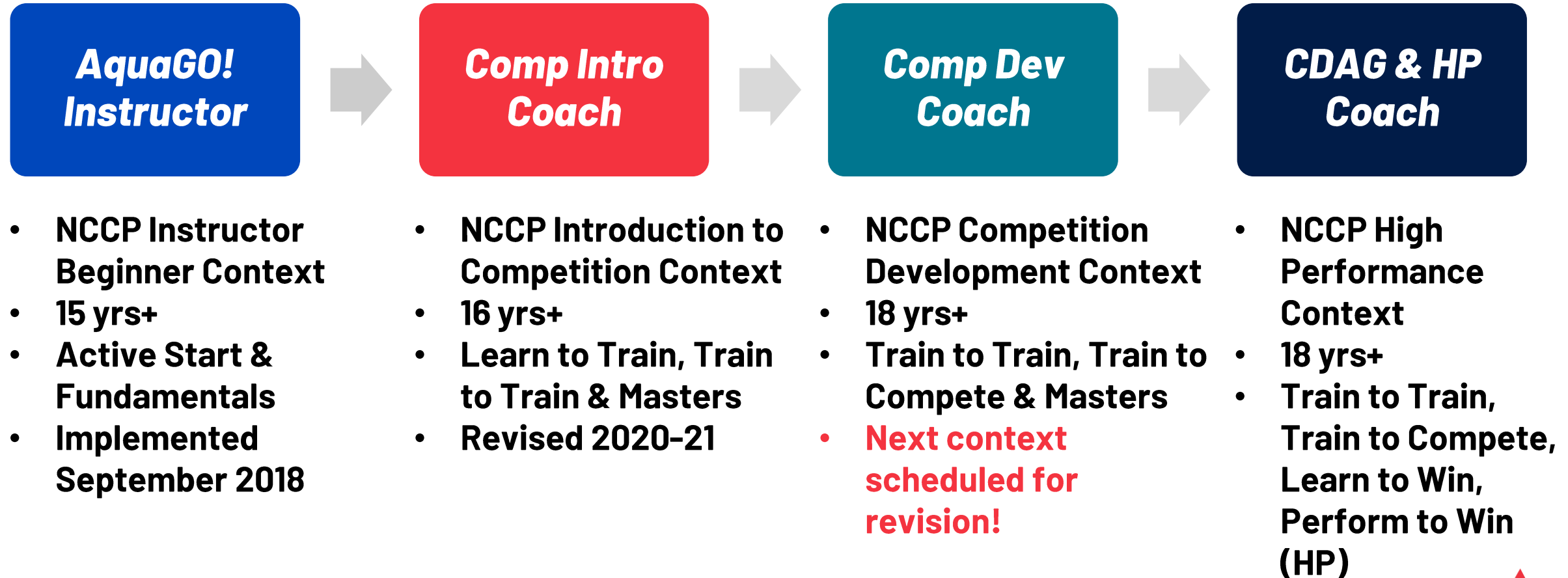
**TRAINED STATUS:**

Instructors have completed the following requirements:

- AquaGO! Specific Workshop (NSO/PSO): Delivering AquaGO! Module, LTAD & Fundamental Movement Skills Module, Swimming Fundamentals Module, Bring a Lesson Plan to Life Module, Artistic Swimming Skills Module
- NCCP Multi-sport: Make Ethical Decisions Workshop, Emergency Action Plan eLearning Workshop



# COACH DEVELOPMENT PATHWAY



<b>AquaGO! (16.5 hrs)</b>	<b>Comp Intro (25 hrs)</b>	<b>Comp Dev (30 hrs)</b>
Introduction	Introduction	Introduction
LTD & Fundamental Movement Skills	Planning for Performance, Part 1	Developing Athletic Abilities
Swimming Fundamentals	Introduction to Athletic Abilities & Skills	Planning a Practice (2)
Bring a Lesson Plan to Life	Figure Foundations	Performance Planning
Artistic Swimming Skills	Developing and Training Routines	Analyze Figure Abilities
Practical in-pool component	Planning for Performance, Part 2	Analyze Routine Abilities
	Planning a Practice	Manage a Sport Program
	Analyze Performance	Practical in-pool component
	Practical in-pool component	
<b>NCCP Multisport (approx. 3.5 hrs):</b> Coach Initiation in Sport, Make Ethical Decisions (MED), Emergency Action Plan (EAP)	<b>NCCP Multisport (approx. 11 hrs):</b> Making Head Way, Sport Nutrition, Basic Mental Skills, Teaching and Learning	<b>NCCP Multisport (approx. 30 hrs):</b> Coaching & Leading Effectively, Leading Drug Free Sport, Managing Conflict, Prevention & Recovery, Psychology of Performance

