

What is the NCCP?

The National Coaching Certification Program (NCCP) launched in 1974 and delivered in partnership with the government of Canada, provincial/ territorial governments, and national/ provincial/ territorial sport organizations, gives coaches the confidence to succeed. The NCCP distinguishes between training and certification: Coaches participate in training opportunities to acquire or refine the skills and knowledge required for their particular coaching context. After training, coaches must demonstrate ability in the key competency areas through an evaluation process to become certified.

Why become an NCCP Coach?

NCCP coaches are recognized as meeting or exceeding high technical and ethical standards embraced by more than 60 national sport federations in Canada. NCCP coaches foster confidence at all levels of sport, a benefit shared by athletes, parents, sport organizations, and our communities.

Let's Ride! Community Initiation

CCI training has two parts - the "Let's Ride!" CCI workshop (5 hrs), and a *Basic Cycling Skills* workshop (8 hrs). The first workshop provides information on ethical coaching, participants and their needs, basic practice planning, equipment and other important information for coaches of beginner cyclists. The second workshop provides an opportunity for "on-bike" practice in skill teaching and analysis, practice coaching and use of provided lesson plans.

To take a Let's Ride! Coaching course contact your
PROVINCIAL CYCLING ASSOCIATION.

**Help build tomorrow's
cycling champions!**



**Reach higher!
Become a
trained coach.**



CyclingCANADACyclisme

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**Let's Ride!
Community Initiation
Coaching Program**



Kids will benefit from structured cycling practice that aligns with their "long term athlete" development stage.

Learn Skills!

Taking the community initiation workshop will provide coaches with age and skill level appropriate activities for helping young athletes to develop their abilities

Coaches will learn how to teach basic skills to kids at the community level. They will get eight lesson plans to help design their practice sessions

Have Fun!

Kids going through the community program will learn basic skills with an emphasis on having fun



PROGRAM OBJECTIVES

Ensure participants have a fun, safe, stage-appropriate experience that makes them want to come back.

Help to develop basic cycling skills which are transferable to all cycling disciplines, and which can be done on any kind of bicycle.

Introduce participants to the idea of competition and show them the competition pathway if they want to become more involved

