

Cycling Canada

The NCCP program



NCCP Coaching Streams and Contexts

**Community
Initiation**

Let's Ride!

Community Ongoing

**Competition
Introduction**

Ready to Race!

**Competition
Development**

Performance Cycling

**Competition High
Performance**

Instructor Beginner

**Instructor
Intermediate**

Instructor Advanced



Let's Ride! Community Initiation Pathway

To achieve the status of "In-Training" a coach must complete:

- Let's Ride! Community initiation



To achieve the status of "Trained" a coach must complete:

- Let's Ride! Community initiation
- Basic Cycling Skills



Ready to Race! Introduction to Competition Pathway



To achieve the status of “In-Training” a coach must complete:

- Basic Cycling Skills
- Training Basics

To achieve the status of “Trained” a coach must complete:

- Skills and Tactics (one discipline)
- Training to Race
- Skills and Tactics (a second disciplines)

To achieve the status of “Certified” a coach must complete: :

- Make Ethical Decisions Online Evaluation- Comp-Int
- Coach Portfolio
- Online evaluation for two disciplines



Let's Ride!
Community Initiation

Let's Ride!

Classroom- 5hrs

Ethical Coaching,
participant needs,
practice planning, support
in training.

In-
Training

Cycling NCCP Pathway
Let's Ride! Community Initiation and
Ready to Race! Introduction to Competition

Basic Cycling Skills

(shared between the community
and competition-introduction
stream)
On-bike practice- 8 hrs

Basic cycling skill teaching and
analysis, detection and correction
of errors. Use of lesson plan
templates. Practice coaching.

Trained

In-
Training

Training Basics

Classroom- 14 hrs

Ethical coaching,
participant needs,
practice planning,
support in training

**Skills & Tactics (Road,
MTB, Track or BMX)**

On-bike- 7 hrs

Discipline specific cycling
skill teaching & analysis,
detection and correction
of errors. Race tactics.
Practice coaching.

Training to Race

Classroom- 14 hrs

Design and manage
training programs,
performance
analysis, support in
competition

**Skills & Tactics (Road,
MTB, Track or BMX)**

On-bike- 7 hrs

Discipline specific cycling
skill teaching & analysis,
detection and correction
of errors. Race tactics.
Practice coaching.

Trained

**Make Ethical
Decisions Online
Evaluation**

www.coach.ca - 1hr

Can be taken at any
time through NCCP
Locker account (no
pre-requisite).

Evaluation:

In competition evaluation
OR online evaluation (two
disciplines)

Evaluation:

Ready to Race!
Coach Portfolio

Certified

Ongoing Professional
Development to
maintain certification

Ready To Race!
Introduction to Competition

Ready to Race! Introduction to Competition Evaluation Process



- Make Ethical Decisions Online Evaluation
 - Go to www.coach.ca and log into Locker account
 - Evaluation can be taken through the “elearning” section
 - Coaches have two attempts to pass the evaluation
 - Cycling Coach Portfolio
 - After coaches have achieved the “trained” status, they can submit their portfolios
 - Portfolios can be obtained from Cycling Canada
 - Once reviewed, evaluator may recommend changes/updates
 - Online Evaluations
 - Once a coach’s portfolio has been successfully completed, Cycling Canada will provide login information to the online evaluations
 - Coaches must successfully pass the online evaluation in two disciplines (BMX, MTB, road, track) in order to be certified
- Cost for total evaluation: \$150



Professional Development

- All coaches with the “certified” status must obtain PD points to maintain their certification
 - Ready to Race! coaches must obtain 20 PD points in five years
 - Performance Cycling coaches must obtain 30 PD points in five years
 - If you are certified in two sports/contexts, accumulated points will apply to both. The number of points required to maintain certification will be determined by whichever sport/context requires the highest number of PD points.
- What counts as PD points?
 - Any NCCP training or online module
 - Active coaching
 - For full details about PD points and opportunities visit www.cyclingcanada.ca



Performance Cycling Competition-Development Pathways

To achieve the status of “In-Training” a coach must complete:

- Analyzing Performance
- Performance Planning
- Managing a Program



To achieve the status of “Trained” a coach must complete:

