

January–December 2015

Photo credit: Andre Forget (CAC/ACE)



# Let's Get Coaching!

**Free community-level coach training in celebration of the  
2015 Pan Am/Parapan Am Games**

**Over 100 courses, including Fundamental Movement Skills and a variety of sport-specific workshops from the National Coaching Certification Program (NCCP)**



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# Want to become a coach or expand your coaching skills?

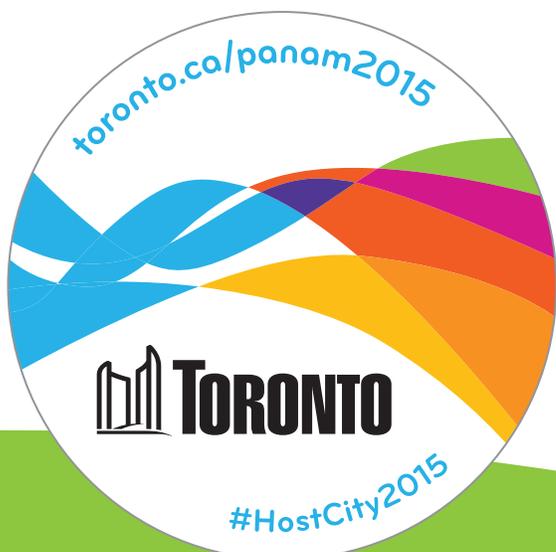
Starting in January 2015, the City of Toronto, in partnership with the Coaches Association of Ontario and more than 25 Provincial Sport Organizations, will offer free community-level coach training to Toronto residents aged 16 years and older.

The Let's Get Coaching! program will run over 100 courses, including Fundamental Movement Skills and a variety of sport-specific workshops from the National Coaching Certification Program (NCCP).

## Host City Showcase Program

Let's Get Coaching! is part of Toronto's Host City Showcase Program. This Council-approved program is designed to ensure a legacy of long-term community benefits and to enhance the experience of the 2015 Pan Am/Parapan Am Games for residents and visitors. Through Let's Get Coaching!, 2,015 new coaches will be trained in Toronto to encourage sport development and healthy living.

The Host City Showcase Program includes dozens of innovative projects with long-term community benefits such as new and expanded community activities and cultural celebrations, new sport and recreation programs, and economic development and tourism initiatives. To learn more about the Host City Showcase Program please visit [toronto.ca/panam2015](http://toronto.ca/panam2015).





**National Coaching  
Certification Program**



## It begins here

Over the last 40 years, coaching in Canada has been developed jointly by the federal and provincial governments through the National Coaching Certification Program (NCCP). This coaching education program is developed and delivered through a partnership of the federal, provincial and territorial governments, the Coaching Association of Canada (CAC) and the National Sport Organizations (NSOs). To date, over one million coaches have participated Canada-wide (and approximately 35 per cent or over 300,000 of those coaches are from Ontario).

When you take an NCCP workshop, you'll not only gain sport-specific technical abilities, but

also leadership and decision-making skills. NCCP training will open doors to new opportunities in coaching and in life.

### Who is it for?

NCCP workshops are designed for all types of coaches. Whether you're thinking about coaching your child's community team or you're already the head coach of a national team, the NCCP has workshops to meet your needs.

### Where do I fit?

Wondering where YOU fit in the NCCP? Read the descriptions below and decide which one best describes you and your coaching needs!

#### Community Sport Coach

You may already coach at the community level or you're thinking about coaching. Often, you're a parent whose child is involved in sport, or a volunteer who works with participants of all ages that are new to a sport.

#### Competition Coach

You're typically a coach who has previous coaching experience or you're a former athlete. You may already coach a team at the regional or provincial level, and you tend to work with athletes over the long term to improve performance.

#### Instruction Coach

Coaches in the Instruction stream must have sport-specific skills and training, whether coaching at the beginner or advanced skill level. Many are former participants in the sport.



## Connect with CAO

As a Coach, you can have a major influence on your athletes. You have the unique responsibility to help develop skills and instill a positive attitude and enjoyment of sport and respectful values toward others. Coaches wear many different hats: mentors, teachers, motivators and sometimes simply a friendly face. Coaches see the possibilities and potential in each person.

### **We Are Coaches**

It takes a considerable amount of planning and thought to build a season's program to bring out the best in a team. But don't worry – the Coaches Association of Ontario (CAO) can help you in your journey along the coach pathway. The CAO staff is passionate about all things coaching. We believe coaches can change lives and make a difference and we are coaches too!

### **What We Do**

CAO provides resources, education, development, support, and recognition for coaches of all sports. The CAO is the provincial delivery partner for all National Coaching Certification Program multisport modules. We are the go-to organization when it comes to helping coaches determine their training pathways and coach development. The CAO hosts an annual coaching conference, provincial coaching excellence awards, coach funding and mentorship programs.