**COACHES ACQUIRE SKILLS AND COMPETENCIES IN A PROGRESSIVE MANNER**



# NCCP MAKE ETHICAL DECISIONS



**Effective September 1, 2020** instructors/coaches will be REQUIRED to take NCCP Make Ethical Decisions TRAINING (3.5 hour module delivered by Provincial/Territorial Coaching Association) as part of their required training (as per our CAS Coach Development Pathway for AquaGO!, Comp Intro & Comp Dev). Note that CAC states “Any coach requiring NCCP trained status will require the NCCP Make Ethical Decisions Training.” Instructors/Coaches then complete MED online evaluation as an outcome of their Evaluation and Certification. Anyone who has completed MED online evaluation prior to September 1, 2020 is exempt – this is not retroactive.



# AQUAGO!

- **Online Modules 1-3 fully operational and implementation and delivery ongoing with PTSOs with CAS Online LFs.**
- **Day 2 of training (Modules 4 and 5 and in-pool practical) to be conducted in accordance with Return to Coaching protocols. Option for virtual classroom delivery by CAS Online LFs as temporary solution.**
- **In-pool portion solution implemented + Evaluation timeframe extension due to Covid-19.**
- **Pre-req requirement for Comp Intro (April 1, 2021 / Sept 1, 2021)**  
"Required to be AquaGO! "In-training" (completed modules 1-3) effective April 1, 2021.  
"Trained" status (completed modules 1-5) will be required as of September 1, 2021"



# AQUAGO!

Intro to Artistic Swimming – AquaGO!								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
<b>AquaGO! Instructor</b> <i>(Prerequisite to Comp Intro as of April 1, 2021)</i>	15 years of age	Active Start FUNdamentals	Clubs Aquatic Facilities Municipalities	<b>Sport Specific Modules (NSO/PSO):</b> <ol style="list-style-type: none"> <li>1. Delivering AquaGO!</li> <li>2. LTAD &amp; Fundamental Movement Skills</li> <li>3. Swimming Fundamentals</li> <li>4. Bring a Lesson Plan to Life</li> <li>5. Artistic Swimming Skills</li> </ol>	<b>TRAINED</b>	<input checked="" type="checkbox"/> AquaGO! Evaluation: <ul style="list-style-type: none"> <li>• Must be 16 years of age</li> <li>• Must have completed AquaGO! in-pool practical/micro-teaching</li> <li>• AquaGO! Evaluation Quiz</li> <li>• AquaGO! Portfolio</li> <li>• Observed delivering an AquaGO! lesson</li> </ul>	<b>CERTIFIED</b>	10 PD points every 5 years
	<b>Pre-requisites:</b> <ul style="list-style-type: none"> <li>✓ Member in good standing</li> <li>✓ First Aid Training recommended</li> <li>✓ Mandatory pre-course work:               <ul style="list-style-type: none"> <li>• Completes Coach Initiation in Sport online module: <a href="https://thelocker.coach.ca">https://thelocker.coach.ca</a></li> <li>• Sport for Life Intro to Physical Literacy course &amp; quiz</li> <li>• CAS LTAD Framework reading &amp; quiz</li> <li>• Required reading</li> </ul> </li> </ul>	<b>NCCP Multi-Sport Modules:</b> <ol style="list-style-type: none"> <li>1. Make Ethical Decisions Workshop</li> <li>2. NCCP Emergency Action Plan (EAP) eLearning Workshop</li> </ol>	<input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> <li>1. Analyze performance</li> <li>2. Provide support to athletes in training</li> <li>3. Make Ethical Decisions (online evaluation)</li> </ol>					



