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## CSCP Licenses & commonly asked questions

Each season, all CSCP Coaches must go online and purchase their coaching license for the season. Only our licensed coaches are included in sanctions. Sanctions must be submitted for all activities (on and off snow!)

**Common questions:**

*I purchased my license, why isn't my name online yet?*

Before a license is granted, each coach is checked to ensure their criminal record check is complete and current and that they are a trained or certified coach in the CSCP. This can take up to two weeks to complete.

*How do I get a criminal record check completed?*

Visit your local police or RCMP station or their website. These checks are required for most non-profit and volunteer groups and many employers so the information is normally readily available. Most require a short form filled out and a small processing fee.

*How often do I need to get a Criminal Check done?*

The copy the CSCP has on record is valid for three years so if you did this fall, it's ok until the fall of 2014 however each year you must submit any known changes to the status of it.

*Can I get pro-form deals?*

Yes, CSCP has pro-form deals! Purchase your license and then send an email to

natasha@canadasnowboard.ca to get one.

*When are the course dates posted?*

Course dates as posted as they are finalized however most will be posted by mid November so check the web often!

## C~S Anti Doping Policy

Canada ~ Snowboard is 100% opposed to the practice of doping in sport. It is an attempt to gain an advantage by cheating and brings dishonor to the individual, to the sport of snowboarding and to sport in general.

Canada ~ Snowboard follows the Canadian Anti-Doping Program (CADP) that is managed by the Canadian Centre for Ethics in Sport.

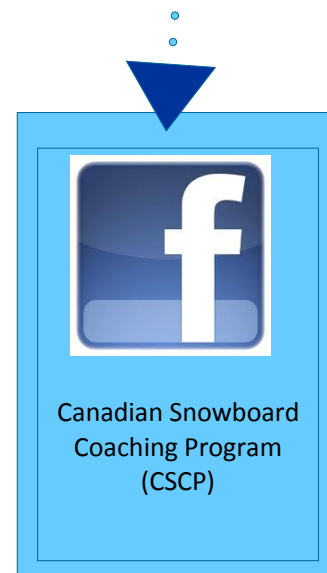
Canada ~ Snowboard also supports the anti-doping measures taken by the International Ski Federation (FIS), the International Olympic Committee (IOC) and the Canadian Olympic Committee (COC) against the use of prohibited substances and prohibited methods. Canada ~

Snowboard has adopted the anti-doping rules contained in FIS's anti-doping regulations. The new policy applies to all members of Canada ~ Snowboard. Therefore, this policy applies not only to athletes but also to **coaches**, medical practitioners, sport scientists and administrators who are involved with Canada Snowboard in any capacity. This policy also applies to members on a retroactive basis with respect to any period prior to their becoming a Member of Canada Snowboard. Please go to <http://www.canadasnowboard.ca/File/Anti%20Doping%20Policy.26May11.pdf> To review the full policy and ensure your club and all members are aware of its guidelines.

## CSCP Courses & Policy update

CSCP Course dates are being posted as you read this newsletter. Courses are posted as they are confirmed so please continue to check the web for the most recent listing. Most courses for November and December 2011 are now online and open for registration! The CSCP has also added two new policies pertaining to coaches working with LTAD Stage 5 athletes. These coaches are able to work through the Comp-Dev context towards certification without completing the Comp Intro pathway based on the Coaching Association of Canada's competency based program. Please visit <http://www.canadasnowboard.ca/File/CSCP%20NEW%20Policies%20-%20October%202011.pdf> to view the policies.

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## British Columbia *By Adam Higgins, BC Freestyle Team Coach*

Winter is quickly returning to British Columbia. Our extended summer has evolved into a cool wet fall. Mountains are turning from green to white, and it is time to start thinking about dusting off the gear and getting back out on to the hill.

At this time of the year, there is not much coaches can do while we patiently wait for the snow to fly, other than continue to firm up winter plans and keep riders motivated to work hard in the gym. Riders of all abilities, in any disci-

pline can benefit from fitness training. Developing the fundamental snowboard movement patterns will aide technical on snow work and by improving aerobic and anaerobic capacities, your team will be able to ride longer, and at higher intensity levels. Movement patterns to highlight

- include:
- Squatting
- Lunging
- Jumping
- Balance/Core stability
- Push-ups/Pull-ups
- Skipping

Get started with body weight work and move into weight training depending on the strength of the movement skills. Ensuring your athletes can move effectively before trying to make them lift weight is essential to prevent injury and for progress to occur.

Look into your community gym for effective trainers and get your riders into shape!

See you on the mountain.

## Alberta *by Jared Anderson*

CSCP courses are now posted on the Canada~Snowboard website for those in Alberta looking to receive snowboard coach training. Dates start in November so REGISTER NOW! Also a reminder for coaches leading clubs, registration with ASA must be complete before activities begin so contact the office at [admin@albertasnowboarding.com](mailto:admin@albertasnowboarding.com) to get things rolling.

