

New Brunswick Sailing Association 2010 Coach Development Clinic's



Canadian Yachting Association
Association Canadienne de Yachting

Introduction

The Canadian Yachting Association Coach Development Program is one of the most highly regarded instructor training programs in the world. Certified coaches are in high demand across Canada and around the world. The New Brunswick Sailing Association offers coach development clinics for sailors interested in becoming CYA Learn-to-Sail coaches.

New Brunswick future coaches, and current coaches obtaining additional levels, will follow the coaching pathway shown below. More information on the new LTS coaching levels can be found on the next pages. Existing coaches can still teach the Learn-to-Sail programs that their levels allow until their certification expires (Typically 4 years from when they were certified). Coaching Clinics are comprised of 3 components of which must be completed in order.

1. Sailing Fundamental Course (Theory in the Classroom)
2. White Sail or Bronze Sail Coaching Technical Course (On-Water Coaching)
3. In-field Evaluation (Real Setting Evaluation of Coaching Skills)

The following are the capabilities of coaches as they progress through the Coach Development Program:

- In Training – The Coach Candidate has not completed all of the elements of the clinic or does not have all the required prerequisites. A Candidate "In-Training" may **NOT** certify sailors in a Learn to Sail White Sail Program.
- Trained – The Coach Candidate has completed all the elements of the clinic but has not yet successfully completed an in field evaluation. A candidate may work and certify sailors in a Learn to Sail White Sail Program for a period of 12 months once "Trained" status has been awarded.
- Certified – The Coach Candidate has completed all the elements of the clinic and has completed a successful in field evaluation. A "Certified" coach may certify sailors in a Learn to Sail White Sail when registered for the current year with the CYA

Candidates are expected to attend and participate in all aspects of the clinics unless previously approved by the New Brunswick Sailing Association and the Learning Facilitators running the Clinic. Failure to do so will result in a failure in the Clinic due to professionalism which is not able to be retested and therefore you will have to take the clinic again.

Please note that it is up to each candidate to find accommodations during these clinics. It is recommended that each candidate try to stay within the general area of the clinics as they will run from early in the morning to fairly late in the evening. If you are not from the area please contact the New Brunswick Sailing Association to try and arrange accommodations with other candidates.

Fundamental Course

Clinic Dates

Start: Saturday May 15th, 0900 hours

Finish: Sunday May 16th, 1700 hours

Description

The Fundamental Course is the first step in the coach's career. Successful completion of this course will enable the coach to attend further clinics such as Learn to Race or Learn-to-Sail coach clinics. The Fundamental Course has been developed to provide an opportunity for the coaches to reflect, problem solve, collaborate with peers and continue to build on knowledge from previous experiences, skills and new knowledge acquired from the clinic. This course is replacing the National Coaching Certification Program (NCCP) Introduction to Competition Level A and B and is required under the new NCCP system.

In this clinic training will be provided to enable the coach to:

- Use an ethical decision making framework
- Coach in a professional manner
- Plan appropriate drills/activities for land & water
- Design an emergency action plan
- Provide a safe environment on land and on the water
- Coach a structured land lesson
- Use effective interventions and teaching methods
- Communicate sailor progress to sailors and parents.

Prerequisites

- Minimum of 16 years of age when candidate will start coaching

White Sail Coach Clinic

Clinic Dates

Start: Saturday May 22th, 0900 hours

Finish: Monday May 24th, 1700 hours

Description

Upon successful completion of this course, the candidate will be a trained Canadian Yachting Association White Sail Instructor and qualified to teach and certify the White Sail I, II & III programs at his/her club when registered for the current year. Candidates will study and practice techniques of on water and on land teaching, attend lectures and group study sessions. The curriculum includes creative lesson planning, safety and emergency rescues, on water drills, and evaluation techniques.

