



Competition Introduction Evaluation Guide

This guide is designed as a tool to assist evaluators and coach candidates in determining what is an acceptable portfolio by providing samples of each portfolio piece as well as outlining the on-snow and video evaluation guidelines for completion.

The CSCP Competition Introduction 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 Session Plan That Needs Improvement

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

Recommendations to pass:

- 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.
- Include LTD stage of athletes you are working with
- Provide more detailed technical breakdown of the drill (what are you looking for, how do you explain the movement).
 - Written as something you can provide an assistant coach and they would run the session
- Include key coaching points that are identified in the practiced 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: _____

Direction to Martock: Take Exit 7, turn right, turn left onto the Chest 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.
- Where the medical information is stored

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

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 31st and February 20th. 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.

Email: joedoecoach@gmail.com

The Competition Introduction Video or On-Snow Evaluation

Introduction

The goal of the CSCP Competition Introduction program is to ensure that coaches are gaining guidance and gaining experience during their early coaching careers and to assist the coach in completing the certification pathway for this stage.

Video Evaluation

1. Participant registers for Competition Introduction evaluation through website

- a. Canada Snowboard Coaching Program (“CSCP”) or Provincial/Territory Coaching Coordinator (“PTCC”) will set you up with an Evaluator. Please Be Patient!
 - i. Your Evaluator will contact you to set up a time to discuss the entire process, what the expectations are in more detail and answer any questions you may have

2. Submit your Competition Introduction portfolio to your Evaluator

- a. Please ensure your session plan matches the session you will be filming for evaluation
- b. Your Evaluator will touch base with you post portfolio grading to provide feedback and insight!
 - i. They will also go through the evaluation and answer any questions you may have

3. Video Evaluation:

- a. See the details below regard criteria and time length
 - i. Please review and ensure you have all the details (for video evaluation) before beginning
- b. Submit the two video clips that contain the required components to your Evaluator
 - i. Your Evaluator will touch base with you post video review to go over the evaluation, what worked and what needs to be improved on.
 - ii. Keep in mind as a coach we are always growing and learning! This is a fantastic opportunity to get some feedback on your coaching

Submission	Requirement	Required Components for Evaluation			
Video 1: Analyze Performance and Support the Athlete in Training (6-15 mins)	Athlete Arrival	Video demonstrating communication to athletes of potential hazards or written version.			
	Introduction to practice	Video demonstrating communication of plan to athletes (max 20 secs)			
	Safety scan	Video demonstration walk through of practice site (max. 30 sec). or written safety checklist used.	Written EAP for facility used during video evaluation.	Outline how equipment was checked and outline any preparation work done.	
	Skill or activity demonstration	Video demonstrating the whole athlete group during a key portion of the training session (max 30 secs). Should show how long athlete wait is.	Video demonstrating one activity or skill demonstration to the athletes.	Video with coach commentary explaining activity.	
	Detection/ Analysis of skill	Video with coach providing activity explanation and feedback to athletes.	Video evidence of an athlete completing the earlier prescribed activity to correct performance.	Video including coach giving verbal commentary of checklist used to scan movements OR written version of the same.	Video including coach giving verbal commentary of potential causes of error OR written version of the same.
	Correction and prescribed activity	Video shot from 1st or 3rd person demonstrating coaches	Video including coach verbally identifying correction to	Video including coach requesting consent for	Video including coach requesting consent for

		positioning during training and giving feedback.	be made to the athlete.	physical contact.	physical contact.
Written practice plan	To be in line with the session filmed				
Selfie (photo or video)	Demonstration that the coach is dressed for the season with an outline of conditions				
Video 2: Support the athlete in competition (3-10 mins)	Competition morning warm up with the athletes	Video demonstrating team warm up at competition site.			
	Speaking to the athletes prior to the run	3rd person video of coach speaking to athletes prior to their competition run.			
	Feedback/commentary to athlete after run 1	Third person video of coach speaking to athletes prior to their competition run.			
	Athlete post competition debrief commentary	Video with coach giving post competition debrief on performance.			

