



## CYA Development Coach Program Pathway to Certification and Schedule

Rob Fox, Fall 2011

### ***DCP – Placement in LTSD***

The CYA Development Coach Program is a training and certification program created by the Canadian Yachting Association to give 4-12 month Club and PSA race coaches the best possible tools, techniques, philosophies and mentoring, to service Competition-Development level athletes.



### ***DCP – Set-up***

The program is broken up into three parts:

1. Nomination to the course from a PSA and completion of prerequisites
2. Development Coach Course
3. Mentoring Period & Evaluation

Development Coach Candidates who successfully complete parts 1 and 2 AND pay their annual CYA Instructor Dues will be deemed “CYA Development Coach – Trained”. Development Coach Candidates who successfully complete parts 1,2, successfully complete the mentoring and evaluation process, AND pay their annual CYA Instructor Dues will be deemed “CYA Development Coach – Certified”.



**DCP – Philosophy**

The CYA Development Coach Program differs in several significant ways from the old “Orange” course that covered the same competition-development (NCCP 3) level.

The DCP program:

- **Emphasizes learning and instilling confidence and effectiveness in coach candidates, and places secondary emphasis on evaluation.**
- **Emphasizes practical on-water coaching and less in-classroom teaching.**
- **Places more importance on sport science elements of fitness, nutrition, and sport psychology than previously done.**
- **Incorporates mentoring with experienced F/T coaches as part of the program.**
- **Moves final evaluations out of the course, and into the field.**
- **Maintains a high level of expectations in *CERTIFYING* Level 3 coaches.**

**DCP Prerequisites**

<b>Prereqs</b>	Previous Racing Experience <b>LTSD and Sail/Rules Theory module (online)</b> Boat Rescue, First Aid, PCOC Card Nomination from PSA	Completed NCCP Workbooks before Development Coach Course
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**DCP Modules**



<b>Program Modules</b>	<p><b><u>Your Coaching Philosophy</u></b> Professionalism, Code of Conduct, Personal styles</p> <p><b><u>Structuring a Practice</u></b> Safety, Skill &amp; Drill progressions, On-water, Briefs &amp; Debriefs</p> <p><b><u>Program Design &amp; Management</u></b> LTSD &amp; Designing a Yearly Training Plan (YTP) Goal Setting, Self-Motivation, Logistics, working with Support Team</p> <p><b><u>Equipment-Specific Analysis</u></b> Radial, Doublehanded, Skiff guides</p> <p><b><u>Strategy and Tactics</u></b> 3 Simple Rules, Tactics &amp; Strategy Teaching Progression</p> <p><b><u>Feedback and Video</u></b> Getting information, Giving on-water and on-land feedback Video and Still photos as analytical tools</p> <p><b><u>Sport Science in Sailing</u></b> Hydration, Nutrition, Basic Fitness, Recovery</p> <p><b><u>Supporting Competitive Experiences</u></b> Prep for regattas, Coaching at regattas Using regattas as basis for further improvement</p>	<p><b><u>Coach and Lead</u></b> Leadership Skills</p> <p><b><u>Drug-Free Sport</u></b> Doping &amp; Making Ethical Decisions</p> <p><b><u>Conflict Management</u></b> Strategies for preventing &amp; managing conflict NCCP Code of Ethics and Fair Play</p> <p><b><u>Injury Prevention</u></b> 12 PAK movement patterns for prevention Recovery &amp; Regeneration techniques</p> <p><b><u>Athletic Ability</u></b> Testing &amp; training for speed, endurance, stamina, agility, balance, coordination, flexibility and strength</p> <p><b><u>Sport Psychology</u></b> Focus Planning, Visualization, Dealing with Distractions</p>
	<b>DCP Mentoring and Evaluation</b>	
<b>Evaluation</b>	<p>Candidate achieves “Trained” certification at course, is assigned at coach mentor for the season, and evaluated by a Development Coach LF throughout season to achieve “Certified” status</p>	<p>Module workbooks completed and submitted to NCCP Course Conductor for evaluation</p>

Evaluation criteria is shown at the beginning of every module and is compiled in the “*Development Coach Program Evaluation Criteria*” Document.

Throughout the season, the coach candidate must demonstrate all 75 points in the Evaluation criteria to their appointed mentor to achieve a “CYA Development Coach – Certified” status. **Criteria may be checked off by Development Coach Course Conductors where appropriate.**

A full page “*CYA Development Coach Program Overview*” is available for reference at the end of this module.

**Resources required for the CYA Development Coach Course**

The Development Coach Program advocates a move away from wasteful and impractical flip-chart presentations of clinics past, towards more frequent and relevant use of whiteboards in coaching.



Resources required for the Course	Resources brought by Candidates
Whiteboard & whiteboard markers (for each)	Appropriate sailing AND coaching gear
Drills resource	Whistle
DCP Reference Materials/Manual	Stopwatch
TV with Video hook-ups, video camera	Wetnotes
Projector & screen	Wind stick
Appropriate (powered) meeting room(s)	Yearly Training Plan
Appropriate facility for launching and storing boats, providing meals, access to coach boat gas and changing/washrooms.	Personal drills and other personal coaching resources
Appropriate venue for sailing given the time of year	
2-3 coach boats in excellent working order and of proper type	
8 marks in good condition	
6-10 one design sailboats in good working order	Personal sailboat
One of each Laser/Radial, 420 and 29er for demonstration	
Food and Accommodations TBC	Food and Accommodations TBC

### **Expectations of Development Coach Candidates:**

1) In preparation for the Development Coach Course, Development Coach candidates are expected to :

- Complete all prerequisites
- Prepare an initial draft of their Yearly Training Plan (YTP)
- Ensure they have all the correct equipment for the course
- Ensure they have a minimum of five days on-water training, preferably in the class of boat to be used at the course

Development Coach Candidates are also recommended to think about their preferences for a mentor coach once their course has ended, and preferably do pre-course coach mentoring with a recognized mentor coach.