In this clinic training will be provided to enable the coach to:

- Coach in a professional manner
- Plan appropriate drills/activities for land and water
- Design an emergency action plan
- Provide a safe environment on land and on the water
- Coach a structured land lesson
- Coach a structured on water session
- Use effective interventions and teaching methods
- Detect and correct skill errors
- Communicate athlete progress to athlete and parents
- Plan a LTS White Sail I, II or III course curriculum

You will be thoroughly evaluated on your sailing competency and theory knowledge. It is therefore highly recommended that applicants study theory and practices sailing skills up to the Bronze 5 level. You will be writing theory tests, as well as being tested on water for sailing ability. The coach will be also be assessed on a number of the criteria covered on the Fundamental Course & LTS Coach Clinic. Coaches that successfully meet the standard after assessment will be considered "Trained" & those that do not will remain "In Training".

White Sail Coaches must be formally evaluated coaching sailors in a White Sail I, II or III program after receiving "Trained" status. It **is the responsibility of the candidate** to schedule and pay for an in field evaluation with a CYA certified Learning Facilitator. Coaches that successfully meet the standard after an in field evaluation at his/her home club will be considered "Certified" & those that do not will remain as "Trained" status. "Trained" instructors have **12 months** from the time of the White Sail Coach clinic to become "Certified".

Prerequisites

- Minimum of 16 years of age when candidate will start coaching
- CCG Pleasure Craft Operators Card
- CYA Bronze Sail 4 Certificate and Seal
- CYA Fundamental Course
- First Aid (Minimum Emergency Level)
- Swimming Award (Boat Rescue, Bronze Medallion, other recognized by CYA)

All prerequisites must be up-to-date prior to the start of the clinic. A copy of all your prerequisites must be available to the Learning Facilitators at the beginning of the clinic or it may jeopardize the final stages of you becoming a certified instructor and being able to teach and certify CYA levels. If you are unsure of your status please contact the New Brunswick Sailing Association for clarification

Bronze Coach Clinic

Clinic Dates

Start: Saturday May 22th, 0900 hours

Finish: Monday May 24th, 1700 hours

Description

Upon successful completion of this course, the candidate will be a trained Canadian Yachting Association Bronze Sail Instructor and qualified to teach and certify the Bronze Sail programs (**ONLY**) at his/her club when registered for the current year. Candidates will study and practice techniques of on water and on land teaching, attend lectures and group study sessions. The curriculum includes creative lesson planning, safety and emergency rescues, on water drills, and evaluation techniques.

In this clinic training will be provided to enable the coach to:

- Coach in a professional manner
- Plan appropriate drills/activities for land and water
- Design an emergency action plan
- Provide a safe environment on land and on the water
- Coach a structured land lesson
- Coach a structured on water session
- Use effective interventions and teaching methods
- Detect and correct skill errors
- Communicate athlete progress to athlete and parents
- Plan a Bronze Sail course curriculum

You will be thoroughly evaluated on your sailing competency and theory knowledge. It is therefore highly recommended that applicants study theory and practices sailing skills up to the Bronze 5 level. You will be writing theory tests, as well as being tested on water for sailing ability. The coach will be also be assessed on a number of the criteria covered on the Fundamental Course & LTS Coach Clinic. Coaches that successfully meet the standard after assessment will be considered "Trained" & those that do not will remain "In Training".

Bronze Sail Coaches must be formally evaluated coaching sailors in a Bronze Sail program, within one year after receiving "Trained" status. It **is the responsibility of the candidate** to set up and pay for an in field evaluation time with a CYA certified Learning Facilitator. Coaches that successfully meet the standard after an in field evaluation at his/her home club will be considered "Certified" & those that do not will remain as "Trained" status. "Trained" instructors have **12 months** to become "Certified"

Prerequisites

- Minimum of 16 years of age when candidate will start coaching
- CCG Pleasure Craft Operators Card
- CYA Bronze Sail 5 Certificate and Seal
- CYA Fundamental Course
- First Aid (Minimum Emergency Level)
- Swimming Award (Boat Rescue, Bronze Medallion, other recognized by CYA)
- Signed Coach Code of Conduct (Completed at Course)