## Yukon *by Mary Binsted*

Winter has already hit in the Yukon with our first dump in early October, and it's setting up to be a stellar season for us up here.

Our capital city, Whitehorse, will be hosting the 2012 Arctic Winter Games in March. Not only will we be welcoming athletes from around the Circumpolar North, but the games are spurring much needed updates to our facilities such as earth works in the terrain park, a new pipe cutter and a new chairlift (replacing the only break-down prone chairlift for 1000s of kms around). We've also got new timing equipment and gates on the way thanks to Games funding. (Thanks for doing the paperwork Norm!)

Yukon's coaches have been busy too. In September we met for a visioning session. (Thanks for hosting Katrina!) We reflected on what has been going well, what needs improvement and how we're going to go about accomplishing this. Other than fixing broken chairlifts and raising -40C temperatures, yearning for more professional development topped the list. Well Yukon coaches, -you're getting it!

Don't miss October's Coaches Social and Info Night (Thanks for the set up Sandor!), November's Judging and Officials Clinics and keep your eye out for details for this fall's Coach's Warm Up trampoline session (can't wait Sue!). Check your inboxes, join our [Facebook group](#) and visit [snowboardyukon.com](http://snowboardyukon.com) to make sure you don't miss any of these or the other amazing things we've got planned.

Of course, we're looking for new recruits to join the team, so tell your friends and make sure they sign up for December's CSCP Comp Intro Course.

And... you know this is the season you want to get certified, so if you have not yet talked to Mary to work out your plan, now is the time! As always you can contact her with any questions, concerns, comments or good moose recipes at [mary@snowboardyukon.com](mailto:mary@snowboardyukon.com).

*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. Email [natasha@canadasnowboard.ca](mailto:natasha@canadasnowboard.ca) to receive a pro form once registered.*



## Ontario *By Cassandra Smith*

Fall brings dryland training time and we all know what that means- TRAMPOLINES!!!!

Air awareness is a big part of snowboarding whether you coach freestyle, SBX or race. With the new Air 1 module for snowboarding developed, look for this course to become available in Ontario in the near future. Any discipline Competition Introduction Advanced or Competition Development coach should be looking to add this to their coaching portfolio in the upcoming seasons. This course will also be the building block for the Air 2 course (in development) which will assist freestyle coaches with trampoline to snow trick transition.

### LF Training

In order to run Competition Introduction (previously Basic Coach) courses all LF's must attend the LF/ Evaluator training December 12/13<sup>th</sup> 2011 in Collingwood Ontario. Please register through [www.canadasnowboard.ca/en/dev/events/?type\\_id=1](http://www.canadasnowboard.ca/en/dev/events/?type_id=1) Any facilitators looking to run courses in Ontario please send requests for dates/location to [coachcassandra@gmail.com](mailto:coachcassandra@gmail.com). This is in order to try to decrease scheduling conflicts with other LF courses. We are also looking for LF's that might be interested in travelling to run courses in northern and north western Ontario.

### Evaluator Training

If you are a practicing Competition Introduction Advanced or Development coach we are looking for you to get involved in the Ontario Snowboard Community by signing up for Evaluator training Dec 13<sup>th</sup> in Collingwood. Help certify coaches in your club to help grow athletes in your club! Any Ontario coaches interested becoming LF's please contact [natasha@canadasnowboard.ca](mailto:natasha@canadasnowboard.ca)

### Coaches- Want to Get Certified?

Are you a coach looking to get evaluated as part of your certification? Please send an email to [coachcassandra@gmail.com](mailto:coachcassandra@gmail.com) with dates that you will be at

Ontario events in order to help us help evaluators organized with their dates. Remember that evaluation is only part of the puzzle in getting your certification. Please check the certification guidelines and contact Natasha for more information.

Ontario update continued on Page 4.

## Quebec

Snowboard Quebec has been the host of the Master learning facilitator and LTAD meetings in September. It's been a pleasure to have all that knowledge at arms reach. Now, October, 25 degrees and sunny outside, what could possibly make me think that snow is coming soon? Maybe all those snowboard premieres, seasons pass sales and adding fall dry-land training to my teams calendar! Now is a good time to meet up with your athletes and start training. There is no need for snow to work out specific energy systems and muscles. Make up an outdoors fall session. Warm up, work on pliometrics, agility, speed, reflexes and core strength. Finish with a cool down and mobility (stretches). That will help you identify some strengths and weaknesses your athletes might have. You can also look into having a nutritionist, a tuning technician or a sports psychologist to have a talk.

Start planning your season, there is a good events calendar to test out your kid's skills this year. There is also a growth of snowboard clubs, looking for hire, so send your resume around! If you need to get evaluated, please check the csf website and look out for the evaluation dates coming up.

Snowboard season is soooo short, plan well for your athletes and for yourself!

This winter sounds promising. Acu-Weather is announcing between 220 and 240 cm for Quebecers. Up to 8 feet of snow! Things are movin' and groovin' in QC. A new contest series for amateur freestyle snowboarders. A stage 3/4 LTAD contest tour across Quebec. 6 stops including slopestyle and halfpipe. Medals, prizes and a ranking system for all ages. This is a first for our sport in Quebec. "This contest series will enable us to train new coaches and develop more clubs in Quebec" states Brian Smith.