# COMPETITION INTRODUCTION

- **Revised pathway (new course!) effective September 1, 2020. Implementation with PTSOs as of April 1, 2021.**
- **Current Comp Intro Evaluation stands until revised evaluation package is posted (no major changes planned).**
- **Comp Intro coaches who currently hold a “trained” status but have not been evaluated yet are strongly recommended to complete the now required NCCP multi-sport modules.**
- **Comp Intro coaches who are +2 years trained (noting 2020 and 2021 season exemption) without being evaluated and certified will be required to take the revised Comp Intro course.**



# COMPETITION INTRODUCTION

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
<b>Competition Introduction</b> <i>Revised and effective as of Sep 1, 2020</i>	16 years of age	Learn to Train Train to Train Masters	Clubs Provincial Championships	<b>Sport Specific Modules (NSO/PSO):</b> 1. Introduction 2. Planning for Performance Part 1 3. Introduction to Athletic Abilities and Skills 4. Figure Foundations 5. Developing and Training Routines 6. Planning for Performance Part 2 7. Planning a Practice 8. Analyze Performance 9. Practical In-Pool component	<b>TRAINED</b>	<input checked="" type="checkbox"/> Competition Introduction Evaluation: <ul style="list-style-type: none"> <li>• Submit Comp Intro Portfolio</li> <li>• In-practice observation and debrief by evaluator</li> <li>• In-competition observation and debrief by evaluator</li> </ul> <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> <li>1. Design a sport program</li> <li>2. Plan a practice</li> <li>3. Provide support to athletes in training</li> </ol>	<b>CERTIFIED</b>	20 PD points every 5 years
	<b>Pre-requisites:</b> <ul style="list-style-type: none"> <li>✓ Member in good standing</li> <li>✓ First Aid Training recommended</li> <li>✓ <i>Required to be AquaGO! "In-training" (completed modules 1-3) effective April 1, 2021. "Trained" status (completed modules 1-5) will be required as of September 1, 2021.</i></li> </ul>							
	<b>Pre-course work:</b> 1. NCCP Coach Initiation in Sport* online module: <a href="https://thelocker.coach.ca">https://thelocker.coach.ca</a> 2. Sport for Life Intro to Physical Literacy* online course & quiz 3. CAS LTD Framework reading & quiz (via <a href="http://artisticswimmingcoach.ca">artisticswimmingcoach.ca</a> ) 4. Comp Intro pre-course homework workbook  <i>*if not previously completed</i>			<b>NCCP Multi-Sport Modules:</b> 1. Make Ethical Decisions Workshop* 2. Making Head Way in Sport eLearning Workshop 3. Emergency Action Plan (EAP) eLearning Workshop* 4. Sport Nutrition eLearning Workshop 5. Basic Mental Skills Workshop 6. Teaching and Learning Workshop  <i>*if not previously completed</i>		4. Support the competitive experience 5. Analyze performance 6. Make Ethical Decisions (online evaluation)*  <i>*if not previously completed</i>		



# COMPETITION DEVELOPMENT

- ***ALL NCCP Multisport TRAINING must be completed and on Locker Transcript (can't just challenge evaluation)***
- ***Competition Development is the next context that will be revised.***
- ***Evaluation requests are being managed as they come in to [coaching@artisticswimming.ca](mailto:coaching@artisticswimming.ca).***
- ***2021 Courses TBA (online).***
- ***Any questions/requests in regards to Comp Dev should be sent to [coaching@artisticswimming.ca](mailto:coaching@artisticswimming.ca)***



