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Book Descriptions:

canadian ski coaching manual

No exceptions. Candidates will learn the basics of the Snow Stars program. Practice coaching sessions are part of the course for each candidate. The evaluation part of the course tests the candidates ability to demonstrate free skiing skills and Snow Stars drills. Candidates must pass the evaluation to get credit for the course. Check with your Provincial Sport Organization for evaluation retests if you are not successful the first time. On successful completion of the course you will achieve an Entry Level TRAINED certification status and become a member of the Alpine Canada AlpinCanadian Ski Coaches ACACSC. This certification status will allow you to be hired by a club or ski school to start coaching in an entry level ski racing program. Click Here for Daily Course Overview. Register Now This 5day course 1 day indoor and 4 days on snow includes topics such as slalom and giant slalom basics for U14 and U16 athletes. Topics in this 5day course 2 days indoor and 3 days on snow include slalom and giant slalom training and sequencing, course setting, analyzing performance, support for athletes at a race and practice coaching sessions. Other concepts covered on the course include principles of biomechanics, decision making tools and use of video analysis. There is general focus is on core coaching competencies valuing, leading, interacting with people, problem solving and critical thinking. The number of available courses is limited as demand is small. The targeted coach will undergo a detailed gap analysis aimed to identify competencies needing improvement or development, necessary to deliver on athlete needs in this context. Please contact ACACSC for more HPL program info. ACACSC expects to have a new transfer policy and HPL coach pathway in place by fall of 2018. Please click on the Create Member and Register button to proceed with registration. Please enable it for a better experience of Jumi. Please enable it for a better experience of Jumi. <http://www.siblom.ru/files/upload/di-box-behringer-manual.xml>

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The ACACSC coach education program links directly with the ACA LTAD stages of growth and skill development. At each of the different coaching levels, coaches acquire the knowledge and skills necessary to meet the growth and skill development needs of the skier. Our coach certification program is part of the Coaching Association of Canada's National Coaching Certification Program NCCP. As a partner of the Coaching Association of Canada, Canadian ski coaches must meet or exceed minimum competency requirements to be recognized as trained or certified. To be eligible to coach with any Alpine Canada club, coaches are required to be a licensed ACACSC member in good standing. To view the ACACSC licensing policy visit www.canskicoach.org. The certified advanced coach knows how to lead a program, athletes and coaches, within their level of certification. Coaches will choose their path depending on the level of skiers they are coaching, employer requirements or personal interest. This program is meant to pair up a prospective coach with a mentor coach during the initial stages of learning how to be a coach while supporting young developing ski racers. They must complete the EL course within this time period to coach the following year. Once verified we can manually input them into our database as a temporary member since they still need to be licensed members in good standing with ACACSC to work with developing ski racers. Entry level coaches are focused on developing fundamental ski technique through use of the Snow Stars program. Coaches safely apply fundamental teaching and learning principles during training and competitions to promote the consolidation of a skiers technique and application of

tactics in giant slalom and slalom. Development Level certified coaches have the knowledge and expertise to safely guide skiers when learning speed and ski cross terrain management skills.[http://appletechsolutions.com/userfiles/7975g-phone-manual\(1\).xml](http://appletechsolutions.com/userfiles/7975g-phone-manual(1).xml)

Ski racers at these stages are following the competitive pathway to compete at the highest level of ski racing. This includes elements of the able-bodied EL and DL pathways and a Para specific module compatible for both EL Para and DL Para programs. Originally created in 2001, the success of this program is built on its role as an accessible education and planning guide for Canadian ski coaches and families. For this reason, the program is aimed at young skiers from the Gliding Start, Skier Essentials and to the Learn to Train stages. The Snow Stars program is meant to provide ski clubs and coaches guidance through the foundational years where the development of proper skiing skill execution on demand is critical to future success. Without the involvement of daily physical activity through participation in complementary sports and free play year-round, a significant physical literacy development opportunity is lost resulting in the inability of the young skier to reach their full potential. From the moment of registration to their final graduation from the program, you can follow along with your skiers' achievements. Combining coaching creativity with the resources presented here in the ACA LTAD you can develop a skier's fundamental movement and skiing skills using the Snow Stars programming. Coaches should use a variety of coaching methods to accommodate the various learning styles of the children. A coach will guide their skiers through a skill progression to make skiing skills easier to acquire. Coaches also act as observers who provide timely questions and feedback to their skiers to match their learning style. Use the Snow Stars progressions to help you plan your season and to identify the skills you want to develop for the current season. Without a plan, it will be difficult to measure and manage a progression to ensure you are meeting or exceeding your goals.

