



Free Training!



Volunteers needed!

Cross Country Skiing

Coaching Development Programs 2008

- Introduction to Community Coaching Dec 5/6, 2008 -
- Community Coaching Jan 16-18, 2009 -

The **Strathcona Nordics Ski Club Rabbits Program** relies on volunteer coaches to provide leadership for its successful Skill Development Program. The number of Rabbits able to participate each year depends on the number of coaches available. Our club regularly offers Cross Country Canada's National Coaching Certification Program (NCCP) Courses to increase coaching capacity.

Introduction to Community Coaching (ICC-10 hours). The workshop is designed to teach parents and other beginning coaches how to deliver a series of age-appropriate skill development sessions under the supervision of more experienced coaches. The orientation is for skiers of all age groups with an emphasis on working with children under six years of age. There are no prerequisites except enthusiasm!

ICC Dates and Times:

Friday, Dec 5th (7-10 pm) and Sat Dec 6th (9-4:30 pm), 2008
Location TBA, Courtenay

Community Coaching (CC-16 hours). This workshop is the second step in the NCCP progression. It provides essential training for coaches delivering an effective skill development program to children six to nine years of age (the FUNdamentals stage of skier development). The course is designed to train coaches to teach children intermediate technical skills in an enjoyable way so that it is FUN to learn, to select games that reinforce the technical skills being taught, and to design and lead on-snow sessions. Successful completion of the NCCP Introduction to Community Coaching Workshop is a prerequisite.

CC Dates and Times:

Friday, Saturday, Sunday January 16th-18th, 2009
Location TBA, Courtenay and Mt. Washington Resort

Course Fees:

free for club members

Registrations / Inquiries:

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