On-Snow Evaluation

1. Participant registers for Competition Introduction evaluation through website

- a. Canada Snowboard Coaching Program (“CSCP”) or Provincial/Territory Coaching Coordinator (“PTCC”) will reach out to you regarding a date, time and Evaluator. Please Be Patient!

- i. Your Evaluator will contact you to set up a time to discuss the entire process, what the expectations are in more detail and answer any questions you may have
- ii. Evaluator may be a multi-sport Evaluator if a snowboard specific one is not available

2. Submit your Competition Introduction portfolio to your Evaluator

- a. Please ensure your session plan matches the session you will be filming for evaluation
- b. Your Evaluator will touch base with you post portfolio grading to provide feedback and insight!
 - i. They will also go through the evaluation and answer any questions you may have

Evaluation Criteria to be met by the end of observations:

**** Enter "P" or "I" based on the observed evidences**

ANALYZE PERFORMANCE ("AP")

Method	Outcome	Date Evaluated	Evaluated By	Result **
Outcome: Analyze Performance Criterion: Detect Performance				
Achievement	Evidence			
Highly Effective	Meet "Above Standard" and:			
	Provide specific evidence (e.g., notational analysis, biomechanical analysis, etc.) to reinforce analysis of performance			
	Analyze a variety of factors that could contribute to increased performance (e.g., athletic abilities, environmental factors, recovery and regenerative strategies, mental strategies, etc.)			
	Help athletes to detect key performance factors and to understand how and why errors affect overall performance			
Above Standard	Meet "Standard for Core Certification" and:			
	Reinforce application of competitive rules that relate to skill execution when appropriate			
	Facilitate athletes to increase awareness of skill or errors by asking appropriate questions			
	Communicate how and why the critical error contributes to the performance			
	Provide a rationale for identifying individual or team skills or tactics that need improvement, based on the sport or analysis of performance			
	Use a variety of observational strategies (e.g., positioning, video, other coaches, etc.) to identify the most critical aspects of performance			
CSCP Standard for Core Certification	Observe skills from adequate vantage point(s) as appropriate to the sport			
	Identify or select factors that have direct impact on performance			

	Explain how an error relates to overall skill performance			
	Use sport-approved skill development and progression checklist to scan basic movement phases			
	Identify any correction is consistent with the sport-approved development & progression checklist			
	Identify potential causes of skill error (cognitive, affective, motor)			
Below Standard	Scan practice environment infrequently and pay little attention to skill execution			
	Identify effort and motivational factors that contribute to lack of performance rather than key technical or tactical factors			
	Do not use sport's approved skill development and progression checklist			
Criterion Complete:				

Method	Outcome	Date Evaluated	Evaluated By	Result **
Outcome: Analyze Performance Criterion: Correct Performance				
Achievement	Evidence			
Highly Effective	Meet "Above Standard" and: Involve athletes in a critical thinking process. This often involved asking open ended questions: "What did you do?" "What should you do?" "What are you going to do to get better results?" "How can you generate greater force upon release?"			
	Identify why the correction will have a beneficial effect on the performance and consistently identify how to improve performance			
Above Standard	Meet "Standard for Core Certification" and: Ensure adequate motor engagement in the task or activity for each athlete			
	Ask participant's consent for physical contact when assisting in correcting a skill error			
	Identify if level of difficulty in the task is relevant to athlete's capabilities			
	Identify corrections that focus athlete's attention towards external cues or the anticipated effects of the movement rather than focusing on internal aspects of the movement. External focus means concentrating on keeping a specific object or implement in a certain position during the movement; internal focus means concentrating on keeping a specific part of the body in a certain position during the movement			
	Help athletes to increase awareness of basic corrections by asking closed questions: "If you move into that position will you have more options to attack?" "Is your leg extended or flexed at the end of the movement?"			