Skill evaluation events are planned well ahead of time; young skiers should be evaluated two to three times per year. Working together with another nearby club helps to promote a festival environment. The following terms explain the stages of skill development that a young skier will proceed through when learning new skills. This progression assists coaches in determining where their skiers are on the skill development continuum. Only one scorecard per skier per season is needed to record the scores of an early, mid and end of season evaluation. Young skiers love knowing their results immediately. If snow conditions and weather are going to affect results negatively, please select another day. Are they drills that they have done before. If yes, this will help to reduce the stress level of the skier. From the Level 1, controlled skier to the level 5 versatile skier, you will be able to see if the skier is confidently carving linked turns with speed and consistency. Always look for fluid movements and a relaxed attitude on the skis. Before starting down this path we encourage skiers to become familiar with the related documents here, including The courses are set by the Canadian Ski Coaches canskicoach.org using Alpine Ontario Coach Facilitators to run the courses. Please note You must be 16 years of age on the first day of the course. Days 23 are held on snow and focus on skiing demonstration of short turns, long turns and entry level skills lift tickets are required at an additional cost. The overall aim of the course is to train, develop and evaluate coaches who are working with young athletes in club racing programs and candidates must be a minimum of 16 years of age to attend. Successful candidates will be accredited as an Alpine ski coach trained status and National Coaching Certification Program member. Please note Canadian Ski Coaches mandates that coaches participating in the courses must wear helmets. Click here to read the ACA Coach Licensing Policy.

Providing an 18-month window in which to accumulate licensing credits for any given annual period. It is the coach's responsibility to complete licensing requirements. Ongoing requirements vary based on accreditation. As part of this transfer, the following requirements must be met by all coaches to maintain their PL Certified status. For a calendar of upcoming training opportunities, please click

here. This program is designed to provide career coaches with opportunities to further their careers as professional coaches by working alongside World Cup legends who will provide expertise and mentorship. NCCP training will open doors to new opportunities in coaching and in life. The NCCP runs several multisport modules each month during different days of the week. All Canadian ski coaches associated with Alpine Canada are required to complete the NCCP Multisport Module, Making Ethical Decisions. Learn more on the NCCP Workshop Calendar. Please try later. The Level 1 Candidate can expect to be exposed to a variety of terrain, snow conditions and terrain features. It combines the basics of practical ski teaching methods, technical understanding and development of guest service skills, specifically addressing childrens skiing. This 20minute Interactive Module introduces concepts that will be used throughout the Level 1 Decision Making for Instructors, The Gliding Experience beginner progression, Technical Reference, and responsible teaching. Candidates are responsible for this information as part of the Course curriculum. Membership Benefits are available to you provided your membership fees are fully paid, making you an active Member. This Program enables Ski Instructors to improve their d ecision making and situational teaching skills, to acquire a better understanding of CSIA technique and methodology, our Technical Reference, and the role of ski teaching within the ski industry.

It combines practical ski teaching methods for intermediate parallel skiers, technical understanding and development, and improvement of guest service skills. They will also receive suggestions and strategies for longterm development. The successful Candidate is certified to teach skiers up to intermediate parallel skill level. Before, in between or after the L2 Training and L2 Evaluation.its up to you! Pick and choose your Modules however they best suit your progression and schedule. Components can be collected at any point in time, but the Level 2 Membership Status will not be updated until all Modules are completed and Education credits are accumulated. In most cases, the 3 required components L2 Training L2 Evaluation 1 day Module are scheduled together over 5 consecutive days, allowing one to fulfill the requirements quickly. Please note that you still will have to register for each component individually. Members holding a Partial Certification after having attended only one of the two portions are allowed to complete their Certification by attending the Level 2 Evaluation only, with both the L2 Training and the Education credits components being credited to you. This Program enables Ski Instructors to improve their situational teaching skills, to acquire a better understanding of CSIA technique and methodology, our Technical Reference, and the role of ski teaching within the ski industry, as well as introduce Instructor Training. It combines practical ski teaching methods, technical understanding and development, and improvement of guest service skills. They will also receive suggestions and strategies for longterm development. The successful candidate is certified to teach skiers up to advanced parallel skill level, including short radius and bumps.

