



## Sliding Sports mentoring program

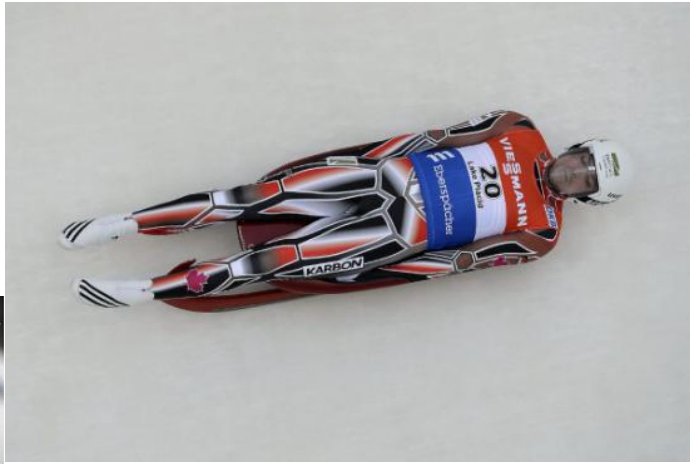
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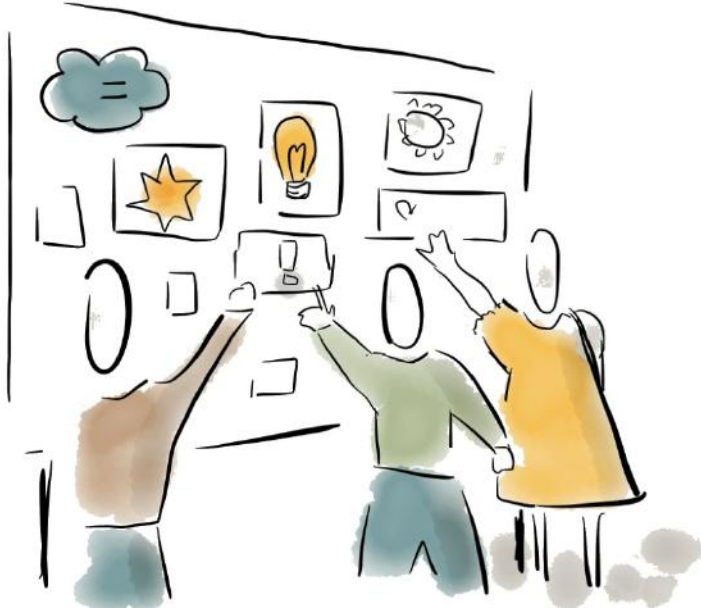
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# Sliding Sports mentoring program

## Workshop



## Mentoring





## Sliding Sports mentoring program

**Mentor**



**Evaluator**

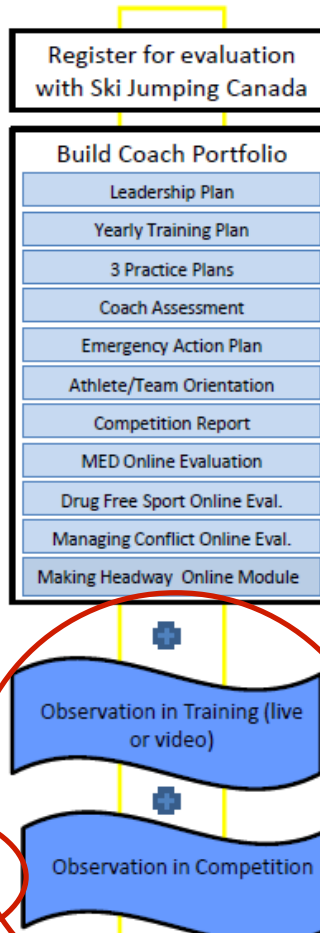
**Contextual reality**

# Bobsleigh/Skeleton Canada Competition Development Pathway

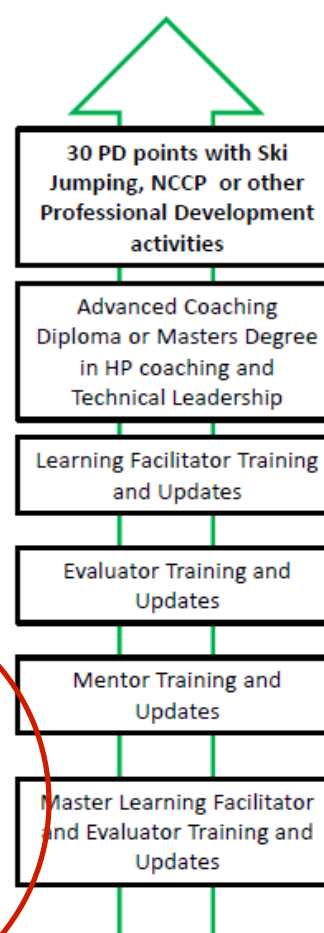
## Training Phase



## Certification Phase



## Maintenance Phase



Dev Coach Trained



Dev Coach Certified



Dev Coach Maintained



# MENTORSHIP TRAINING

**coach,ca**  
REACH HIGHER  
VISER PLUS HAUT



## OVERVIEW

### Objectives:

- Understand the **concept of mentorship** as it is outlined in this module
- Understand the **concept of cognitive coaching**
- Perform the **skills required** for an effective mentorship
- Utilize the **three steps of the mentorship process**



# Evaluation/Mentoring Tool

## Observe Training

**Criterion:**

	Supporting evidence for criterion	Comments	No evidence	Needs Improvement	Meets Expectation	exceeds Expectation	Highly Effective	Score
M	Survey the practice site		1	2	3	4	5	
M	Minimize risk to athletes before and throughout the practice (e.g., snow quality, safety boards, obstacles)		1	2	3	4	5	
M	Reinforce and teach appropriate competitive rules to enable a safe practice environment (gloves, ski length, helmets, coach presence)		1	2	3	4	5	
	Welcome athletes prior to practice		1	2	3	4	5	
	Communicate the practice goals/objectives to athletes		1	2	3	4	5	
	Dress appropriately for active coaching		1	2	3	4	5	
M	Ensure equipment is available and used appropriately throughout the practice		1	2	3	4	5	
M	Ensure terrain and space is used appropriately		1	2	3	4	5	
	Match delivery of practice with practice plan's goal(s)		1	2	3	4	5	
	Develop skill(s), tactics and/or athletic abilities in the main part of the practice		1	2	3	4	5	
	Maximize practice time such that participants have appropriate duration, transition, and waiting times		1	2	3	4	5	
	Provide breaks for appropriate recovery and hydration		1	2	3	4	5	
	Create opportunities to interact with all athletes		1	2	3	4	5	

**The End**

**Thank You**