

CANADA SNOWBOARD COACHING PROGRAM Drop In

The CSCP Newsletter

VOLUME 1, ISSUE 1

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CSCP Changes for 2011-2012

This month the coaching section of the Canada~Snowboard website went through an update to better explain the Canadian Coaching system and the recent changes that have occurred over the last few seasons. Check out the new coach development model and pathways which better explain what the next step to certification is for your context.

Last season, the CSCP implemented an evaluation piece at the Comp Intro (Basic Coach) level which allowed coaches at this level to complete their certification (previously they could only ever reach 'trained' status). Master Evaluators were trained and conducted various evaluations across the country last season. This season, the CSCP is looking to grow its base of evaluators as well as the number of certified coaches. This will be met through a new mentorship program as well as

increasing the number of trained mentors/evaluators. Keep an eye on the online course registration for a 'Comp Intro Coach Mentorship/Evaluation' near you to complete the final step in your certification at this level. Coaches have two seasons to complete their certification to avoid having to get re-trained.

The Comp Intro Advanced (formerly just 'Comp Intro') course has had its curriculum overhauled to ensure its current, relevant and meeting the needs of coaches working within this context. If you are interested in attending Comp Intro Advanced training, keep an eye online for course listings this fall.

A reminder that the CSCP Comp Dev Course is only run every two years and therefore is scheduled for delivery in 2012. This course is



National Alpine Team Coach Mark Fawcett

required for coaches looking to coach at the Canada Winter Games as well as those working with competitive clubs with high performance athletes and provincial head coaches.

The CSCP will be working hard in the 2011-2012 season to increase communication to its licensed coaches. Stay tuned for these quarterly newsletters through email and online postings and join our facebook group to discuss current topics online.

Join us on facebook



Canadian Snowboard
Coaching Program
(CSCP)

CSCP Leaders gather in Ucluelet, BC

You've probably wondered who writes and creates all the CSCP training material (ok maybe not...). It's a small group of dedicated coaches called the 'Tech Committee' working to keep Canada's snowboard coaching program fresh and relevant. They met this June for five days to write,

debate and research the updated Comp Intro Advanced material with a smaller group working to revamp the Comp Dev material. This group is always working hard to keep you informed and education. Check out the new material during courses this winter.

CSCP Tech Committee:

- Mark Ballard
- Dave Balne
- Natasha Burgess
- Candice Drouin
- Dustin Heise
- Adam Higgins
- Steve Fairbairn
- Brian Smith

*Better Riders through
Better Coaches*

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British Columbia *By Andrew George, Team Director for BCSA*

With the sun shining and snow storms a distant memory it's easy to spend your summer days at the beach. For competitive snowboarders though, this is prime time for preparing for the next winter. Whether it be spending time in the incredible parks on the Blackcomb and Mt Hood Glaciers or jumping on a flight destined for Chile, Argentina or New Zealand there are snow opportunities abound. But what if your program can't afford these luxuries? Scrap the plans and head to the lake? You could, or you could focus your coaching efforts on gymnastics.

Adam Higgins, Head Coach of the BC Provincial Freestyle Team has found a huge amount of success in implementing a well-rounded gymnastics portion to his dryland program. There are benefits by implementing not only trampoline training and foam pits into this type of program but also floor work, tumbling and mini-tramps. There are the obvious benefits such as helping riders develop spatial awareness and body control while learning new tricks. However by looking be-

yond kids launching themselves into foam pits and incorporating technique training on the floor, you can easily engage young riders in their physical training; this can be a pretty fun way of increasing the aerobic and anaerobic capacity of your riders. By incorporating gymnastic based sport specific exercises such as sprinting and bounding while tumbling you can have a direct effect on improving your riders rotational abilities, timing, coordination, power, and their ability to sequence movements. By incorporating obstacle training you can easily move into reaction training and plyometrics. Mini-tramps can be an incredibly effective tool in teaching riders how to manage concentric forces as they develop an ability to control height and rotation. Additionally, they get the benefit of learning how to manage eccentric forces when landing. By learning effective two foot jumping and the "up first" technique when executing rotations and flips, your riders will develop the skills necessary to effectively manage their instabilities in the air.

In the integration of his year round gymnastics training, Higgins has kept his weekly sessions to about 90 minutes each and really started to notice significant improvements in his riders after only 4 sessions.

So, if you are interested in incorporating or expanding the gymnastics training in your program a good starting point is approaching your local gymnastics club and working with one of their certified gymnastics coaches. Don't forget to have the gymnastics club and the activities included on your Club Sanction request.

You can also check your Provincial Gymnastics Associations website for the Gymnastics Foundation Course and Trampoline Gymnastics Level 2. Even more exciting is that Canada Snowboard has collaboratively worked with Freestyle Skiing, Gymnastics, Diving and Wakeboarding to roll out a new certification program this fall called Air Modules (Acrobatic Foundations) 1 and 2. Have fun and bounce safe.

Don't forget to purchase your 2011-2012 Coaching License now to access Pro Forms and many more great benefits well before the winter season starts.