The SkiOff is reviewed during the L3 Exam and each Candidate will be given clear directions for Exam preparation Teaching assignments are given the morning of the Exam, by the Course Conductor in charge Candidates passing one portion will never have to be retested again for that portion Once qualified for the Exam, Candidates will not have to attend the L3 Training Program ever again You still are. If you have attended the previously offered 5 day Level 3 Training Course, you can go straight to the Exam, without having to accumulate any Education credits. The mandatory Education credits to fulfill the Certification's requirements have been automatically allocated to you. To maximize the chances of success, Candidates are encouraged to develop a personal training plan and seek specific training based on their needs. The following Modules can help Click here to access the YouTube playlist. Partial Certification is possible for either skiing or teaching. To achieve the Partial Teaching Certification, both the Level 4 Expert Teaching and Trainer Development Exams must be successfully completed. Candidates leave the Program with clear verbal and written evaluations of their performance and their potential, suggestions for long term development, strategies and time frame for Exam preparation.

Sessions will focus on The SkiOff procedure is reviewed during the L4 Exam and each Candidate will be given clear directions for Exam preparation Teaching assignments are given on day 1 of the Exams Candidates passing one portion will never have to be retested for that portion again To achieve the Partial Teaching Certification, the Candidate is required to successfully complete both the Level 4 Expert Teaching and Trainer Development Exams Once qualified for the Exams, Candidates will not have to attend the Level 4 Training Program ever again It is recommended for any Level 3 Instructor that wishes to become a Level 1 Course Conductor, but it does not replace the annual Regional Level 1 Course Conductor Training. While this Exam can be completed before or after Level 4 Exam, this is a required component for the level 4 Teaching Certification. Candidates who have already achieved the Level 4 Partial Teaching Certification are granted an equivalency on this component. It includes In recent years, continuing education has become more and more important to Ski Instructors and Snow Schools alike. Now, our Members' participation within numerous Programs is being valued through the attribution of Education credits. Credits are accumulated into a grand total, which can only increase. At no time will you be required to trade or "sell" credits. The offer is noncumulative for Members of multiple organizations. With the exception of the Snow Park Certification, only programs offered since November 2013 are eligible for credits Attending the same Module twice will not provide twice the credits. Attending these previously mentioned Programs again the following season, will allow you to earn additional credits. The Program also ensures that individuals are able to enter and progress along the WSWC coaching pathway. As part of the program, all coaches are trained in ethical decisionmaking and sports safety.

As a Foundations coach, you may be working with kids or adults, beginners or novices, athletes or people who simply want to enjoy being on the water. The emphasis is placed on safety, fun, ethics, boat driving and values beyond competition. This clinic will help camps, schools, and volunteer coaches foster the love of the sport, promote participation, and teach basic skills to beginners of all ages through a variety of activities and disciplines. This is the coach level you are looking for. Learn to Compete coaches are competitive coaches who prepare their athletes for competition. In addition to coaching sport-specific skills, you will be designing and monitoring yearly training plans, and providing basic mental training skills, competition tactics, and skill analysis. The goals at this level of coaching are fun, fitness, fundamentals, and performance at regional or provincial competitions as well as consolidation of basic skills of the sport. Do you have questions about the Coaching Manual. Are you a member of the National Team This Program, created by the Coaching Association of Canada CAC, offers several Multisport training modules online via The Locker, including the towed watersport-specific Making Head Way concussion awareness module. To learn more, visit coach.ca Click Here. What is Skiing READY! Accessible Skiing Information Feeling too young or too old. SET Ski and Snowboard Safety Why Wear a Helmet. How to Choose a Helmet Getting up hill safely What to Expect Renting Ski Equipment Take a Ski Lesson Renting Snowboard Equipment Taking a Snowboard Lesson What to Wear Where to go. GO! Next Step Lessons Ski Tips Tickets, Deals and Passes Ski Area List Purchasing the Right Equipment Questions for the Retailer Purchasing Snowboard Equipment Questions for the Retailer Making A Comeback. Pizza delivery has always proliferated, especially in resorts peppered with self-catering accommodation.