2) At the Development Coach Course, Development Coach Candidates are expected to:

- Abide by the CYA Code of Conduct and NCCP Code of Ethics
- Have all their required resources
- Be punctual and organized
- Be involved in discussions and an involved learner
- Be prepared to share their expertise



3) After the Development Coach Course, Development Coach Candidates are expected to:

- Abide by the CYA Code of Conduct and NCCP Code of Ethics
- Capably lead a team of athletes and their Support Team in a 4-12 month Race Team program
- Be punctual, organized and professional in the execution of coaching duties
- Pay their CYA Instructor Dues
- Select a mentor coach to work with towards certification
- Be a leader in integrating their program with local, PSA, and CYA programs

### CYA Development Coach Program Overview

	<b>Development Coach Program</b>	<b>NCCP Comp-Dev</b>
<b>Program Overview</b>	Learn-to-Train → Learn-to-Compete	Competition-Development
	4-12 Month Program	12 month program
	70% Boathandling, Boatspeed, Starting 30% Racing, Theory, Strategy/Tactics, Sport Sci.	
	Local and regional racing leading to National, Continental, and perhaps World Competitions	
<b>Prereqs</b>	Previous Racing Experience <b>LTSD and Sail/Rules Theory module (online)</b> Boat Rescue, First Aid, PCOC Card Nomination from PSA	Completed NCCP Workbooks before Development Coach Course



<b>Program Modules</b>	<p style="text-align: center;"><b><u>Your Coaching Philosophy</u></b> Professionalism, Code of Conduct, Personal styles</p> <p style="text-align: center;"><b><u>Structuring a Practice</u></b> Safety, Skill &amp; Drill progressions, On-water, Briefs &amp; Debriefs</p> <p style="text-align: center;"><b><u>Program Design &amp; Management</u></b> LTSD &amp; Designing a Yearly Training Plan (YTP) Goal Setting, Self-Motivation, Logistics, working with Support Team</p> <p style="text-align: center;"><b><u>Equipment-Specific Analysis</u></b> Radial, Doublehanded, Skiff guides</p> <p style="text-align: center;"><b><u>Strategy and Tactics</u></b> 3 Simple Rules, Tactics &amp; Strategy Teaching Progression</p> <p style="text-align: center;"><b><u>Feedback and Video</u></b> Getting information, Giving on-water and on-land feedback Video and Still photos as analytical tools</p> <p style="text-align: center;"><b><u>Sport Science in Sailing</u></b> Hydration, Nutrition, Basic Fitness, Recovery</p> <p style="text-align: center;"><b><u>Supporting Competitive Experiences</u></b> Prep for regattas, Coaching at regattas Using regattas as basis for further improvement</p>	<p style="text-align: center;"><b><u>Coach and Lead</u></b> Leadership Skills</p> <p style="text-align: center;"><b><u>Drug-Free Sport</u></b> Doping &amp; Making Ethical Decisions</p> <p style="text-align: center;"><b><u>Conflict Management</u></b> Strategies for preventing &amp; managing conflict NCCP Code of Ethics and Fair Play</p> <p style="text-align: center;"><b><u>Injury Prevention</u></b> 12 PAK movement patterns for prevention Recovery &amp; Regeneration techniques</p> <p style="text-align: center;"><b><u>Athletic Ability</u></b> Testing &amp; training for speed, endurance, stamina, agility, balance, coordination, flexibility and strength</p> <p style="text-align: center;"><b><u>Sport Psychology</u></b> Focus Planning, Visualization, Dealing with Distractions</p>
<b>Evaluation</b>	<p>Candidate achieves “Trained” certification at course, is assigned at coach mentor for the season, and evaluated by a Development Coach LF throughout season to achieve “Certified” status</p>	<p>Module workbooks completed and submitted to NCCP Course Conductor for evaluation</p>



### CYA Development Coach Program: Course Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5
AM	Introduction Modelling of a Properly Structured Practice	Model Brief Morning Fitness Candidate Session	Brief Morning Fitness Candidate Session	Brief Morning Fitness Candidate Session	Supporting the Competitive Experience Reviewing MED & Sailing Theory Your Coaching Philosophy
Lunch	Debrief: Structuring a Practice	Morning Debrief	Morning Debrief	Morning Debrief	Wrap-up / Future Coach Actions (& One-on-One Interviews)
PM	Class-Specific Knowledge Radial or 420 Detection & Correction	Candidate Session Afternoon Debrief	Class-Specific Knowledge 420 or Radial or 29er Detection & Correction	Candidate Session Afternoon Debrief	Blue = On-water Green = On-land
Dinner					
Eve	Giving Feedback & Video	Sport Science: Nutrition, Fitness, Sport Psych, Injury Prevention, Athletic Ability (With Guest Experts)	Program Design & Management (+ LTSD, Conflict Mgmt)	Strategy/Tactics Basics	