



BECOMING A SPECIAL OLYMPICS COACH

"A GOOD COACH CAN CHANGE A GAME, A GREAT COACH CAN CHANGE A LIFE"

- JOHN WOODEN

Coaches provide sport training to the athletes in each Affiliate. Athletes' fitness development, skill development, and competition are coaches' primary focus areas. Coaches must be at least 16 years old, while Head Coaches must be at least 18, and all coaches must register as a volunteer with Special Olympics Alberta, complete a police information check, and have Special Olympics NCCP certification. Coaching courses are offered by the NCCP and Affiliates.

All coaches must meet the required skills within one year and be able to competently perform the administrative functions, as well as the coaching duties & responsibilities as outlined below.

For safety reasons, the Head Coach and 50% of the remaining coaches must have first aid training. All coaches must meet the established required information checks and orientation, as well as skills in the coaching qualifications (as outlined below) through the National Coaching Certification Program (NCCP).

HEAD COACH REQUIREMENTS

1. Police information check
2. First aid training
3. [SO Learn](#) online volunteer orientation
4. *NCCP Special Olympics Canada Competition Coach Course* **or** *NCCP Special Olympics Community Coach Course*
5. NCCP Sport Specific Technical training
6. Making Ethical Decisions (MED) ('MED – evaluated' required for National Games)



ASSISTANT COACH REQUIREMENTS

1. Police information check
2. First aid training
3. [SO Learn](#) online volunteer orientation
4. NCCP Coach Education (*Competition or Community Course*)

STEP-BY-STEP COACH ON-BOARDING PROCESS:

- Step 1: Volunteer contacts Chapter/Local Program
- Step 2: Chapter/Local Program representative meets w/ volunteer for screening/placement purposes (in-person/phone) and checks their references.
- Step 3: Volunteer is assigned to a program
- Step 4: Volunteer attends Chapter/Local Program orientation event (if applicable)
- Step 5: Volunteer completes the online orientation and quiz/Police Record & Vulnerable Sectors Check. If a PRC has been completed within the last 12 months, volunteers will not be asked to complete another one at this time.
- Step 6: Volunteer starts with program
- Step 7: Volunteer completes NCCP training. Must be completed within 1 year of starting with a program



The [National Coaching Certification Program](#) gives coaches the training and tools they need to succeed – in coaching and in life. NCCP training gives coaches the skills and self-confidence to excel, and to instill that confidence in their athletes. Ultimately, that’s what NCCP is all about: developing responsible coaches, inspiring future leaders, and celebrating our potential, both on and off the field of play.

The National Coaching Certification Program Special Olympics Canada coach education program provides workshops for coaches in both the community and competition contexts. These workshops provide the Special Olympics coach with knowledge to coach a Special Olympics athlete. To ensure the consistent high-quality of our programs and to support the development of our coaches, we offer multiple training opportunities through the NCCP. This is divided into two areas:

(1) SPECIAL OLYMPICS SPECIFIC

These courses and sessions are focused on coaching individuals with an intellectual disability. In order to coach with Special Olympics, all coaches are required to take this training and is done through the NCCP.

Community Course

This is a one day course designed for coaches who primary interest is coaching at the community level and attending local competitions.

The purpose of the Special Olympics Canada Community Coach workshop is to provide the coach with an introduction to the knowledge, skills, abilities and attitudes needed when coaching athletes with an intellectual disability. The Workshop introduces fundamental motor skills and ethical decision making.



A Trained SOC Community Coach is expected to:

- Foster the love of sport or physical activity in a fun and safe environment
- Promote participation and fitness in all ability levels
- Foster the acquisition of fundamental motor skills through a variety of activities and games
- Coach in local programs at least once a week which may offer intensity competitions

This workshop is recommended for all Special Olympics coaches who coach at a local level and is required for all those who will coach at Provincial Games.

(2) SPORT SPECIFIC

Within the Competition context, the Special Olympics coach must also participate in the sport-specific workshop. These sport-specific workshops provide the Special Olympics coach with what they need to know and be able to do in order to coach the technical aspects of their specific sport. They are offered by the sport governing body and will provide coaches with technical information about their sport of choice.

Competition Course

This is a two day course that is designed for coaches interested in developing their athletes for competition and have aspirations of coaches on Team Alberta or the National Team.

The goals of the SOC Competition Sport Course are preparation for local, provincial, national, and international competitions with the primary focus on safety, fun, fitness, fundamentals, and performance as well as teaching the basic skills of the sport.

Following completion of all training, a coach can choose to become certified in the Competition - Introduction context sport specific through an evaluation process

managed and coordinated by the generic National Sport Organizations (NSO) & Provincial Sport Organization (PSO).

A Trained SOC Competition Coach is expected to:

- Provide support to athletes in areas such as technical, physical tactical and mental preparation
- Coach in competition as well as in training
- Encourage an environment that is fun
- Coach may progress to various levels with their athletes or the coach may choose to work with athletes at a specific level
- Required for all coaches who wish to coach at National or International Games

In the NCCP, 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.

Once certified, certification requires maintenance through professional development points tracked online. Without this certification will expire.

HOW DO I ACHIEVE CERTIFICATION?

Coaches wishing to be certified will be required to demonstrate their ability to achieve requirements identified for their coaching context in areas such as:



- program design;
- practice planning;
- performance analysis;
- program management;
- ethical coaching;
- support to athletes during training and competition.

Special Olympics coaches wishing to be certified in their sport will be evaluated within their Special Olympics program. A trained, sport-specific evaluator will complete the evaluation. This provides a great opportunity for feedback and ensures quality programs for our athletes. The specific evaluation tools have been piloted in sport-specific Special Olympics programs.

For more details on coach education in Canada and the new NCCP, visit www.coach.ca, the official site for the Coaching Association of Canada.

For information on coach development opportunities within the province of Alberta, visit the [Alberta Sport Coach Development Page](#), or contact the specific provincial sport organization listed below in order to obtain your sport-specific coach requirement.



<u>SUMMER SPORT</u>	<u>COURSE / REQUIREMENTS</u>	<u>PHONE</u>	<u>WEBSITE</u>
5-Pin Bowling	Technical 1		www.c5pba.ca/
10-Pin Bowling	Technical 1	780-422-8251	www.gotenpinbowling.ca
Athletics	Level I (2009)	780-427-8792	www.athleticsalberta.com
Basketball	TBD	780-427-9044	www.basketballalberta.ca
Bocce	TBD		
Golf	TBD	403-236-4616	www.albertagolf.org
Powerlifting	125 practical hours		Through affiliate
Rhythmic Gymnastics	Foundations	780-427-8152	rgalberta.com
Soccer	Community Sport Youth/Senior	780-474-2200	www.albertasoccer.com
Softball	Community Sport on going	780-461-7735	www.softballalberta.ca
Swimming	Swimming 101 Fundamentals	780-415-1780	www.swimalberta.ca



<u>WINTER SPORT</u>	<u>COURSE / REQUIREMENTS</u>	<u>PHONE</u>	<u>WEBSITE</u>
Alpine Skiing	Instructor – Beginner	1-888-777-0444	www.snowpro.com
Cross country Skiing	Community Coaching & XC Intro	780-415-1738	www.xcountryab.net
Curling	Club Coach	780-427-8095	www.albertacurling.ab.ca
Floor Hockey	Ringette – Community	Through SOA	www.ringettealberta.com
Figure Skating	Fundamentals	780-415-0465	www.skateabnwtnun.com
Snowshoeing	125 practical hours		Through affiliate
Speed Skating	Primary star skate	403-220-7911	www.albertaspeedskating.ca