A Mountain Lifer's Guide to the Perfect Date Between work, skiing, climbing, training and whatever other activities you have on the go, there isn't much time and energy left to go out for a classic date. If you're like me and your partner also loves all of the above past times, you usually adventure together. But hiking uphill, sweaty and determined to get as many fresh lines in as possible, doesn't leave much room for romance. Winter Swingers Rise of the TwoSport Athlete With the sensational ski and snowboard success of Ester Ledecka, the snowsports industry is wondering if this will encourage more people to take up both sports. Close To Home Patagonia ambassador Nicholas Wolken spent the past two seasons enjoying what nature had to offer only a train ride away from the town where he grew up. The result is Close to Home. The eight-minute short follows Nicholas and

fellow Patagonia ambassador Forrest Shearer as they stay in a family friend's alpine hut in Fideriser Heuberge and surrender to simplicity. As Nicholas puts it, "In snowboarding, less is more." Finding Fondues If you're fond of fondue, then this article is for you. We've tracked down the best gooey cheesy, delicious bread-dipping alpine fondue spots for your tasting pleasure. Try not to drool. See more stories from SnowOnline After months of preparation, Martina and her 60-year-old mother Tania embark on a 6-month, 2300km journey from Squamish, BC to Alaska through a relentless mountain wilderness. Have you ever seen a dog riding a chairlift. How about a dog skiing next to its owner. Or even crazier, a dog being longlined under a helicopter. Or already a skier or snowboarder looking for tips, contests, videos and deals. Click here to head to our Go Skiing Go Snowboarding section for everything you need to get inspired to hit the slopes! Click here for more information and to apply for your very own SnowPass! Tickets are transferable and quantities are limited so purchase yours today!

Then sign up today for our newsletter that talks about news and reports from ski areas; profiles of Canadian ski and snowboard destinations; ski and snowboard bargains; events at Canada's ski resorts, and lots of other exciting information! Stay up-to-date with all of the latest news on skiing, snowboarding, and everything in between. Sign up for our Communications Newsletters. Sign Up NOW. These associations are in turn governed by the ISIA International Ski Instructors Association, which sets the global standards for all the member organisations. All have very high standards for the final level, but allow you to begin working while training for these higher levels. Most countries will feel that their system and instructors are the best, but the reality is they are very similar with different terminologies. While there may be subtle differences in technique and teaching methods, most systems share a similar structure and international recognition, and carry more clout in their own country than others. The tiered systems CSIA, BASI, NZSIA are relatively easy to get started in and then ramp up as you progress through the levels, while a few others e.g. ENSA have very demanding entrance requirements. Usually level 1 is only recognised in the country of the awarding body. You'll be able to work almost anywhere in the world, including France if you have passed the Euro Test. So whether you qualify with the CSIA, BASI or NZSIA, you'll be able to work throughout the globe, from Canada and Europe to New Zealand and Japan. BASI generally has better recognition in Europe and CSIA is preferred in North America. Without going directly through the challenging French system, BASI offer the clearest pathway, although it is possible with other systems as well. For example, if you have your CSIA level 1, you will be able to work in Canada but nowhere else.

This is what most employers expect, regardless of the system, and so achieving this should be your goal if you want to work worldwide. At level 2, the major omission to where you can work is France. To work here, you must have additional qualifications as mentioned above. As a fully certified instructor in any system, you'll most likely be able to work anywhere in the world with few, if any, exceptions. You can transfer to another system should your ambitions change or you decide your career would benefit from a switch to another qualification. For example, if you have your CSIA level 2 and want to transfer to BASI, you'll need to sit the BASI level 2 exam. Most instructor systems offer a similar career path, but some may be better suited to certain goals than others. When weighing up these options, consider the following: If you know where you want to work in future seasons, do that country's qualification or one that is very well recognised in the region. CSIA is generally a better option for North America, while BASI is better recognised in Europe. If you're not sure where you want to work. For example, if you know you want to train in Canada, then do their qualification. If you want to work in France, then BASI is generally the better route. This will require many years of training to reach the top level. If you've got any questions, get in touch with our course advisors who'll be happy to run through things. With the support of valued corporate partners along with the Government of Canada, Own the Podium and the Canadian Olympic Committee, Alpine Canada develops Olympic, Paralympic, world championship and World Cup medallists to

stimulate visibility, inspiration and growth in the ski community. Its a challenge that is fully understood by Phil McNichol, Alpine Canada's high performance director and former U.S. ski team head coach. Read more The end product is a racer who can ski.

