

# Canada Artistic Swimming - Coach Development Pathway

(Effective January 1, 2024)

**Regarding NCCP Make Ethical Decisions "MED":** Effective September 1, 2020 instructors/coaches are **REQUIRED** to take NCCP Make Ethical Decisions **TRAINING** (3.5 hour module delivered by Provincial/Territorial Coaching Association) as part of their required training (as per our CAS Coach Development Pathway for AquaGO!, Comp Intro & Comp Dev). Note that CAC states "Any coach requiring NCCP trained status will require the NCCP Make Ethical Decisions Training." Instructors/Coaches then complete MED online evaluation as an outcome of their Evaluation and Certification. Anyone who has completed MED online evaluation prior to September 1, 2020 is exempt – this is not retroactive.

Intro to Artistic Swimming – AquaGO!							
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development
<b>AquaGO! Instructor</b> (Prerequisite to Comp Intro as of April 1, 2021)	15 years of age	Active Start FUNdamentals	Clubs Aquatic Facilities Municipalities	<b>Sport Specific Modules (NSO/PSO):</b> <ol style="list-style-type: none"> <li>1. Delivering AquaGO!</li> <li>2. LTAD &amp; Fundamental Movement Skills</li> <li>3. Swimming Fundamentals</li> <li>4. Bring a Lesson Plan to Life</li> <li>5. Artistic Swimming Skills</li> <li>6. Practical In-Pool component</li> </ol>	<b>TRAINED</b>	<input checked="" type="checkbox"/> AquaGO! Evaluation: <ul style="list-style-type: none"> <li>• Must be 16 years of age</li> <li>• Must have completed AquaGO! in-pool practical/micro-teaching</li> <li>• AquaGO! Evaluation Quiz</li> <li>• AquaGO! Portfolio</li> <li>• Observed delivering an AquaGO! lesson</li> </ul>	<b>CERTIFIED</b>
	<b>Pre-requisites:</b> <ul style="list-style-type: none"> <li>✓ Member in good standing</li> <li>✓ First Aid Training recommended</li> </ul>			<b>NCCP Multi-Sport Modules:</b> <ol style="list-style-type: none"> <li>1. Make Ethical Decisions Workshop</li> <li>2. NCCP Emergency Action Plan (EAP) eLearning Workshop</li> </ol>		<input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> <li>1. Analyze performance</li> <li>2. Provide support to athletes in training</li> <li>3. Make Ethical Decisions (online evaluation)</li> </ol>	

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
<b>Competition Introduction</b> <i>Revised and effective as of Sep 1, 2020</i>	16 years of age	Learn to Train Train to Train Masters	Clubs Provincial Championships	<b>Sport Specific Modules (NSO/PSO):</b> 1. Introduction 2. Planning for Performance Part 1 3. Introduction to Athletic Abilities and Skills 4. Figure Foundations 5. Developing and Training Routines 6. Planning for Performance Part 2 7. Planning a Practice 8. Analyze Performance 9. Practical In-Pool component  <b>NCCP Multi-Sport Modules:</b> 1. Make Ethical Decisions Workshop* 2. Making Head Way in Sport eLearning Workshop 3. Emergency Action Plan (EAP) eLearning Workshop* 4. Sport Nutrition eLearning Workshop 5. Basic Mental Skills Workshop 6. Teaching and Learning Workshop  <i>*if not previously completed</i>	TRAINED	<input checked="" type="checkbox"/> Competition Introduction Evaluation: <ul style="list-style-type: none"><li>Submit Comp Intro Portfolio</li><li>In-practice observation and debrief by evaluator</li><li>In-competition observation and debrief by evaluator</li></ul> <input checked="" type="checkbox"/> Outcomes: <ul style="list-style-type: none"><li>Design a sport program</li><li>Plan a practice</li><li>Provide support to athletes in training</li><li>Support the competitive experience</li><li>Analyze performance</li><li>Make Ethical Decisions (online evaluation)*</li></ul> <i>*if not previously completed</i>	CERTIFIED	20 PD points every 5 years
	Pre-requisites:							
	<ul style="list-style-type: none"><li>✓ Member in good standing</li><li>✓ First Aid Training recommended</li><li>✓ <u>Required</u> to be AquaGO! "<u>Trained</u>" (completed modules 1-5, in-pool practical and required multisport modules) effective September 1, 2021.</li></ul>							
	Pre-course work:							
	<ul style="list-style-type: none"><li>1. CAS LTD Framework reading &amp; quiz (via <a href="http://artisticsswimmingcoach.ca">artisticsswimmingcoach.ca</a>)</li><li>2. Comp Intro pre-course homework workbook</li></ul>							