CSCP Standard for Core Certification	Identify specific correction based on observation of movement phases and in accordance with the skill development and progression checklist			
	Ensure skill or performance corrections are prescriptive (i.e., they emphasize how to improve, not just what to improve)			
	Explain how the correction related to improved performance			
	Explain why the correction contributes to improved performance			
	Facilitate athletes to increase awareness of corrections by asking appropriate questions			
	Prescribe an appropriate activity or drill that assists athlete to make correction in performance			
Below Standard	Provide corrections that identify vague external factors rather than specific factors that contribute to improved performance: “Concentrate more” “Work harder”			
	Correct the athletes by indicating what they did rather than identifying specific strategies for how to improve the performance: “You dropped the ball; next time, catch it.” “You’re dropping your right arm; don’t drop your arm.” “We need to get the ball to the open player; be sure to pass it to the open player.”			
Criterion Complete:				

Comments	<ul style="list-style-type: none"> This allows various points to be made on different lines Clear these comments when you are preparing the evaluation 	
-----------------	--	--

PROVIDE SUPPORT TO ATHLETES IN TRAINING (“PSAT”)

Method	Outcome	Date Evaluated	Evaluated By	Result **
Outcome: Provide Support to Athletes in Training Criterion: Ensure that the Practice Environment is Safe				
Achievement	Evidence			
Highly Effective	Meet “Above Standard” and:			
	Develop safety standards and guidelines which are used as a model for others (e.g., for a league, provincial office, etc.)			
	Forecast dangerous factors and make immediate adjustments so participants are not at risk in all activities			
Above Standard	Meet “Standard for Core Certification” and:			
	Critically reflect on safety guidelines (e.g., provision of a letter written by coach reflecting on safety concerns)			
	Certified first aid provider			
CSCP Standard	Survey the practice site (e.g., use a safety checklist)			
	Minimize risk to participants before and throughout the practice (e.g., ensure that required equipment is present)			

for Core Certification	and used correctly, participants are warned of potential hazards at beginning of practice			
	Identify terrain, features or condition that may lead to, or contribute to a dangerous situation			
	Present an Emergency Action Plan specific to the facility being used with all of the following critical elements			
	Location of telephones are identified (cell and land lines)			
	Emergency telephone numbers are listed			
	Location of medical profiles for each participant under the coach's care is identified			
	Location of fully-stocked first aid kit identified			
	Advance "call person" and "charge person" are designated			
	Directions to reach the activity site are provided			
Below Standard	Do not survey practice environment prior to practice			
	Obvious dangerous factors in the practice environment are not addressed			
	Do not present an Emergency Action Plan			
	Emergency Action Plan is incomplete with only some (<4) of the following critical elements			
	Location of telephones are identified (cell and land lines)			
	Emergency telephone numbers are listed			
	Location of medical profiles for each participant under the coach's care is identified			
	Location of fully-stocked first aid kit identified			
	Advance "call person" and "charge person" are designated			
Directions to reach the activity site are provided				
Criterion Complete:				

Method	Outcome	Date Evaluated	Evaluated By	Result **
Outcome: Provide Support to Athletes in Training Criterion: Implement an Appropriately Structured and Organized Practice				
Achievement	Evidence			
Highly Effective	Meet "Above Standard" and:			
	Adapt practice activities to increase challenge or to ensure optimal learning opportunities			
	Adjust the practice parameter (time, space), player roles, and training environment to elicit a specific technical or tactical training response			
Above Standard	Meet "Standard for Core Certification" and:			
	Modify practice activities to deal with context-specific circumstances or logistics (e.g., weather, timing, resources)			
	Sequence activities to enhance learning or specific training effects – sequencing refers to the timing of practice activities within the practice. (e.g., the sequence of the activity provides a progression that builds towards execution under realistic competitive situations)			
	Make adjustments to practice based on an analysis of athlete performance			