Alberta *by Jared Anderson*

The ASA welcomes new office manager, Shauly van Baaren who brings years of non-profit organization work experience. Summer office hours are Wednesdays (830-430pm) and Thursdays (830-1230pm). A reminder that club dues expire June 30th and must be renewed through the ASA office. All current Alberta coaches need to purchase their ASA memberships and Canada Snowboard Coaching license. The Alberta Winter Games will be taking place in February 2012! Keep your eye out for the Alberta competition schedule to be released this fall.

Saskatchewan & Manitoba

Snowboard Saskatchewan welcomes new president, Brent Larwood, who is excited for a busy season.

Snowboard Manitoba president, Gabe Heise, is preparing for a busy season after a successful 2011 season with great finishes at the Canada Games.

Territories

Snowboard NWT is working to get their first rope tow in place for 2012 which will greatly expand the resources available for programming.

Snowboard Yukon is busy preparing their team for the 2012 Winter Arctic Games!



Ontario Update. *By Cassandra Smith*

It's mid-July and the only thoughts I have about snow right now is if I should get a cherry or a blue-raspberry snow-cone while catching shows at the Ottawa Bluesfest. On the other hand through my window to the world – Facebook, I know some of you are heading to Whistler while others are looking to more exotic climes like New Zealand and Chile. Others like me are enjoying summer pursuits like Mountain Biking, Wakeboarding, Skateboarding and Shousing.

Congratulations to the many new snowboard coaches! We all look forward to you join-

ing us on the slopes. Ontario continues to progress with our coaching education. As a province we have 3 Master Learning Facilitators, the most for any province! Our Master Learning Facilitators worked hard this year to roll out the new CSCP-NCCP coach evaluation tool. We saw a record number of coaches go from in-training to certified. Awesome job to all involved. Our Master Learning Facilitators will be looking to train more evaluators for next year, so if you are interested drop a line to Christy at the AOS and she will pass it on.

As the AOS looks to build more training opportunities for coaches, the Coaching Association

of Ontario offers many of these options. Check the CAO website for information on the NCCP Super course in September for opportunity to pursue further NCCP training. This is a great opportunity to meet coaches from other sports and see what they are doing in comparison to snowboarding. There are grants available for this, so if you want to go, check it out and apply soon!

Looking forward, the NCCP database is headed for some big changes in the future, that will make it much easier for all of us to understand where we are on our coaching pathways, when courses are being held, and

what your choices of next steps will be! It will also help on the administration side for everyone involved. If you are a multi-sport coach, you will be able to see how all your trainings interconnect and what stage you are at for each sport.

In the meantime, I am off to play in the dirt!

Quebec

It's an exciting time for Snowboard Quebec as they welcome new General Manager, Dominique Gagnon and will be hiring a new Provincial Snowboardcross coach this month.

Atlantic Canada

Snowboard NB will look to expand programming this winter with newly trained coaches at Mont Farlagne and Crabbe Mountain with additional potential at Poley Mountain!

Snowboard PEI attended the 2011 Canada Games last winter for the first time & trained two coaches!

Snowboard NFLD continues to expand programming and is looking to increase the certification of their program coaches over the next two years. They also trained two Learning Facilitators last winter who are ready to deliver in 2012.

Nova Scotia Update. *By Kristin d'Eon*

Snowboard Nova Scotia welcomes Kristin d'Eon as their new Technical Director. He will be working closely with all of Snowboard Nova Scotia's coaches to continually improve the sport in Nova Scotia

For this newsletter, SNS choose to highlight a coach working to push her athletes to the next level. Snowboard Nova Scotia's Natasha Burgess has been the freestyle head coach since 2005. In her 6 years as Head Coach, Natasha has had two athletes receive silver medals in the 2011 Canada Games in Half pipe, those same two athletes participated in two separate Junior World Championships, and had 5 athletes selected to compete in the 2010 USSA Copper Grand Prix.

Natasha has been the freestyle coach at two Canada Games (2007 and 2011). She has won coach of the year from Snowboard Nova Scotia five times, in 2006-2008 and 2010-2011. Natasha was also a finalist for the Ricoh/Ikon Coach of the year in 2008 and 2010. Natasha is the highest certified freestyle coach in Atlantic Canada with Comp Dev Freestyle Trained and has her NCCP level 3. She is also a graduate from Dalhousie University with a Bachelor of Science in Kinesiology, and is a CSEP personal trainer specialist and certified fitness consultant. With the help of Natasha Snowboard Nova Scotia has created Pro Girls and Pro-Spects, these programs are for young athletes that are at a higher level of riding compared to other athletes of their age. This program was developed as a stepping stone program into our Provincial teams. Natasha also created Adrenaline Divas, an organization formed to offer clinics and events to women in snowboarding, skateboarding and mountain biking.

This Months Tech Tip

Brought to you by...

Dustin Heise

“Increase your athletes edge awareness and spinning skills by working on ‘wrong edge spinning’. Get athletes to spin frontside off their toe edge and backside off their heels. You'll notice an improvement in no time”

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CASI Summer Update

Jeff Chandler, National Technical Coordinator. E-mail: ntc@cas-acms.com

Hello Coaches!