# COMPETITION DEVELOPMENT

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
<b>Competition Development</b>	18 years of age	Train to Train Train to Compete Masters	Clubs National Championships Provincial Teams Canada Games	<b>Sport Specific Modules (NSO):</b> 1. Developing Athletic Abilities 2. Planning a Practice (2) 3. Performance Planning 4. Analyze Figure Abilities 5. Analyze Routine Abilities 6. Manage a Sport Program	<b>TRAINED</b>	<input checked="" type="checkbox"/> NCCP Multi-Sport Online Evaluations: <ul style="list-style-type: none"> <li>• Make Ethical Decisions*</li> <li>• Managing Conflict</li> <li>• Leading Drug Free Sport</li> </ul> <input checked="" type="checkbox"/> Competition Development Evaluation**: <ul style="list-style-type: none"> <li>• Submit portfolio</li> <li>• In-practice observation and debrief by evaluator</li> <li>• In-competition observation and debrief by evaluator</li> </ul> <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> <li>1. Design a sport program</li> <li>2. Plan a practice</li> <li>3. Provide support to athletes in training</li> <li>4. Support the competitive experience</li> <li>5. Analyze performance</li> <li>6. Manage a sport program</li> </ol>	<b>CERTIFIED</b>	30 PD points every 5 years
	<b>Pre-requisites:</b>			<b>NCCP Multi-Sport Modules:</b> 1. Coaching & Leading Effectively Workshop 2. Leading Drug Free Sport Workshop 3. Make Ethical Decisions Workshop* 4. Making Head Way in Sport eLearning Workshop* 5. Managing Conflict Workshop 6. Prevention & Recovery Workshop 7. Psychology of Performance Workshop		*if not previously completed		
	<ul style="list-style-type: none"> <li>✓ Member in good standing</li> <li>✓ First Aid Training recommended</li> <li>✓ <u>Required</u> to be Competition-Introduction trained (effective as of July 1, 2020)</li> </ul>							
	<b>Pre-course work:</b>							
<ul style="list-style-type: none"> <li>✓ Developing Athletic Abilities pre-course work</li> <li>✓ CAS LTAD Framework reading &amp; quiz</li> <li>✓ Pre-course reading</li> </ul>								
						*if not previously completed **recommended to be coaching athletes competing at national qualifier/national championships (team routine preferred)		



# MAINTENANCE OF CERTIFICATION

**PLEASE CHECK YOUR TRANSCRIPT REGULARLY + SAVE/SCREENSHOT JUST IN CASE!**



TRANSCRIPT



MAINTENANCE



COACH DEVELOPER



SELF-REPORT



## Artistic Swimming

### COACH

INSTRUCTOR BEGINNER

SINCE

EXPIRES

P.D. POINTS



**Certified AquaGO! Instructor**

15-Aug-2018

Jan 2024

10 / 10

### TRAINING

AquaGO! Instructor Workshop

Etobicoke ON

6-May-2018

### EVALUATION

AquaGO! Instructor Evaluation

Etobicoke ON

6-May-2018

### COACH

SYNCHRO COMPETITION - DEVELOPMENT

SINCE

EXPIRES

P.D. POINTS



**Certified Synchro Comp-Dev (Transferred)**

8-Oct-2014

Jan 2025

25 / 30

### TRAINING

Developing Athletic Abilities

Etobicoke ON

7-Mar-2019

### EVALUATION

- none -

### COACH

SYNCHRO COMPETITION - INTRODUCTION COACH

SINCE

EXPIRES

P.D. POINTS



**Certified Synchro Competition - Introduction (Transferred)**

8-Oct-2014

Jan 2025

20 / 20



# MAINTENANCE OF CERTIFICATION

The screenshot displays the 'coach.ca' website interface. The top navigation bar includes 'HOME', 'ELEARNING', 'CALENDAR', 'PATHWAYS', 'EVENTS', and 'RE'. A sidebar on the left contains icons for 'TRANSCRIPT', 'MAINTENANCE' (circled in red), 'COACH DEVELOPER', and 'SELF-REPORT'. The main content area is filtered for 'All sports' and 'All contexts'. Two certification profiles are shown:

- Artistic Swimming - Certified AquaGO! Instructor:**
  - Level: INST-BEG
  - Starts: Jan 2019, Expires: Jan 2024
  - Points: 10/10 (circled in red)
  - Expires: JAN 2024
  - Professional Development (NCCP):
 

Activity	Date	Points
Making Head Way in Sport	26-Sep-2018	5
NCCP Emergency Action Plan eLearning	2-Jul-2019	1
Safe Sport Training	28-Apr-2020	2
Nutrition	16-Sep-2020	5
eLearning - NCCP Sport Nutrition		
Leading a Return to Sport Participation	27-Apr-2021	3
Mental Health in Sport	3-May-2021	1
Developing Athletic Abilities	7-Mar-2019	5
Developing Athletic Abilities		
Ce portfolio	16-Sep-2018	5
AquaGO! Instructor Evaluation CE Training	17-Jan-2019	5
- Synchro Comp-Dev (Transferred):**
  - Level: COMP-DEV
  - Starts: Jan 2020, Expires: Jan 2025
  - Points: 25/30 (circled in red)
  - Expires: JAN 2025
  - Professional Development (NCCP):
 