**Connect with Ontario's Coaching Community**

**Follow us on Twitter**

[Twitter.com/Coaches\\_Ont](https://twitter.com/Coaches_Ont)

**Join us on Facebook**

[Facebook.com/CoachesOntario](https://facebook.com/CoachesOntario)

**Sign up for our Newsletter**

[coachesontario.ca](http://coachesontario.ca)

## Equip Children With the Fundamental Skills They Need to Succeed

### What are Fundamental Movement Skills?

In developing and teaching a child, we break down simple skills into key components to help the child learn and understand. In teaching a child to read, we teach them about letters and the sounds they make, and how to combine words so that they are comfortable with

language and can grow into advanced readers. In teaching movement we want to do the exact same thing!

Physical literacy is the ability for an individual to move competently and confidently in all types of environments – it is the literacy of movement. The key components of physical literacy, the letters and words, if you will, are the fundamental movement skills!

When a child is confident and competent with the fundamental movement skills, they can develop sport-specific and complex movement skills that allow them to enjoy sport and physical activity. Most importantly, having a firm grasp of the fundamental movement skills and being physically literate leads a child to enjoy a long life of physical activity.

**Learn to teach the fundamental movement skills with one of the National Coaching Certification Program's Fundamental Movement Skills Workshops!**

Not sure where to stand to watch a child throw, or how to instruct a child to improve their running form? These workshops will teach you how to instruct, observe, and correct the fundamental movement skills, and give you plenty of opportunity to practise teaching these skills.



#### The NCCP Fundamental Movement Skills are:



Throwing



Catching



Jumping



Striking



Running



Kicking



Agility, Balance, and Coordination

## FMS for Coaches

### Why should I take the NCCP's FMS workshop?

Fundamental movement skills are paramount to the development of more advanced and sport-specific skills. Athletes who have not learned how to perform the fundamental movement skills correctly will have difficulty continuing their development in sport. Coaches of all levels need to have the ability to identify, observe, and instruct the fundamental movement skills to ensure the continued development of their athletes.

Community coaches of athletes aged six to nine in particular should include the development of all fundamental movement skills as a key component of their training plan as these are the key ages for the development of these skills.

### What workshop should I take?

You have two options: the eight-hour workshop provides an in-depth, comprehensive introduction to the fundamental movement skills and the NCCP core-competencies, and includes significant hands-on activities, while the three-hour workshop covers similar information in a condensed format and is designed for participants with previous knowledge of the fundamental movement skills, coaching, or working with children ages six through nine.

All participants of either workshop will receive a certificate indicating their completion of the course, and will be entered into The Locker, the NCCP database, for access to resources and tools made available by the Coaching Association of Canada.

### For more information please contact

Coaching Association of Canada  
**coach.ca**  
coach@coach.ca • 613.235.5000



## How to register

There are several different ways to register. Please note: Family and Client Numbers are required for touch tone or online registration. If you do not already have these, please call 416-338-4386 before registering.

### Registration options:

#### Online Registration (7 a.m. – midnight)

Go to [toronto.ca/torontofun](http://toronto.ca/torontofun) and click on the **FUN ONLINE Register Now** button. Please read all information prior to registering.

#### Touch Tone Registration (TTR)

**(7 a.m. - midnight)** – Call 416-338-0000 and follow the voice prompts.

#### Telephone Assisted (8:30 a.m. - 4:30 p.m.)

Call 416-338-4386 during regular business hours and speak to a customer service representative.

**In Person** – Register in person at one of the civic centres listed below during regular business hours:

[Etobicoke Civic Centre](#)  
399 The West Mall, 2nd floor

[North York Civic Centre](#)  
5100 Yonge St., 3rd floor

[Scarborough Civic Centre](#)  
150 Borough Dr., 5th floor

[Toronto City Hall](#)  
100 Queen St., main floor

## Registration policies:

**Residents** – Residents are people who live in Toronto, own property in Toronto, or own or operate a business in Toronto. When you register for a program or attend your first class, you may be asked to prove your residency by presenting documentation, such as a current utility bill, assessment notice or telephone bill with your current address. If proof of residency is not provided, you will be excused from the course.

**Program Cancellation** – Participants will be notified should a Let's Get Coaching! session be cancelled by Toronto Parks, Forestry and Recreation.

**Transfers** – Transfers are not permitted less than 10 days before the program start date.

### Confidentiality of Personal Information

All information collected by the City of Toronto is maintained in accordance with established policies and procedures related to confidentiality.

**Please note:** Program information (dates/times/days) are subject to change or may be adjusted at time of registration.

## Course information:

**Course Attendance** – Please note: 100 per cent attendance and active participation in both the practical and classroom sessions is required to complete any Let's Get Coaching! course (lateness is equivalent to absence).

### Unsuccessful completion of a course

Courses utilize continuous evaluation. Unsuccessful candidates are required to retake the full course.

**What to bring to a course** – You will need to bring proof of age where required and the original certification of the prerequisites required for the course. Be sure to consult individual course descriptions for prerequisites required.

Course materials and schedules will be discussed on the first day.

Other items you may be required to bring include: comfortable clothing, notebook/paper, pens/pencils, and lunch/dinner/snacks.

## Prerequisites:

**NCCP #** – All individuals registered in an NCCP workshop are required to obtain an NCCP# prior to the start of the course. To get your number, visit [thelocker.coach.ca](http://thelocker.coach.ca) and register for an account. Your NCCP# will appear immediately on your new profile and will be emailed to the email address you provide.