I'm happy to be able to contribute to the CSCP newsletter, and help to foster more open lines of communication between the coaching and instructing worlds.

I recently had the opportunity to attend the CSCP TEC meetings, at the invite of Dustin Heise (thanks Dustin!), and some really great improvements are underway towards bridging the CASI-CSCP gap. These include:

A commitment to mutual cooperation and promotion between CASI and the CSCP. In short, this is simply a recognition that we can do more for snowboarding as a cohesive unit, than trying to work independently.

Combined communication efforts with resorts. In the form of an early season resort mailer outlining both CASI and CSCP programs, with the goal of getting resorts the correct info to route their people into the best programs for them and their clients' needs.

Updated CASI involvement in the LTAD. This comes in the form of an increased and updated role in LTAD Stages 2 & 3, and recognition that at these stages, CASI plays a huge role in getting new snowboarders and potential athletes into the best programs.

Personally, I view this closer working relationship as a positive for all parties involved in snowboarding, whether it is recreational or competitive. As a long time instructor with some coaching background, I also recognize the importance of a broad base of training: instructors will become more effective with coaching training, and coaches can benefit from instructor training.

QUICKRIDE.CA

In 2009, CASI renewed our beginner teaching methodology and launched the QuickRide System. This is essentially a two-tiered system:

Teaching techniques for new instructors, focused on a "flexible progression", where instructors have the freedom to move through a pre-determined sequence with the use of supplementary tactics and exercises. The primary goal being retention – bringing beginners back for more lessons.

Marketing and promotional tools for resorts to promote taking snowboard lessons.

With participation and retention numbers not looking positive for a number of years now, CASI has tried to assist resorts in this aspect by providing QuickRide promotional materials (posters, stickers, etc.) free of charge.

New for this coming season, CASI will be launching www.quickride.ca, a micro-site that will act as an information resource for new snowboarders to visit to gather info on learning. Also included will be info for experienced riders to learn about taking more lessons, and what they can learn if they already know how to turn left and right.

QUICKRIDE RIDER IMPROVEMENT PROGRAM

In addition to the QuickRide System, last season CASI developed a new Rider Improvement Program, which is a multi-week program that is available to resorts. The program features six report card give-aways:

- Basics
- Turning
- Cruising
- Shredding
- Ripping
- Freestylin'

Each stage includes technical, all-mountain, and freestyle skills, appropriate for their particular skill level. When the student has completed a stage, their report card indicates what they will learn at the next level, to encourage retention and progression. At the completion of the sixth stage, students are encouraged to look to other avenues within the sport – become an instructor, look at joining a competitive/coaching program, etc.

This program is available free of charge for 2011 to each resort that wishes to use it. It is available in two forms:

Pre-printed cards: Order from CASI directly.

Downloadable artwork: allows resorts to custom-brand the cards with their resort logo, and print their own.

The guiding principal behind all of CASI's recent projects and programs has been the "what comes around, goes around" idea – participation and retention is king. With more snowboarders, we'll see more lessons, more athletes in competitive programs, and ultimately more need for instructors and coaches.

Please feel free to contact me for more info, or with any questions.

Have a great summer

Jeff Chandler

View the new Coach Development Pathways at www.canadasnowboard.ca

What's your next step?

Coach Development Pathways

The diagram illustrates the Coach Development Pathways from LTAD Stage 3 to 7. It shows the progression through various milestones and status indicators:

- Stage 3 (LZR):** MULTI-DISCIPLINE Competition Introduction. Milestones: 3-Day Workshop (IN-TRAINING), NCCP (Certified), Status: TRAINED, Portfolio (CERTIFICATION), Evaluation (CERTIFIED), Status: CERTIFIED.
- Stage 4 (T2T):** EVENT SPECIALIZATION Competition Introduction: Advanced. Milestones: 5-Day Workshop (IN-TRAINING), Comp Intro (Certified), Status: TRAINED, Portfolio (CERTIFICATION), Evaluation (CERTIFIED), Status: CERTIFIED.
- Stage 5 (T2C):** Competition Development. Milestones: 6-Day Workshop (IN-TRAINING), NCCP (Certified), Status: TRAINED, Portfolio (CERTIFICATION), Evaluation (CERTIFIED), Status: CERTIFIED.
- Stage 6 (L2W):** Competition Development: Advanced. Milestones: NCI Advanced Coaching Diploma (Year One, Year Two), Custom Curriculum, Portfolio (CERTIFICATION), Evaluation (CERTIFIED), Status: CERTIFIED.
- Stage 7 (T2W):** Competition High Performance. Milestones: Custom Curriculum, Evaluations, Chartered Professional, On-Going Professional Development.

*As part of the portfolio, all CSCP NCCP coaches must complete stage specific: MED (Making Ethical Decisions) online evaluations for certification at www.coach.ca.

CANADA PARA-SNOWBOARD All CSCP NCCP courses are fully integrated and prepare coaches to work with athletes with a disability.



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