

CANADA  SNOWBOARD  
**COACHING**  
**PROGRAM**

**Basic Coach Evaluator**

Portfolio Guide

This guide is designed as a tool to assist evaluators in determining what is an acceptable portfolio by providing samples of each portfolio piece.

## The CSCP Basic Coach Portfolio shall contain the following;

1. A Session plan
2. An Emergency Action Plan (EAP)
3. A communications plan/sample letter to parents

### 1. A Session Plan

The session plan should be structured to outline the six parts of a snowboard session as taught in the Basic Coach course. It should contain significant detail for a coach to understand the idea of the session and have a plan B or stalling strategies to ensure the session will be successful in any situation.

The evaluator is looking to ensure that the coach candidate is able to plan a safe and structured session for athletes at the Learn to Ride level.

### Sample: A 'Good' Session Plan

Coach: Dwayne Smith  
Lesson Goal: Teach athletes first day on Rails  
Introduction: Learning how to ride rails today.  
Session is 70 minutes long.  
Warm-up on the hill, rest will be in the park.  
Goal is to get us all at least 50-50ing small box and t-bar rail comfortably  
PARK Rules: helmets needed, call drop-in, open/closed , be aware  
Warm up: Ride to park switch  
Side slip through park (inspection)  
Ride to bottom regular thinking about good alignment  
Main: Bamboo exercise  
50-50 Small box  
50-50 t-bar rail  
• Those advancing moving into boardslides if time allows  
Cool Down: Ride out of park relaxed and to bottom.  
Conclusion: Summarize session and ask for questions.  
Reflection: What worked well today and what didn't?

#### Positives:

- Session is correctly broken into the 6 main parts of a snowboard session.
- Includes clear goal for coach & athletes
- Reviews park rules/safety relating to the session
- Has an option for more advanced riders or to turn to if moving quickly through the session

**Potential Recommendations:**

- Include both a general warm up to get blood flowing and a specific .
- List stalling strategies or a Plan B if the box/rail were closed/in rough condition.
- Give some time estimates for each section so coach knows if on track.

**Sample: A 'Great' Session Plan**

Coach: Dan Smith

Date: January 4<sup>th</sup>, 2010

Lesson Goal: Generating Lift, Spin Progression

**Introduction (2):** Prepare site, welcome athletes

What: Generating Lift, spin progression

When: 70 minutes

Where: Warm up on hill, generating lift and spin progression on bunny hill, hill again if time permits

Why: Goals for the session are to gain skills of getting air and then adding spinning to develop freestyle skills and increase control in overall riding.

EAP will be discussed on chair lift; discuss what happens in the case of an emergency, someone will block train in front of injured athlete, coach contacts ski patrol.

**Warm up (13):** *General:* Grape vine, arm circles, leg swings, torso twists, warm up run.

At bottom of hill: 4 ways to generate lift – coast, pop, Ollie, nollie

Pop, Ollie, nollie without and with board on.

*Specific:* 1/3 run generate lift anyway you want. 2/3 follow the leader in pairs generating air (switch partners half way)**Main Part (40):** Bunny Hill.

Pop, Ollie, nollie over bamboo. Reverse bamboo if time permits

Top of hill, no board – 4 ways to spin (frontside/backside – regular &amp; switch).

Side Slipping 180's back and forth.

Sideways across hill, bend, straighten, turn 180, bend – frontside &amp; backside.

Sideways across hill, pop 180's all four directions.

On hill if time permits: practice 180's working on arm windup, sucking legs up, spotting, and completing full 180.

**Cool Down (10):** Full run riding regular and switch relaxed. Stretch at bottom of hill.**Conclusion (5):** Today we learned the 4 ways to generate lift – review them. Learned the 4 directions of spin – review them. These skills will help with freestyle riding and freeriding.

Reminder that practice will increase comfort with these new skills.

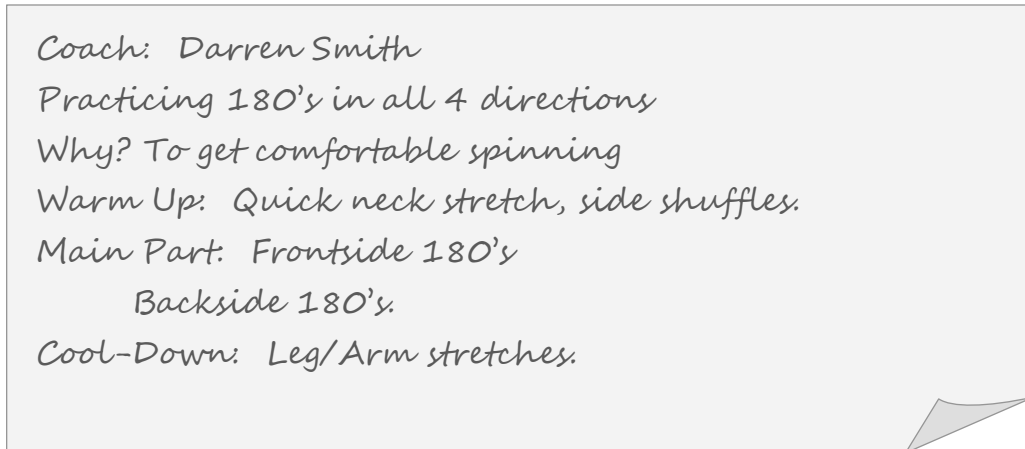
**Reflection:** What worked well today and what didn't?**Positives:**