Activity	Date	Points
Safe Sport Training	28-Apr-2020	2
Nutrition	16-Sep-2020	5
eLearning - NCCP Sport Nutrition		
Leading a Return to Sport Participation	27-Apr-2021	3
Mental Health in Sport	3-May-2021	1
LF Training For Online Delivery	8-May-2020	3
  - Professional Development (NON-NCCP (MULTI-SPORT)):
 

Activity	Date	Points
Sport Leadership sportif	6-Nov-2020	3
Coach Conference (1)	24-Mar-2021	1
Leadership (1)	25-Mar-2021	1



# FREE NCCP ELEARNING MODULES



**SAFE SPORT TRAINING**

**FORMATION SECURITE DANS LE SPORT**

**coach.ca** | Coaching Association of Canada  
Association canadienne des entraîneurs

The banner features a central image of a woman in a red shirt talking to a man in a blue shirt, framed by a white geometric shape. The background is black with red and white diagonal stripes.

## Mental Health *in Sport*

Take the Free eLearning



**coach.ca**  
Coaching Association of Canada  
Association canadienne des entraîneurs

The banner has a black background with red and white diagonal stripes on the left side.



## Leading a Return to Sport Participation

Design an effective return to sport plan

Free eLearning > [Learn More](#)



# NEW FINA JUDGING SYSTEM

➤ <https://learning.fina.org/live-replay-artistic-swimming/>

FINA LEARNING PLATFORM // WEDNESDAY, 31 MARCH 2021 // 15:00 CET / LIVE SESSION

HOW ARE WE DEFINING THE DIFFICULTY IN ROUTINE HYBRIDS IN THE NEW JUDGING SYSTEM FOR ARTISTIC SWIMMING?

LEARNING.FINA.ORG

#FINAlearningplatform #waterisourworld | www.learning.fina.org

FINA LEARNING PLATFORM // WEDNESDAY, 24 MARCH 2021 // 15:00 CET / LIVE SESSION

HOW ARE WE DEFINING THE DIFFICULTY OF ACROBATICS IN THE NEW ARTISTIC SWIMMING SCORING SYSTEM?

LEARNING.FINA.ORG

#FINAlearningplatform #waterisourworld | www.learning.fina.org

FINA LEARNING PLATFORM // WEDNESDAY, 17 MARCH 2021 // 15:00 CET / LIVE SESSION

HOW WILL THE OFFICIALS BE SCORING SYNCHRONISATION WITH THE NEW ARTISTIC SWIMMING JUDGING SYSTEM?

LEARNING.FINA.ORG

#FINAlearningplatform #waterisourworld | www.learning.fina.org

FINA LEARNING PLATFORM // WEDNESDAY 10, MARCH 2021 // 17:00 CET / LIVE SESSION

WHY WE NEED TO RECALIBRATE THE CURRENT FINA ARTISTIC SWIMMING JUDGING SYSTEM?

PRESENTERS  
LISA SCHOTT (CAN)  
CHAIR OF FINA TASC  
MARIE JOSE BILBAO (ESP)  
CHAIR OF FINA INNOVATION COMMITTEE

ATHLETE PERSPECTIVE  
BILL MAY (USA)  
ATHLETE, COACH, EDUCATOR  
VIRGINIE DEDJEU (FRA)  
INTERIOR ARCHITECT, COACH, CHOREOGRAPHER

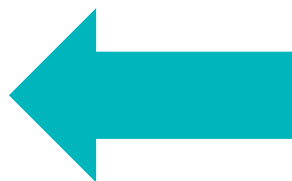
LEARNING.FINA.ORG

#FINAlearningplatform #waterisourworld | www.learning.fina.org

➤ <https://learning.fina.org/coaches-officials-artisticswimming/>

Difficulty Chart Introductory Guide

Classification and Degrees of Difficulty of Acrobatic Movements in Artistic Swimming



2 documents (drafts) to download and start learning about the new system!



# COACH DEVELOPMENT UPDATE

***QUESTIONS?***

**CANADA**   
**ARTISTIC**   
**SWIMMING**