**Catherine Parent received her level 4 NCCP Diploma on September 30th 2011. Catherine is the first snowboard coach in Canada to complete her Comp Dev advanced course with the NCI in Montreal. Congrats!**

Note: Comp Intro Adv. course, Speed & Style January 2012 in Quebec. Check [www.canadasnowboard.ca](http://www.canadasnowboard.ca) for details.

## Nova Scotia *By Kristin d'Eon, SNS Tech Director*

October will be the first month that most Nova Scotia Snowboarders will be on snow this season. Unfortunately, none of the snow that they will be riding on fell from the sky! Snowboard Nova Scotia held a rink snow rail jam open for free to anyone that has their membership to promote early registration. It's a good opportunity for our coaches to help out everyone and to keep an eye out for those athletes that are extremely talented. In September, Snowboard Nova Scotia sent two coaches to Montreal for the MLF/ME meetings, Natasha Burgess and Kristin d'Eon. LF training is booked for December 28th at Martock, NS! This fall has been busy with team training as there are two different groups in the gym with a trainer twice a week as well as two groups at trampoline each week since September. Lucky to have a dry slope, we've been hosting monthly sessions on our border cross start ramp during the summer to keep everyone moving and sliding. Snowboard NS will also be hosting NCCP Part A and B modules this fall to assist our coaches in completing their requirements. Please email [natasha@canadasnowboard.ca](mailto:natasha@canadasnowboard.ca) to register!

### *This Months Tech Tip*

Brought to you by...

**Leo Addington**

National Freestyle  
Program Director

*"Ensure that your athletes spend time practicing as much or more than you are coaching them. Practice makes perfect and freetime practice gives athletes the chance to lock in learnt skills without using valuable coaching time and is the most cost effective way to improve."*

CANADA  SNOWBOARD  
**COACHING  
PROGRAM**



## CASI Update

Jeff Chandler, National Technical Coordinator. E-mail: [ntc@casi-acms.com](mailto:ntc@casi-acms.com)

### What's New for 2011-2012 ?

An update on CASI's technical changes and improvements for the coming season..... [CLICK HERE !](#)



## Coaching Association of Canada

Neale Gillespie, Sport Consultant—Snowboard

Calling all coaches!

The Coaching Association of Canada will soon be unveiling our brand new service called "The Locker" which will replace the National Coaching Certification Program (NCCP) database.

So what does this mean for you?

Starting before Christmas, coaches will be able to enjoy:

Self-service functionality: Create an account, email your password to yourself, look up your Coaching Certification (CC) number -- all without having to pick up the phone!

New transcript design: It's cleaner, more intuitive and will provide custom views by sport.

Following in early 2012, we will be launching:

Access to a calendar of events – look up, and sign up, for training events organized by your sport;

A redesigned certification engine – meaning reduced problems related to your certification;

Direct access to the system for our partners which will drastically reduce the delay to update your transcript.

We have been working very hard to ensure that this new service exceeds the needs and demands of our partners and you, the coach. We are confident that it will be a vast improvement over the current NCCP database.

A communication will be sent to all of the CAC's partners once the first stage of services are available so stay tuned!

## Ontario update con't ....

### Be an Ontario winter Games Coach

The AOS will be looking for 6 Competition Introduction Advanced trained (minimum) coaches to coach at this very important Multi-Sport games March 8-11 in Collingwood. SBX, SS and PGS will be featured between Beaver Valley and Alpine resorts. This will be an age appropriate event that helps athlete to prepare for a future in major event, and gives them a chance to represent their home regions of Ontario.

Coaches expenses will be covered at the event. Information and application process will be available mid-November on the AOS website. For more information on the games check out:

<http://www.sportalliance.com/Content/Ontario%20Games/Index.asp>

### Coaching Committee

Interested in getting involved in helping to organize opportunities for snowboard coaches in Ontario? Help to organize courses, support new coaches and new clubs, build better technical packages and ensure that our knowledge helps to mould the face of snowboarding in Ontario. We are looking for coaches that want to make things happen to join the Ontario Snowboard Coaching Committee, email [coachcassandra@gmail.com](mailto:coachcassandra@gmail.com)  
Catch you on the Flip Side.

## Steps to obtain your 2011-2012 Coaching License:

### STEP 1:

Purchase your Canada~Snowboard/  
Provincial/Territorial Snowboard  
Association membership online at  
[http://www.canadasnowboard.ca/en/  
ms/membership/](http://www.canadasnowboard.ca/en/ms/membership/)

### STEP 2:

Submit a Criminal Record Check with  
vulnerable sector check OR have one  
on file with Canada~Snowboard  
(they're valid for 3 years)

### STEP 3:

Login to your C~S account (same  
place you got your membership) and  
purchase your 11/12 CSCP Coaching  
License for \$25.00.



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### Contacts

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