	Implement a variety of options for adjusting the practice to ensure adequate learning			
CSCP Standard for Core Certification	Present a practice plan for the practice that is being implemented			
	Ensure main practice segments are evident and include: introduction, warm-up, main part, cool-down, and conclusion			
	Ensure equipment is available and ready to use			
	Demonstrate adequate use of space and equipment			
	Provide breaks for appropriate recovery and hydration			
	Greet athletes as they arrive at practice			
	Dress appropriately for active coaching			
	Ensure activities contribute to the development of skills and/or athletic abilities (i.e., the specific drills, exercise, methods and training load match the training objectives pursued)			
	Maximize practice time: ensure participants have appropriate transition, duration and waiting times:			
	<ul style="list-style-type: none"> Practice demonstrates a clear timeline for activities so that activity time is maximized Participants are engaged in activity at least 50% of the practice time Participants move effectively from one activity to another 			
Below Standard	Do not provide a clear structure to the practice as demonstrated by the following elements:			
	<ul style="list-style-type: none"> No practice plan is provided Practice goal is not clearly identified 			
	<ul style="list-style-type: none"> No warm-up is provided or inappropriate warm-up activities are used (e.g., inappropriate warm-up activities may include implementation of high intensity activities prior to progressive lower intensity activities) 			
	<ul style="list-style-type: none"> Delivery of practice does not match practice plan No cool-down is provided 			
	Do not ensure equipment is ready			
	Do not provide breaks for recovery and hydration			
	Dress inappropriately for active coaching			
	Provide inappropriate duration of practice activities (e.g., activities are so short that there is not enough time to learn or practice; activities are so long that participants become fatigued and de-motivated; there is more waiting time than engagement time for participants)			
	Criterion Complete:			

Method	Outcome	Date Evaluated	Evaluated By	Result **
Outcome: Provide Support to Athletes in Training Criterion: Make Interventions that Promote Learning				
Achievement	Evidence			

Highly Effective	Meet “Above Standard” and:			
	Identify the difference between learning and performance			
	Select from a variety of intervention strategies to achieve specific learning objectives that will result in greater transfer to the competitive environment			
	Reinforce correct performance by facilitating interventions that promote reflection (e.g., feedback, questioning the participant, or using a demonstration) to identify the key factors that were properly executed			
	Ensure intervention is specific to individuals and enable the participant to take great ownership over specific performance factors and learning objectives (e.g., intervention strategies may include: delayed or summative feedback, questioning, focusing external attention, video, modeling, and learning aids)			
Above Standard	Meet “Standard for Core Certification” and:			
	Analyze when to inhibit feedback to promote critical thinking			
	Identify interventions that are evaluative, prescriptive, and descriptive			
	Identify corrections that focus athletes’ attention towards external cues or on the anticipated effects of the movement rather than focusing on more internal aspects of the movement			
	Integrate and teach basic decision making			
	Emphasize independent thinking and problem solving			
	<ul style="list-style-type: none"> Use quality questions that promote critical thinking 			
	<ul style="list-style-type: none"> Implement interventions that identify when to make appropriate decisions to enhance participants’ performance of a skill or tactic 			
	Integrate mental preparation strategies into practice			
	Identify individual learning styles (auditory, visual, kinesthetic) and provide appropriate interventions to optimize learning. Appropriate interventions for learning style may include the following:			
	<ul style="list-style-type: none"> Auditory learning – verbal feedback 			
	<ul style="list-style-type: none"> Visual learning – demonstration or modeling 			
	<ul style="list-style-type: none"> Kinesthetic learning – doing or feeling 			
	Encourage calculated risks to enhance performance in accordance with the CSCP Code of Ethics			
CSCP Standard for Core Certification	Create opportunities to interact with all athletes			
	Position demonstrations so that athletes can see and hear			
	Provide 1 – 3 key learning points in explanation or demonstration			
	Clarify key learning objective and/or performance factors (feedback/instruction) with participants prior to engaging in the activity			
	Constructively reinforce athletes’ efforts and correct performance			
	Provide feedback and instruction that clearly identifies what and how to improve			

