



OVERVIEW

INTERMEDIATE STARSKATE / PROVINCIAL COACH PROGRAM

The NCCP Level 2 program will now be known as the Intermediate STARSkate / Provincial Coach (ISPC) program that will train coaches in all four skating disciplines of our sport and will include stroking, skating skills and sport science related subjects.

New Identity: Within a CBET model, the training offered to coaches will be the Instruction Coaching Stream (Intermediate Context) and the Competitive Coaching Stream (Introduction context). Coaches will now choose the career path they want to pursue either at the STARSkate test level or competitive level or both!

Philosophy: To provide global training to competent coaches in all skating disciplines of figure skating including sport science, stroking and skating skills. Once trained, coaches will be knowledgeable in singles, ice dancing, pair skating, synchronized skating, sport science, and stroking & skating skills. Coaches will have the tools necessary to train, manage and produce well-rounded athletes and create opportunities for Skate Canada clubs to expand its business by offering multiple skating programs and better service the need of athletes and their parents.

A coach may certify as:

- a) **“Intermediate STARSkate Coach”** within the CBET Instruction Coaching Stream – Intermediate Context

and/or

- b) **“Provincial Coach”** within the CBET Competition Coaching Stream – Introduction context.

New Format: The training and evaluations of coaches within the new Intermediate STARSkate / Provincial Coach (ISPC) program will consist of the following:

ISPC General Subjects Home Study:

This guide will include exercises that will focus on STARSkate, planning, physical preparation, practical evaluator/judge observation, ice shows, business management, music & choreography, and much more. Content presented will cover information that is relevant to all four skating disciplines.

Note: All coaches will be required to complete the home study in full prior to proceeding to the ISPC training component.

ISPC Training:

Using the ISU “How to Series...” training tool, this component includes a total of 5 days of technical training in the following areas:

- Sport Science (1 day): will cover topics such as physical preparation, mental preparation, nutrition, and planning all in which are crucial areas to produce well-rounded athletes.
- Stroking & Skating Skills course (1 day): will cover the “basics” of stroking and much more including the senior bronze and junior silver skating skills tests.

Note: All coaches will be required to attend the Sport Science and Stroking & Skating Skills courses prior to registering for a discipline technical course.

- Singles (1 day): will cover effective techniques to teach all six double jumps and spins needed to train athletes at the senior bronze / junior silver STARSkate and juvenile competitive level.
- Pair Skating & Synchronized Skating (1 day): will cover key elements to develop and train juvenile pair skating teams and also learn about the factors of difficulty, various technical elements, and choreography transitions involved in synchronized skating.
- Ice Dancing (1 day): will cover various elements of ice dancing, senior bronze and junior silver compulsory dances, costuming and total athlete packaging and much more.

Note: To receive credit for the ISPC training, coaches must complete all five technical courses and associated workbooks successfully. To begin the ISPC evaluation component, coaches must first complete the sport science, stroking & skating skills courses and at least one discipline technical course – so either ice dancing, pairs & synchronized skating, or singles.

ISPC Evaluations:

Coaches can choose the discipline they wish to certify. Certifying in more than one discipline will be highly recommended; however, not mandatory.

Path 1 - To be certified as an **Intermediate STARSkate Coach** in the intermediate context of the CBET instruction stream, coaches need to complete all of the following:

1. 75 hours of coaching in a Skate Canada club
2. Video Lessons:
 - submit one (1) technical video lesson with a lesson plan at the senior bronze or junior silver STARSkate level and;
 - submit one (1) stroking or skating skills video lesson with a lesson plan at the senior bronze or junior silver STARSkate level.
3. Video Analysis and Music CD/Cassette: submit a video analysis and music CD or cassette tape of a skater whose program the coach has designed or choreographed at the Intermediate STARSkate level.
4. Have skaters pass intermediate STARSkate tests or higher **OR** complete the mentorship program. A copy of the test summary sheet for each test passed must be submitted with the Practical Coaching Record Form.

Path 2 – To be certified as a **Provincial Coach** in the introduction context of the CBET Competition Coaching Stream, coaches need to complete all of the following:

1. 75 hours of coaching in a Skate Canada club
 2. Video Lessons:
 - Must submit one (1) technical video lesson with a lesson plan at the juvenile or pre-novice competitive level and;
 - Must submit one (1) stroking lesson with a lesson plan at the juvenile or pre-novice competitive level.
 3. Video Analysis and Music CD/Cassette: Must submit a video analysis and music CD or cassette tape of a juvenile or pre-novice skater whose program the coach has designed or choreographed.
 4. Have skaters pass juvenile or pre-novice competitive tests. A copy of the test summary sheet for each test passed must be submitted with the Practical Coaching Record Form.
 5. Have a skater qualify and compete at a Sectional Championship level or higher caliber competition (i.e. Junior Nationals, Nationals, etc.) and provide a protocol of the event as proof with your Practical Coaching Record Form.
- Must be the primary coach of the skater for the past three consecutive months prior to the event.

Additional Requirement – Introduction to Competition Part B (multi-sport modules)

At any time during the Intermediate STARSkate / Provincial training, coaches will need to complete the “Introduction to Competition - Part B” multi-sport modules.

Certifying a second discipline: Interested coaches wanting to certify in a second discipline will be required to complete the following practical requirements as outlined in the ISPC Evaluations:

1. Video Lesson: submit one technical lesson that begins with stroking followed by an element of choice specific to the discipline selected
2. Video Analysis: complete this requirement in full as outlined in both paths
3. Test passed: complete this requirement in full as outlined in both paths
4. Provincial Coach certification: same as outlined in path 2

Achieving Level 2 certification in Current System:

Candidates that have completed their Level 2 general subjects 2-day course and technical 2-day course in a discipline of choice (pairs, singles, dance, synchro) had until **August 31, 2006** to achieve their certification within the current system. Those who have not completed their certification in the old system should contact the NCCP Course Administrator.