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation		Professional Development
Competition Development	18 years of age	Train to Train  Train to Compete  Masters	Clubs National Championships Provincial Teams Canada Games	<b>Sport Specific Modules (NSO):</b> 1. Developing Athletic Abilities 2. Planning a Practice (2) 3. Performance Planning 4. Analyze Figure Abilities 5. Analyze Routine Abilities 6. Manage a Sport Program	TRAINED	<input checked="" type="checkbox"/> NCCP Multi-Sport Online Evaluations: <ul style="list-style-type: none"><li>Make Ethical Decisions*</li><li>Managing Conflict</li><li>Leading Drug Free Sport</li></ul> <input checked="" type="checkbox"/> Competition Development Evaluation**: <ul style="list-style-type: none"><li>Submit portfolio</li><li>In-practice observation and debrief by evaluator</li><li>In-competition observation and debrief by evaluator</li></ul> <input checked="" type="checkbox"/> Outcomes: 1. Design a sport program 2. Plan a practice 3. Provide support to athletes in training 4. Support the competitive experience 5. Analyze performance 6. Manage a sport program	CERTIFIED	30 PD points every 5 years
	Pre-requisites:			<b>NCCP Multi-Sport Modules:</b> 1. Coaching & Leading Effectively Workshop 2. Leading Drug Free Sport Workshop 3. Make Ethical Decisions Workshop* 4. Making Head Way in Sport eLearning Workshop* 5. Managing Conflict Workshop 6. Prevention & Recovery Workshop 7. Psychology of Performance Workshop				
	<ul style="list-style-type: none"><li>✓ Member in good standing</li><li>✓ First Aid Training recommended</li><li>✓ <u>Required</u> to be Competition-Introduction trained (effective as of July 1, 2020)</li></ul>							
	Pre-course work:							
	<ul style="list-style-type: none"><li>✓ Developing Athletic Abilities pre-course work</li><li>✓ Pre-course reading</li></ul>			<i>*if not previously completed</i>		<i>*if not previously completed</i> <i>**recommended to be coaching athletes competing at national qualifier/national championships (team routine preferred)</i>		

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training	TRAINED	Evaluation	CERTIFIED	Professional Development
<b>Competition Development Advanced Gradation (CDAG)</b>	18 years of age	Train to Train Train to Compete Learn to Win	As per Comp Dev + 13-15 and Junior National Team	<p>Completes the Advanced Coaching Diploma (ACD) (2-year program)</p> <p>Completes CDAG Practicum: (6-12 month minimum) 2 modules:</p> <ol style="list-style-type: none"> <li>1. Coach as Performer</li> <li>2. International Innovation (with practical application component)</li> </ol> <p>Practical Coaching component: Coach will work in a high- performance National Team training setting (Example: 13-15/Junior National Team Training Camp/Competition)</p>		<p>The coach will complete the ACD/CDAG final assessment (includes CAS expert &amp; CAC HP expert)</p> <p>CDAG Practicum Evaluation:</p> <ol style="list-style-type: none"> <li>1. Coach as Performer</li> <li>2. International Innovation</li> <li>3. Practical Coaching Component</li> <li>4. MED (if not previously completed)</li> </ol> <p>Coach will successfully complete these 3 specific projects under the guidance of a mentor/CDAG facilitator. Evaluation will be ongoing through these projects.</p>		30 PD points every 5 years
	<b>Pre-requisites:</b>							
	<ul style="list-style-type: none"> <li>✓ Member in good standing</li> <li>✓ Competition Development certified</li> <li>✓ Successfully completed or be currently registered in Advanced Coaching Diploma (ACD)</li> <li>✓ Identified &amp; selected by Canada Artistic Swimming</li> <li>✓ CAS 13-15 or Junior National Team Coach</li> </ul>							

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training	TRAINED	Evaluation	CERTIFIED	Professional Development
<b>High Performance Coach</b>	18 years of age	Learn to Win Perform to Win	Senior National Team	<p>Completes the Advanced Coaching Diploma ACD (2- year program) or equivalent</p> <p>Completes HP Practicum (6-12 month minimum) or equivalent. 2 modules:</p> <ol style="list-style-type: none"> <li>1. Coach as Performer</li> <li>2. International Innovation (with practical application component)</li> </ol> <p>Practical Coaching component: Coach will work in a high- performance Senior National Team training/competition setting (example: apprentice coach/assistant coach at a Senior National Team camp/competition).</p>		<p>The coach will complete the ACD/HP final assessment (includes CAS expert &amp; CAC HP expert)</p> <p>HP Practicum Evaluation:</p> <ol style="list-style-type: none"> <li>1. Coach as Performer</li> <li>2. International Innovation</li> <li>3. Practical Coaching Component</li> <li>4. MED (if not previously completed)</li> </ol> <p>Coach will successfully complete these 3 specific projects under the guidance of a mentor/HP facilitator. Evaluation will be ongoing through these projects.</p>		30 PD points every 5 years
	<b>Pre-requisites:</b>							
	<ul style="list-style-type: none"> <li>✓ Member in good standing</li> <li>✓ Identified &amp; selected by Canada Artistic Swimming for HP Program</li> <li>✓ Competition Development certified (or equivalent)</li> <li>✓ CAS Senior National Team Coach</li> </ul>							