

Canadian  
Snowboard  
Coaching  
Program



Programme d'  
Entraîneurs  
Canadiens de  
Snowboard

# Evaluation tool kit

**PAS: Plan a Session**

**SAT: Support Athletes in Training**

**AP: Analyse performance**

Context: Competition - Introduction



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Canadian Snowboard Federation  
Suite 500 1333 West Broadway  
Vancouver, BC  
V6H 4C1

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NCCP Competition - Intro		Tremblant Pilot		
Coach: Doum bernier		Evaluator:		
Date: March 24, 2006		Location:		
Mark	Evidence of Achievement		Scoring	
Ensures that the practice environment is safe.	1.Coach presents an <b>EAP</b> for the training session	0	1	2
	2.Coach <b>surveys</b> the training site and conducts a risk assessment			
	3.Coach ensures <b>training equipment</b> - both for athletes & coach - is in order.			
	4.Coach reflects on safety of environment and <b>adjusts</b> training as necessary			
	5.Coach makes <b>adjustments</b> on an individual athlete basis in area of fatigue, hydration, nutrition and emotion.			
	<b>TOTAL POINTS</b>			
Implements an appropriately structured session	1. Coach clearly <b>communicates</b> practice and learning objectives.	Evidence is not observed.	Evidence is observed during the practice & / or observed with good quality and detail.	Evidence is observed consistently throughout the practice & / or observed with exceptional quality and attention to detail.
	2. Practice is well <b>organized, structured and time framed</b> to the development of the practice objectives.			
	3. Athletes are <b>actively engaged</b> in performance and learning objectives – cognitive, motor, physical, affective.			
	4. Activities are appropriate for the level of the athlete – <b>snowboard LTAD</b>			
	<b>5. Breaks</b> are provided for appropriate recovery and hydration.			
	<b>TOTAL POINTS</b>			
Makes interventions that promote learning	1. Coach recognizes and identifies the <b>causes of poor performance</b> – technical, tactical, environment, equipment, physical, emotional, mental.	Evidence is not observed.	Evidence is observed during the practice & / or observed with good quality and detail.	Evidence is observed consistently throughout the practice & / or observed with exceptional quality and attention to detail.
	2. Independent thinking and problem solving on the part of the athlete is encouraged through coach's <b>choice of questions</b> .			
	3. Coach uses a <b>variety of feedback</b> methods that is communicated to both the group and individual.			
	4. Coach provides feedback that identifies <b>what</b> to do, <b>how</b> to do it and <b>why</b> to do it			
	<b>TOTAL POINTS</b>			
Rank (NI, ME, EE)	Standard	NI = Needs Improvement	ME = Meets Expectations	EE = Exceeds Expectations
	Ensures that the practice environment is safe	4 & under	5 – 8	9 - 10
	Implements an appropriately structured and organized practice	4 & under	5 – 8	9 - 10
	Makes interventions that promote learning	3 & under	4 - 7	8

NCCP Competition - Intro				Tremblant Pilot			
Coach: Doum Bernier		Evaluator: Christian Hrab					
Date: March 24, 2006		Location: Tremblant					
	Mark	Evidence of Achievement			Scoring		
Detects Technical Elements		1. Coach detects technical <b>errors</b> and identifies <b>causes</b> for the errors			0	1	2
		2. Coach utilizes <b>technology</b> to assist athlete in identifying technical errors			Evidence is not observed.	Evidence is observed during the practice & / or observed with good quality and detail.	Evidence is observed consistently throughout the practice & / or observed with exceptional quality and attention to detail.
		3. Coach uses key <b>questions</b> that assist the athletes' awareness of errors and promotes critical thinking on part of the athletes.					
		4. Coach explains <b>how</b> the critical errors impact performance / lead to injury / or affect tactics					
		5. Coach identifies specific factors that if addressed will <b>improve</b> technical performance					
		6. Coach correctly applies <b>biomechanical</b> principles in technical analyses					
		<b>TOTAL POINTS</b>					
Corrects Technical Elements		1. Coach identifies specific <b>correction</b> based on observation of movement phase					
		2. Coach explains <b>how</b> and <b>why</b> the proposed corrections contribute to improve performance					
		3. Coach uses key <b>questions</b> that are corrective, constructive, concise and cause critical thinking on the athlete's part					
		4. Coach prescribes appropriate activity / drill / cue to assist athletes in correcting technical error					
		5. Coach identifies the amount of <b>time</b> , volume of <b>work</b> that may be necessary to achieve the desired effects in correcting, improving performance.					
		6. Coach assesses <b>impact</b> of implementing technical corrections on: a) Future training activities, including those that are related to other performance factors b) The athlete's ability to perform in competitions					
		<b>TOTAL POINTS</b>					
Rank (NI, ME, EE)	Standard	NI = Needs Improvement	ME = Meets Expectations	EE = Exceeds Expectations			
	<b>Detects technical elements</b>	5 & under	6 – 9	10 - 12			
	<b>Corrects technical elements</b>	5 & under	6 – 9	10 - 12			



## Competition – Introduction

<b>Date</b>														
<b>Coach</b>														
<b>Name</b>					<b>CC number:</b>				C					
	Surname				First				C					
<b>Address</b>	Apt.		Street											
	City				Province				Postal Code					
	( )				( )				( )					
<b>Phone</b>	Home				Business				Fax					
<b>E-mail</b>														
<b>Outcome</b>								<b>Tremblant Pilot</b>				<b>NI</b>	<b>ME</b>	<b>EE</b>
<i>Provide Support to Athletes in Training</i>														
<b>Recommendation</b>														
	<i>Attend training</i>					<i>Another observation</i>					<i>Credit towards certification</i>			
COMMENTS:														
<b>Outcome</b>								<b>Tremblant Pilot</b>				<b>NI</b>	<b>ME</b>	<b>EE</b>
<i>Plan a Practice</i>														
<b>Recommendation</b>														
	<i>Attend training</i>					<i>Another observation</i>					<i>Credit towards certification</i>			
COMMENTS:														
<b>Outcome</b>								<b>Tremblant Pilot</b>				<b>NI</b>	<b>ME</b>	<b>EE</b>
<i>Analyze Performance</i>														
<b>Recommendation</b>														
	<i>Attend training</i>					<i>Another observation</i>					<i>Credit towards certification</i>			
COMMENTS:														

<b>Evaluator</b>												
Signed								Date				
<b>Evaluator</b>												
	Surname				First Name							
<b>Address</b>	Apt.		Street									
	City				Province				Postal Code			
	( )				( )				( )			
<b>Phone</b>	Home				Business				Fax			
<b>E-mail</b>												