- Great detail & options if time allow
- Session plan time breakdown
- Each part of the session is broken into its part and it includes a full warm-up and cool down.
- Reviews safety aspects related to session

Potential Recommendations:

- Include notes on next practice/competition at the end of the practice.

**Sample: A session plan that requires improvement**



Positives:

- Some evidence of session breakdown (Warm-Up, Main, Cool down)

Potential Recommendations:

- Fully break session plan down into the six parts of a snowboards session
- Include more detail in each section on what will be covered
- Define a session goal.
- Define a session length and break down the sections with estimated times.
- Include a plan B or stalling strategies.
- Expand on current Warm-Up and Cool-Down activities.

## **2. An Emergency Action Plan (EAP)**

The EAP is required to demonstrate that the new coach has a plan to assist them in responding to emergency situations. The idea behind having such a plan prepared in advance is that it will help you respond in a reasonable and clear-headed way if an emergency occurs.

The Evaluator should be looking to ensure the candidates EAP includes the following;

- Who is in charge in the case of an emergency and an assistant.
- Telephone location or cell phone plan
- Emergency telephone numbers as well as contact numbers (list where they are kept).
- Basic medical profile of each athlete
- Directions to provide to Emergency Medical Services (EMS)

**Sample EAP: Requires some improvement**

**Emergency Action Plan (EAP)**

Training Venue: Martock 902-798-9501

Emergency Contact Info: (Repeat for each athlete).  
 Athlete Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Brief Medical History:

Directions to Martock: Take Exit 7, turn right, turn left onto the Chester Rd. Drive.  
 Turn left onto road at Martock Sign.

## Feedback Suggestions:

- Should include who is in charge as well as an assistant.
- Detailed directions to the hill with a note on where the directions start from.

**Sample: An improved 'Good' EAP**

**Emergency Action Plan (EAP)**

Ambulance: 9-1-1  
 In Charge: Sarah Smith (Coach). Assistant: Sam M. (Coach) or Matt D. (senior athlete)  
 Training Venue: Ski Patrol #: 902-798-5671  
 Martock Ski Hill Tel: 902-798-9501.  
 Address: 7628 Martock Rd. Windsor, NS B6G7Y2  
 Telephone: Cell phone with Coach Sarah. Pay phone located near bathrooms through mail lodge doors. Office phone located in main office on left.

Emergency Contact Info: (Repeat for each athlete).  
 Athlete Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Brief Medical History:

**Directions to Martock:** From Highway 101 heading East, take exit 7. Turn right at the bottom of the exit and left onto the Chester Rd. Drive 8 km's and turn left at the Martock Ski Hill sign just past the corner store on your right.

### 3. A Communications Plan/Sample Letter to parents.

Good communication from coaches to parents and athletes will be the key to the success in any snowboard program. Athletes and Parents need to know what is going on before they will support what you're doing.

The coach can submit either a full communications plan outlining who initiates communication in a program, main contacts, forms of communication, etc. Or they can submit a simple 'welcome to the program' letter that outlines;

- Parents main point of contact
- Details of programming.

#### ABC Snowboard Club

[www.abcsnowboard.com](http://www.abcsnowboard.com)

Welcome parents & athletes to the 2011 season with the ABC Snowboard Club.

Communication through the season will occur primarily through emails sent from the head coach each Thursday as well as regular website updates. If you have specific questions or concerns not dealt with our regular communications, please feel free to contact the head coach via email.

Practices will take place Tuesday's and Thursday's from 6-8pm at the Hongel Ski Hill. The group meets at the base of the Erase Run and spends 10 minutes warming up. Late athletes are asked to meet the group and wait at the line up for the chair lift.

The club's athletes will be competing in two RBC Riders events this winter which will take place at Hongel Ski Hill on January 31<sup>st</sup> and February 20<sup>th</sup>. Please schedule full days for these events and details will be sent out as the season gets rolling.

Thank you & we look forward to a great season.

Joe Doe, Head Coach.

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