



Sailing to Win
La voile pour la victoire

Sailing for Life
La voile pour la vie

Development Coach Program 75-point Evaluation Criteria

Professionalism, Ethical Decisions	Y	N
Abides by the CYA Codes of Conduct and NCCP Code of Ethics		
Conducts themselves in a professional manner		
Implements ethical decision-making when solving problems with ethical components (uses MED process)		
Can clearly communicate personal coaching philosophy, including the purpose of their coaching, coach values, leadership styles, and why they choose to use these philosophies, values, and styles.		
Treats others with respect and commands respect in return		
Leads by example		
Continually seeks to improve themselves as “students of the game”		
Ensures all prerequisites and CYA Instructor Insurance is up to date		
Comments:		

Program Design - YTP	Y	N
Understands the level and competency of the athletes on the team based on the CYA LTSD models		
Is able to describe the sport demands of sailors at the elite level and how they relate to the athlete at their current level		
Outlines clear pathways for the athlete’s development dependant on age and skill level		
Organizes and sequences weekly training priorities and objectives to optimize adaptation		
Organizes an appropriate number of, and level of, competitions for the athletes’ abilities		
Organizes training and competition into an overall Yearly Training Program (YTP)		
Ensure athlete’s individual goals are in line with their YTP		
Comments:		

Program Management	Y	N
Regularly sets SMART goals with athletes and provides regular progress reports to keep athletes accountable		
Effectively manages a Support Team, facilitating communications, logistics, and budgeting with Support Team members		
Communicates plans clearly and in a timely fashion to parents, athletes, and co-workers		
Maintains a safe and functional coach boat, equipment, and working environment		
Networks with other coaches to develop skills, best practices, and efficiencies between surrounding programs		
Works efficiently with peers, mentors, and guest experts at home and at training camps and regattas		
Manages conflicts effectively and troubleshoots problems as they arise		
Is able to encourage recruitment from lower levels to the team & move successful team members to higher level groups		
Encourages passing athletes "up the chain" to regional centers to continue their development as they improve. Know the importance of their role in the chain.		
Encourages the holistic development of the athlete in non-sport contexts (school, community, social, etc)		
Comments:		

Structuring a Practice	Y	N
Correctly identifies the needs of the athlete group		
Selects appropriate drills to meet the need and sequences them correctly to build the skill		
Does due diligence checking the weather and preparing an emergency action plan		
Ensures appropriate equipment is ready for the session (i.e. marks & coach boat ready)		
Communicates goals of the session through a BRIEF briefing		
Sets up first drill quickly		
Manages subsequent drills effectively, adapting when necessary		
Controls group and time effectively to accomplish goals		
Provides opportunities for athletes to cool down, stretch, hydrate and eat, de-rig and change		
Runs an organized and interactive debrief, keeping athletes accountable to their own goals		
Comments:		

Class-Specific Knowledge	Y	N
Ability to communicate technical knowledge in at least one class (rigging, boathandling, boatspeed)		
Ability to use basic sail theory and knowledge from one class, to learn other classes		
Sources expert tactical/strategic input when the technical answers are not known.		
Comments:		

Analyzing Performance	Y	N
Confidently demonstrates accurate technical and strategic/tactical knowledge in conversations		
Is comfortable searching out the answers when they don't have the knowledge		
Watches, listens and asks questions of athletes before giving own feedback (2-way)		
Positions coach boat correctly to enable best use of observation & communication		
Times communication interjections appropriately		
Simplifies delivery of clear and specific information		
Can give positive and negative feedback effectively		
Can tailor feedback to individual's athlete's needs		
Can create rapport with athletes, and a positive learning environment		
Facilitates individual and team goals and keeps athletes accountable		
If using video, shoots "watchable" video that is relevant to the day's goals. Keeps video to an appropriately short length.		
Comments:		

Sport Science	Y	N
Communicates effectively to team why fitness, nutrition, mental preparation are relevant		
Ability to use outside resources and guest experts to communicate sport science concepts		
Follows-through a prescribed dry-land fitness training regime with team		
Creates time for 10-minute dynamic warm-up pre-session and static stretch post-session		
Continued reinforcement of regular hydration and nutrition on and off the water		
Role model nutrition & hydration practices		
Comments:		

Tactics and Strategy Module	Y	N
Understands the factors of basic tactical success at the Youth level – Start, Speed, Stay out of trouble		
Sequences core, tactical and strategic skills accordingly		
Place tactics and strategy into perspective relative to other skill sets		
Understands and can communicate RRS Fundamental Rules, Part 2, Race Course set-up , and Protests/Appeals.		
Sources expert tactical/strategic input when the answer is not known.		
Comments:		

Supporting the Competitive Experience	Y	N
Ability to place regatta correctly into yearly training perspective		
Ability to identify competition-specific factors that affect performance at regattas		
Ability to communicate procedures to prepare (mentally) for a competition		
Ability to facilitate logistics and support to attend regattas		
Recognizes need for athletes to perform on their own terms, and the coach's role to support this process during competition		
Ability to focus athletes on specific goals at competitions, focusing on tasks and not results to build athlete confidence		
Ability to run a simplified race day schedule		
Ability to position coach boat correctly on race course for optimal viewing, following Sailing Instructions, reducing wake for competitors, and driving through traffic in a safe manner		
Ability to behave in a controlled manner, respecting athletes, officials, and opponents		
Ability to time manage support on-water		
Uses interventions when appropriate to improve performance		
Ability to implement appropriate recovery strategies		
Ability to assist athletes with protest and redress situations		
Ability to troubleshoot and adapt as needed at competitions		
Ability to communicate use of regatta as a basis to further improvement with athletes		
Comments:		

Evaluator: _____ Date: _____

Candidate: _____ Date: _____

Circle One: **Development Coach (Trained)** **Development Coach (Certified)** **Fail**