My observation over many years is that a skier who can race will always beat a racer who can ski. Read more Why, then, is this not always the case Read more Dan Leever August 17, 2020 4. In our second summer series, Ski Racing Media will create a community discussion around the subject of development. We will access. Read more Same team!" Read more Victor almost lost his life, saved by coaches, ski patrol and medical staff who were trained and ready to respond. Now hes working on a solution to try to prevent future accidents. More photos included strong stomach required. Its a challenge that is fully understood by Phil McNichol, Alpine Canada's high performance director and former U.S. ski team head coach. Why, then, is this not always the case We will access. The end product is a racer who can ski. My observation over many years is that a skier who can race will always beat a racer who can ski. We kindly ask that you obey social distancing regulations while playing or hiking. Caledon hosts courses throughout the season. You must be 15 years of age for Instructor CSIA and 16 years of age for Coach CSCF by the end of the course. Snowboard Instructors are certified by the Canadian Association of Snowboard Instructors CASI. www.casiacms.com Ski Coaches are certified by the Canadian Ski Coaches Federation CSCF. www.canskicoach.org Freestyle Coaches are certified by the Canadian Freestyle Ski Association CSFA. www.freestyleski.com Telemark Instructors are certified by the Canadian Association of Nordic Ski Instructors CANSI. www.cansi.ca We kindly ask that you obey social distancing regulations while playing or hiking. Please upgrade your Shortly thereafter, the Canadian Ski Association adopted Freestyle as one of its member disciplines. Freestyle made its Olympic debut in 1988, which lead to widespread attention and phenomenal growth in the sport across Canada. Since then, we have been a leader in Freestyle competitions around the world.

The program is managed in a database called The Locker. Coaches use The Locker to track their progress and guide their development. NCCP eLearning and Workshop Materials Nordiq Canada and Divisions share the responsibility for offering NCCP training and evaluation. Divisions are responsible for delivering most of the training. Contact your Division to know what training is available in your province or territory. You will access some courses in the Locker and others directly through your Division. The following information is offered as an overview. Division organizers are invited to access NCCP partners' resources protected area. NCCP Partners Resources Contents, Training and Certification Coaching development is offered in "contexts." Contexts are levels of coach training and certification that are associated with a stage of the LongTerm Athlete Development model. Within each context, the NCCP model defines coaching status as In training when some of the required training has been completed. Trained when all required training is complete. In addition to attending workshops, coaches are required to meet some practical stagespecific requirements. Certified when all training and evaluation requirements have been satisfied. Certified coaches must accumulate professional development points to maintain certification. Coach Initiation in Sport This onehour online multisport course is delivered by the Coaching Association of Canada in the Locker. Introduction to Community Coaching Also delivered in the Locker, this fourhour online course teaches parents and entrylevel coaches how to safely deliver skill development sessions to children in the Active Start stage of development Bunnyrabbits. There are two steps. Community Coaching This 13hour inclass and onsnow workshop is delivered by your Division. The course teaches coaches how to lead a skill development program to children in the FUNdamentals stage of development Jackrabbits.

Coaches also learn how to teach basic crosscountry skiing skills classic and skate design a seasonal plan select equipment and prepare skis for participants of this age After completing this course, coaches have the status "Community Coaching Trained." Coaches can proceed to Evaluation, or to

Competition Coaching Introduction CCIL2T. Evaluation To become Community Coaching Certified, you will complete the NCCP Make Ethical Decisions online evaluation and complete the NCCP Community Coaching Experience Form, available in the Document Centre. To become CCIAWAD trained, coaches must be Competition Coaching Introduction CCIL2T trained and complete the following steps

Dryland workshop This inperson workshop is delivered by your Division. Topics include designing seasonal and yearly training plans athlete assessment medical and physiological considerations organizing training camps equipment maintenance Successful completion of the Community Coach CC AWAD workshop is a prerequisite. After completing this workshop, coaches have the status "CCIAWAD Coach in Training." On snow workshop This inperson workshop is delivered by your Division. Topics include teaching technique leading a paranordic team athlete classification ski preparation and equipment paranordic event After completing this workshop, coaches have the status "CCIAWAD Coach Trained."

Practical experience The requirements are the same as for the CCIL2T "mainstream" context but must be achieved while coaching paranordic athletes. Complete the NCCP Community Coaching Experience Form, available in the Document Centre. Certification Evaluation is the same as for the CCIL2T "mainstream" context except that sport specific evaluations must be done with or related to paranordic athletes. The emphasis is on skill development within a fun, team oriented environment that develops a passion for the lifelong health and fitness benefits of crosscountry skiing. Coaches complete the following steps.