All prerequisites must be up-to-date prior to the start of the clinic. A copy of all your prerequisites must be available to the Learning Facilitators at the beginning of the clinic or it may jeopardize the final stages of you becoming a certified instructor and being able to teach and certify CYA levels. If you are unsure of your status please contact the New Brunswick Sailing Association for clarification



New Brunswick Sailing Association 2010 Coach Development Clinic's Registration

Registration

To register for a New Brunswick Sailing Association 2008 Coach Development Clinic, please complete this form and submit it along with a copy of all your **prerequisites** and a **\$50** registration fee deposit. The **deadline** for registration is **May 8th, 2010**. A \$20 cancellation fee will apply up to 7 days prior to the start of the clinic. There are no refunds within 7 days or less of the start of the clinic.

Name:	_____	Date of Birth:	_____
Home Phone:	_____	Emergency Contact:	_____
Street Address:	_____	City:	_____
Province:	_____	Postal Code:	_____
Email:	_____	Medicare #:	_____

Please select which clinics you would like to register for:

	Clinic	Dates	Cost
[]	Fundamental Course	May 15 & 16, 2010	\$150.00
[]	White Sail Coach Clinic	May 22 – 24, 2010	\$250.00
[]	Bronze Sail Coach Clinic	May 22 – 24, 2010	\$250.00

Send Application To

Sharon Mills
NBSA Executive Director
105 Bird Avenue
Fredericton, NB
E2A 2H8
(506) 472-2117 (H)
smills@nbsailing.nb.ca

Clinic Location

Royal Kennebecasis Yacht Club
1042 Millidge Ave
Saint John, NB
E2K 2P6

Prerequisites

If you do not have the indicated pre-requisite, please indicate when you will get it. You must have the appropriate "Sailing Experience" and Pleasure Craft Operator's Card before enrolling.

1) Sailing Experience

CYA Proficiency Level (attach photocopy as proof)

Bronze IV	Year: _____	Location: _____
Bronze V	Year: _____	Location: _____
Silver VI	Year: _____	Location: _____

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2) Swimming Proficiency (Must be Current – Check the Expiry Date on Your Certificate)

Royal Life Saving Society Boat Rescue or Bronze Medallion Swimming Award: (attach photocopy as proof)

Year Obtained: _____

3) First Aid (Must be Current – Check the Expiry Date on Your Certificate)

Emergency First Aid or Higher: (attach photocopy as proof)

Year Obtained: _____

4) Canadian Coast Guard Pleasure Craft Operator Card:

Must have prior to enrolling in course: (attach photocopy as proof)

Card Number: _____



5) Previous CYA Instructor / Coach Certification Levels Attained (attach photocopy as proof)

Fundamental Course:	Year: _____	Location: _____
White Sail Coach:	Year: _____	Location: _____
Bronze Sail Coach:	Year: _____	Location: _____

Release

I understand that it is a condition of my participating in this program that I do so at my own risk. Therefore in consideration of my acceptance of entry into this program, I agree to save harmless and keep indemnified New Brunswick Sailing Association, the host club or organization, the Canadian Yachting Association, the organizers and their respective agents, officials, servants and representatives from and against all claims, actions, costs, expenses and demands in respect to death, injury, loss or damage to my person or property, howsoever caused, arising out of or in connection with my taking part in this program, not withstanding that the same may have been contributed to or caused or occasioned by the negligence of the same bodies, or any of them, or their agents officials, servants or representatives. I further understand and agree that this release is binding upon myself, my heirs, executors and assigns. I understand that photographs and videos taken of program participants, staff may be used for promotional purposes and I hereby consent to such by the New Brunswick Sailing Association.

Candidates Signature: _____ Parent/Guardian Signature: _____ Date: _____

The parent or guardian **MUST** sign the release for each youth (Under 18).