	Provide feedback that is positive, specific, and directed towards both the group and individuals			
	Identify expectations for athlete behavior and reinforce these expectations when appropriate			
	Promote positive image of the sport and model the image to athletes and other stakeholders			
	Use respectful language towards athletes when providing verbal interventions. Respectful language is non-discriminatory and void of profanity and insults			
	Maintain a positive outlook and acknowledge athletes' needs and thoughts			
	Ensure explanations are clear and concise and provide opportunities for athletes to ask questions			
	Use self or others model desired performance			
Below Standard	Do not identify key learning points in explanation			
	Demonstrate with participants NOT in a position to see and hear			
	Make limited intervention to clarify key learning objectives			
	Provide feedback and instruction that only identifies what to improve and not how to improve			
	Provide feedback that tends to emphasize motivational prompts rather than specific corrections (e.g., frequent use of reinforcement or "hustle" comments)			
	Do not use respectful language. Language is discriminatory and uses profanity and insults			
Criterion Complete:				

Comments	<ul style="list-style-type: none"> • This allows various points to be made on different lines • Clear these comments when you are preparing the evaluation 	
-----------------	--	--

SUPPORT THE COMPETITIVE EXPERIENCE ("SCE")

Method	Outcome	Date Evaluated	Evaluated By	Result **
Outcome: Support the Competitive Experience Criterion: Prepare for Readiness in Competition				
Achievement	Evidence			
Highly Effective	Meet "Above Standard" and:			
	Promote philosophies of fair play and drug-free sport as identified by the Canadian Centre for Ethics in Sport or by provincial legislation			
	Implement alternate strategies or make adjustments to athlete or team preparation as necessary depending on changes in the competitive environment or other extraneous factors (e.g., athlete injury)			
	Present contingency plans to deal with unforeseen or ambiguous factors that may affect the competition			

	<ul style="list-style-type: none"> Contingency plans reduce or minimize distractions for athletes or provide alternatives to ensure optimal athlete performance 			
Above Standard	Meet “Standard for Core Certification” and:			
	Plan for and communicate the roles and responsibilities of assistants and other stakeholders (e.g., other coaches, trainers, parents, managers, etc.)			
	Ensure that tactics and strategies are consistent with athletes’ stage of development and seasonal objectives			
	Develop a strategy to monitor competition goals			
CSCP Standard for Core Certification	Ensure that necessary equipment is ready and available to use, and is in good, safe condition			
	Ensure that sport-specific elements and procedures (e.g., facility, rules) are accounted for to enable a safe and positive competition environment			
	Clarify competition rules before the competition (e.g., eligibility, modification of game rules) and communicate appropriate information to athletes and other stakeholders			
	Communicate an athlete or team competition plan or schedule that identifies athlete expectations before, during, and after the competition			
	<ul style="list-style-type: none"> The competition plan may involve the coach helping the athlete to inspect the competition environment and pointing out critical factors that develop optimal performance; including specific strategies that develop athlete strengths; or presenting a plan that outlines meeting times and locations, where to go if lost, equipment checklists, nutrition elements, other sport-specific logistics, or key tactics or strategies 			
	Identify performance and/or process goals for competition			
	<ul style="list-style-type: none"> Performance goals may identify specific outcomes in the performance. Process goals identify the steps towards achieving particular outcomes (e.g., “We want to get 10 shots on goal in the first period.” Or “Run at x pace for the first y distance, and then increase the pace for the remainder of the distance.”) 			
	Ensure athletes perform sport-appropriate physical warm-up			
	Develop a game or competition plan that outlines basic strategies or tactics for achieving desire performance during competition			
	Ensure that tactics and strategies are consistent with the rules of competition			
Below Standard	Coach is not prepared and has difficulty organizing athletes for competition			
	Athletes are unaware of competition schedule or plan			
	Pre-competition preparation is rushed, and equipment is not readily available			
Criterion Complete:				

