

Triathlon Nova Scotia, in partnership with Triathlon Canada, is hosting an Adult Community Coach workshop on March 14-15, 2020. This initiative is part of the new National Coaching Certification Program (NCCP) and part of Triathlon Canada's goals for strengthening and growing the Canadian triathlon community, while creating a safer and more protective training environment for all.

*About the Triathlon Adult Community Coach Workshop:* The Community coach wants to help new athletes and support age group athletes by teaching basic triathlon skills and introduction to events. The Community coach is focused on safe participation, teaching skills, and fun. This workshop is for both beginner and experienced coaches who are currently coaching, or intend to coach age group athletes 16 and older. Through this two-day workshop, coaches will learn how to coach and teach basic triathlon skills, how to plan safe and engaging practices, and how to support triathletes to participate safely at events.

*After the Community Coaching Course, you will be a Community Coach "In Training" and will be able to:*

### Make Safe and Ethical Decisions:

- Enable safe participation by creating a safe and respectful environment
- Encourage athletes to be active and have fun while maintaining respect to others and the sport
- Create athlete profiles and Emergency Action Plan (EAP) for safety in practice
- Identify risks and demonstrate risk prevention in Triathlon

### Teach the Sport of Triathlon and Provide Support to Athletes in Training

- Teach, assess and analyze basic triathlon skills: swim, bike, run and transitions
  - Support athletes to competition: physically, technically, tactically, and emotionally
  - Self-reflect on coaching style and skills and areas for improvement

### Use Basic Planning Skills and Plan a Practice

- Plan technically sound and safe practices in the sport of triathlon: swim, bike, run and transition practice
- Plan sound weekly training including swimming, cycling, running and transitions
  - Recognize phases and periods in a typical triathlon annual season
  - Plan for attendance at events

### **Important information for New Coaches**

*Practical Teaching Components:* This workshop will have practical swimming, biking and running components, for the goal of creating coaching scenarios. Participants should come prepared to coach their colleagues, and participate in these practical sessions. Please bring the appropriate swimming, cycling and running items with you to this clinic. Please inform the instructor if you are not able to participate in active components of this course.

*Prior to the Workshop* all coaches need to register on the Triathlon Canada coaching portal and complete basic registration steps to obtain a licence and which includes creating a Canadian Association of Coaches (CAC) account and getting an NCCP #. The \$75 fee will cover NCCP Making Ethical Decisions (MED), Respect in Sport Training, a Criminal Record Check and Introduction to Triathlon Rules.

Access the Coaching portal here: <https://www.triathloncanada.com/coaching-portal/>

#### Workshop Details:

- Dates: March 14-15
- Times: 8:00am - 5:00pm Saturday & Sunday
- Location: Frank Rudderham Family YMCA of Cape Breton - 399 Charlotte Street, Sydney NS
- Learning facilitator: Shannon Read
- Contact: Jarret Gosbee - [jarret.gosbee@gmail.com](mailto:jarret.gosbee@gmail.com)

#### Registration Options & Pricing

Once you have completed your Basic Registration with Triathlon Canada, you will be able to sign up for the workshop through your account, by going to the 'workshop' tab. Triathlon NS is offering this workshop free of charge to coaches, however you will be responsible for the \$75 dollar registration Coach license fee.