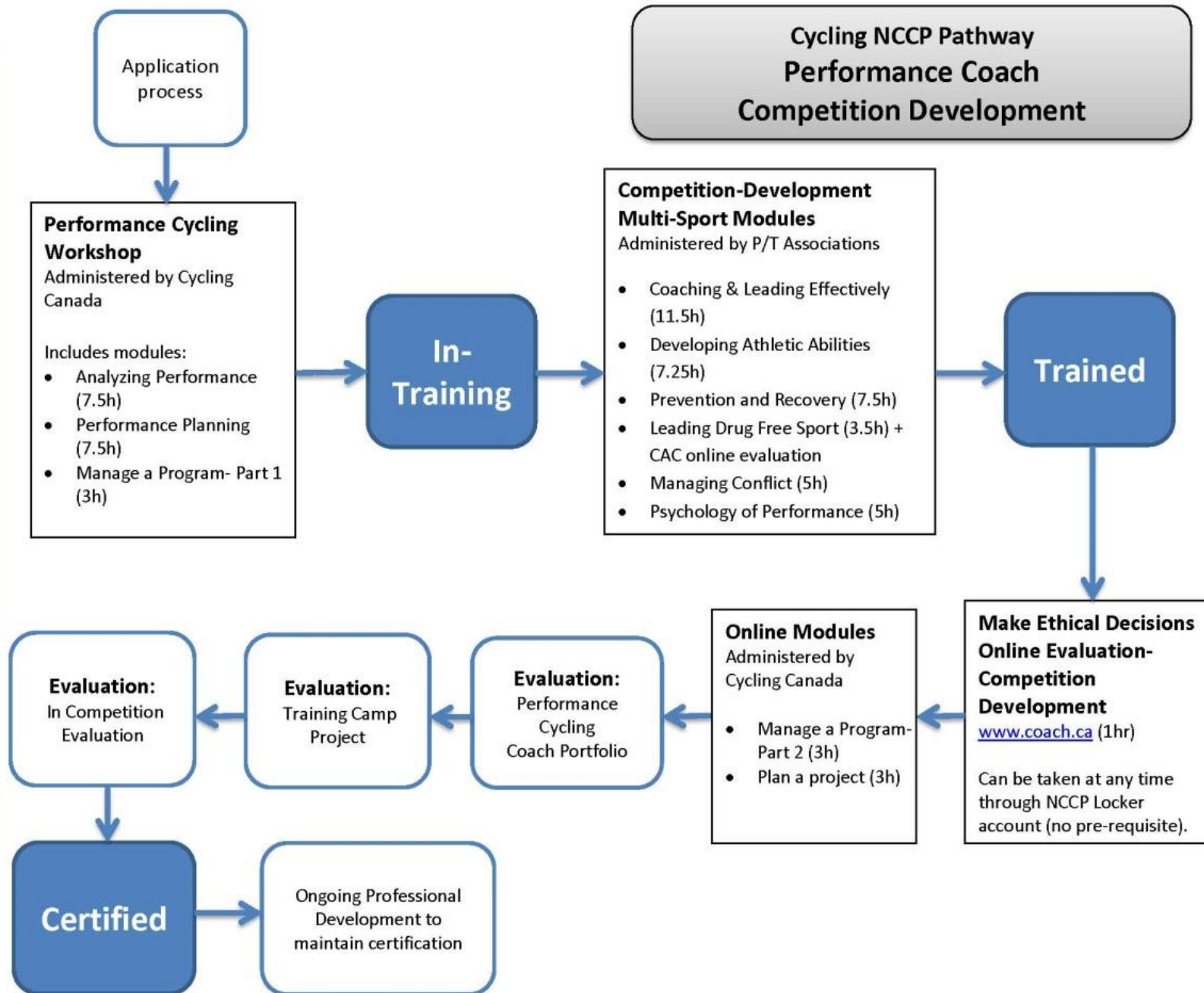
- Coaching & Leading Effectively
- Developing Athletic Abilities
- Managing Conflict
- Prevention and Recovery
- Leading Drug Free Sport + CAC online evaluation
- Psychology of Performance



To achieve the status of “Certified” a coach must complete:

- Make Ethical Decisions Online Evaluation- Comp-Dev
- Planning a Project (online module)
- Managing a Program (online module)
- Portfolio
- Evaluation #1: Training Camp Project
- Evaluation #2: Competition Project

Performance Cycling
Competition Development



For more coaching information...



Cycling**CANADA**Cyclisme

www.cyclingcanada.ca



www.coach.ca