Method	Outcome	Date Evaluated	Evaluated By	Result **
Outcome: Support the Competitive Experience Criterion: Make Effective Interventions During and After the Competition				
Achievement	Evidence			
Highly Effective	Meet “Above Standard” and: Assess strategy plan after the competition and identify what aspects of the plan were successful and a rationale for what could be improved			
	Provide interventions that encourage athletes to take ownership over competitive decisions where appropriate			
Above Standard	Meet “Standard for Core Certification” and: Present a post competition assessment of performance and provide a link to the goals or objectives of the next practice or competition			
	Assist athletes, during or after the competitive events, to reflect upon and choose successful strategies for subsequent performances			
	Team sport: time substitutions during the game to maintain momentum or create desired changes in team performance			
	Individual sport: make changes to equipment before the event to adjust for environmental factors			
CSCP Standard for Core Certification	Provide athletes with positive feedback that identifies what an athlete or team needs to do for greater performance and how to do it			
	Reflect upon and implement confidence and skill-building interventions during and after the competition			
	Use interventions that provide strategic information (event specific), manage athletes (substitutions, replacements), make adjustments for equipment (fine tuning, etc.), and implement mental strategies (arousal control) <ul style="list-style-type: none"> Ensure athletes are focused on the task, not the result or scoreboard 			
	Assess the timing and interventions (or decisions to not intervene) made during the competition as appropriate to the sport and can justify which interventions may be repeated or modified in the next competition situation			
Below Standard	Criticize athletes’ performance during the competition or between competition events			
	Ignored athletes after the competition or berates athletes’ performance <ul style="list-style-type: none"> “You know that you are better than this” “Move your feet; get going; why can’t you get into position?” “You were great in practice but now you can’t do anything” 			
	Make interventions that tend to be non-specific or vague (i.e., “you did good today”)			
Criterion Complete:				

Method	Outcome	Date Evaluated	Evaluated By	Result **
Outcome: Support the Competitive Experience				
Criterion: Help Athletes to be Mentally Prepared for Competition				
Achievement	Evidence			
Highly Effective	Meet "Above Standard" and:			
	Strategies are promoted by SPORT as models for new coaches			
Above Standard	Meet "Standard for Core Certification" and:			
	React adequately to unforeseen situations and implement measures to minimize distractions for athletes			
CSCP Standard for Core Certification	Work with athletes or team to identify appropriate performance goals and objectives			
	Present a pre-competition strategy that assists athletes or team to achieve an adequate mental state for performance by managing focus			
	Present a pre-competition strategy that assists athletes or team to achieve an adequate mental state for performance by managing negative anxiety			
	Present a pre-competition strategy that assists athletes or team to achieve an adequate mental state for performance by managing distractions			
Below Standard	Do not implement mental training strategies to manage focus			
	Do not implement mental training strategies to manage anxiety			
	Do not implement mental training strategies to manage distractions			
	Do not set performance goals or objectives			
Criterion Complete:				

Method	Outcome	Date Evaluated	Evaluated By	Result **
Outcome: Support the Competitive Experience				
Criterion: Give Basic Nutritional Advice				
Achievement	Evidence			
Highly Effective	Meet "Above Standard" and:			
	Educate athletes about the use of nutritional supplements			
Above Standard	Meet "Standard for Core Certification" and:			
	Provide guidance to athletes or parents on post-competition nutrition and hydration			
CSCP Standard for Core Certification	Provide guidance to athletes or parents on pre-competition nutrition and hydration			
	Take appropriate measures to ensure athletes remain hydrated during competition			
Below Standard	Do not provide guidance to athletes or parents on pre-competition nutrition			
	Do not take appropriate measure to ensure athletes can remain hydrated during the competition			

Criterion Complete:		
Comments	<ul style="list-style-type: none">• This allows various points to be made on different lines• Clear these comments when you are preparing the evaluation	