Quality Assurance in Coaching and Long Term Athlete Development

Wayne Parro, ChPC / Peter Niedre, ChPC
Coaching Association of Canada
Trained and Certified coaches are the key to integrating LTAD into coaching programs across Canada at all levels from playground to podium. Coaching Association of Canada is working on Quality Assurance to ensure this happens. In this session we will share some of the key indicators to successful quality assurance.
WHAT IS QUALITY ASSURANCE?
What is Quality Assurance?

: a program for the systematic monitoring and evaluation of the various aspects of a project, service, or facility to ensure that standards of quality are being met*

*Merriam-Webster
At your table, create a one-sentence definition of QUALITY ASSURANCE as it relates to coach education and certification.
3 Elements of Quality Assurance?

- People
- Processes
- Content
CANADA SPORT FOR LIFE MODEL
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Active Start
Males and Females 0-6

FUNdamentalals
Males 6-9
Females 6-8

Learn to Train
Males 9-12
Females 8-12

Train to Train
Males 12-16
Females 11-15

Train to Compete
Males 16-23+/
Females 15-21+/

Train to Win
Males 19+/
Females 18+/

Active for Life
Enter at Any Age
National Coaching Certification Program

The Goal: Coaches who can demonstrate their competence

- Competition
  - Master: Additional training and evaluation
  - Advanced: Additional training and evaluation
  - Certified: Coaches who have demonstrated their competence through evaluation are Certified.
  - Trained: Coaches who have completed training, but have not been evaluated are Trained.

- Development
  - Introduction
  - High performance

- Community Sport
  - Initiation
  - Ongoing participation

- Instruction
  - Beginners
  - Intermediate
  - Advanced

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REACH HIGHER
ALIGNMENT OF NCCP TO ATHLETE DEVELOPMENT

**What kind of coaching do you want to do?**
- I want to work with children, youth, or adults who are playing their sport for personal enjoyment.
- I want to work with children, youth, or adults who want to develop their competitive abilities in their sport.
- I want to work with children, youth, or adults who are learning their sport and want quality instruction.

**What kind of athletes do you want work with?**
- Children and beginners
- Youth and adult participants
- Beginners
- Developing athletes
- High performance athletes
- Beginners
- Intermediate performers
- Advanced performers

**Look for the following NCCP training opportunities.**
- Community Sport – Initiation
- Community Sport – Ongoing participation
- Competition – Introduction
- Competition – Development
- Competition – High performance
- Instruction – Beginners
- Instruction – Intermediate performers
- Instruction – Advanced performers
NCCP Quality Assurance and Long Term Athlete Development

Competent coaching, developmentally appropriate programming for every participant or athlete stage.
QA: COACH DEVELOPER TRAINING AND CERTIFICATION

• National standards for coach developers:
  – Front line pathway to quality coach education;
  – Consistent across all sports;
  – Focus on capacity building;
  – NSO and P/TCR support;
  – Locker support.
• Pro-active approach to improvement of the NCCP:
  – Evaluation;
  – Barriers to the certification process;
  – Quality of the evaluation process;
  – Competency of coaches after certification.
• What are coaches saying about the NCCP?:
  – Survey sent via the Locker;
  – Understand the gaps and opportunities;
  – Coach focused – results in a better experience for all athletes;
  – Direct impact on content revisions.
QA: REVISION CYCLE

• Development and implementation of cycle of revision of curriculum and products:
  – Content is current;
  – Content aligns and matches participant and athlete development stages;
  – Delivery methods continue to be appropriate for learning content, and learning environment (e.g., in-person classroom, online, home study, etc.)
1) What does Quality Assurance look like with respect to LTAD in the NCCP?

2) What are LTAD considerations to examine when CAC revises its NCCP MSMs?

Discuss at your table.
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THANK YOU!

pniedre@coach.ca

wparro@coach.ca