Don't remember your NCCP#? Visit [thelocker.coach.ca](http://thelocker.coach.ca) and enter your email address and your information will be emailed to you.

Original prerequisite requirements must be presented at the start of each course. Please consult the individual course descriptions to determine what is required. To check your current transcript, visit [thelocker.coach.ca](http://thelocker.coach.ca).

**Age** – Candidates must turn the prescribed age by the first scheduled day of the course, no exceptions. Proof of age will be required for all courses with an age prerequisite.

### Precourse assignments and experience

Courses may require the candidate to complete a precourse assignment or provide proof of experience before the course begins. Please consult the individual course descriptions to determine what is required. Where a precourse assignment is required, registration closes two weeks in advance of the start date to allow for completion of the assignment.

## National Coaching Certification Programs:

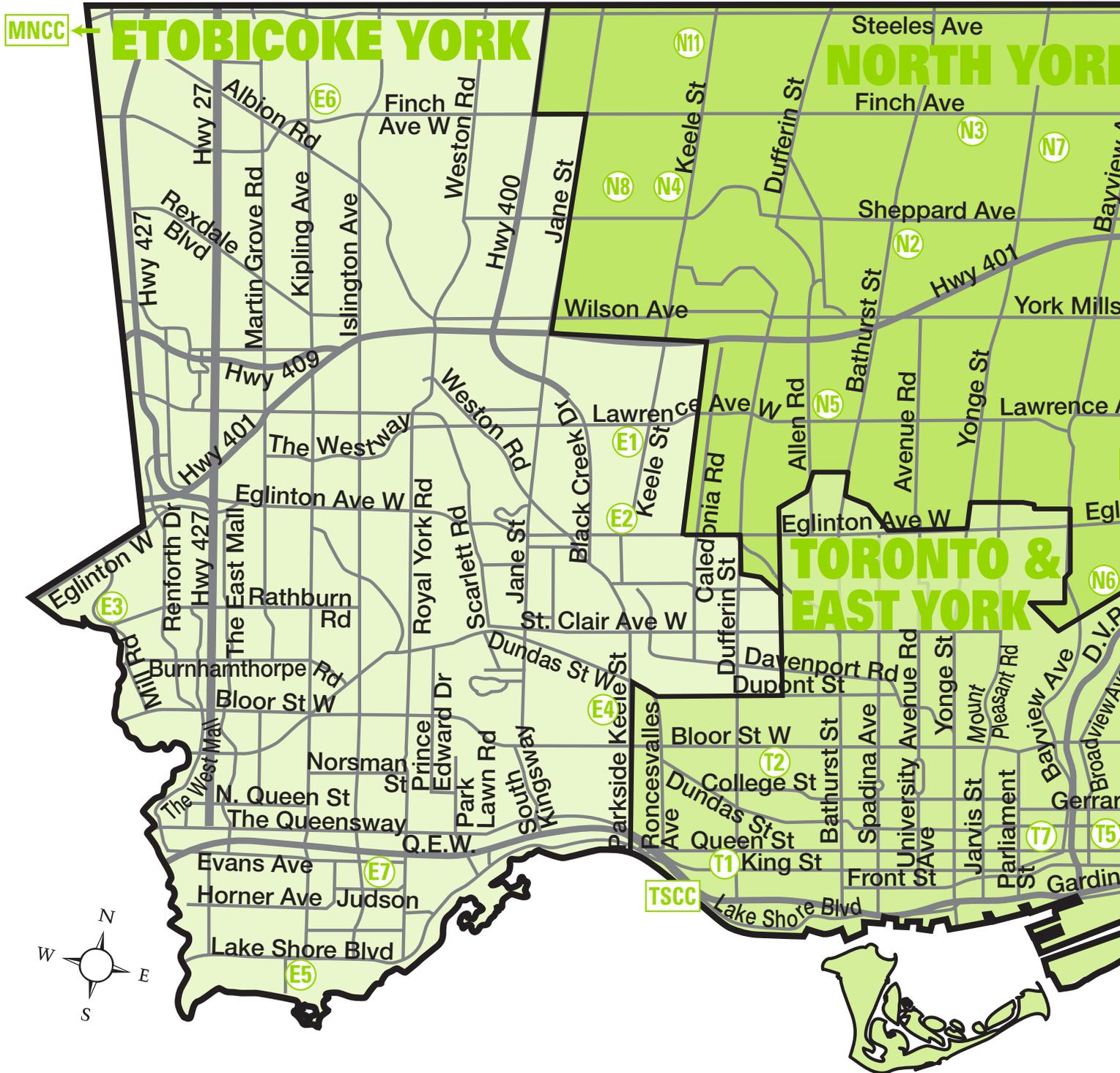
Please note: the NCCP programs offered in this brochure are coach education programs offered by Toronto Parks, Forestry and Recreation, in partnership with the Coaches Association of Ontario and Provincial Sport Organization. To ensure you are registered as a coach within the NCCP, the City of Toronto will forward your registration information directly to the Coaches Association of Ontario and/or Provincial Sport Organization for their records.

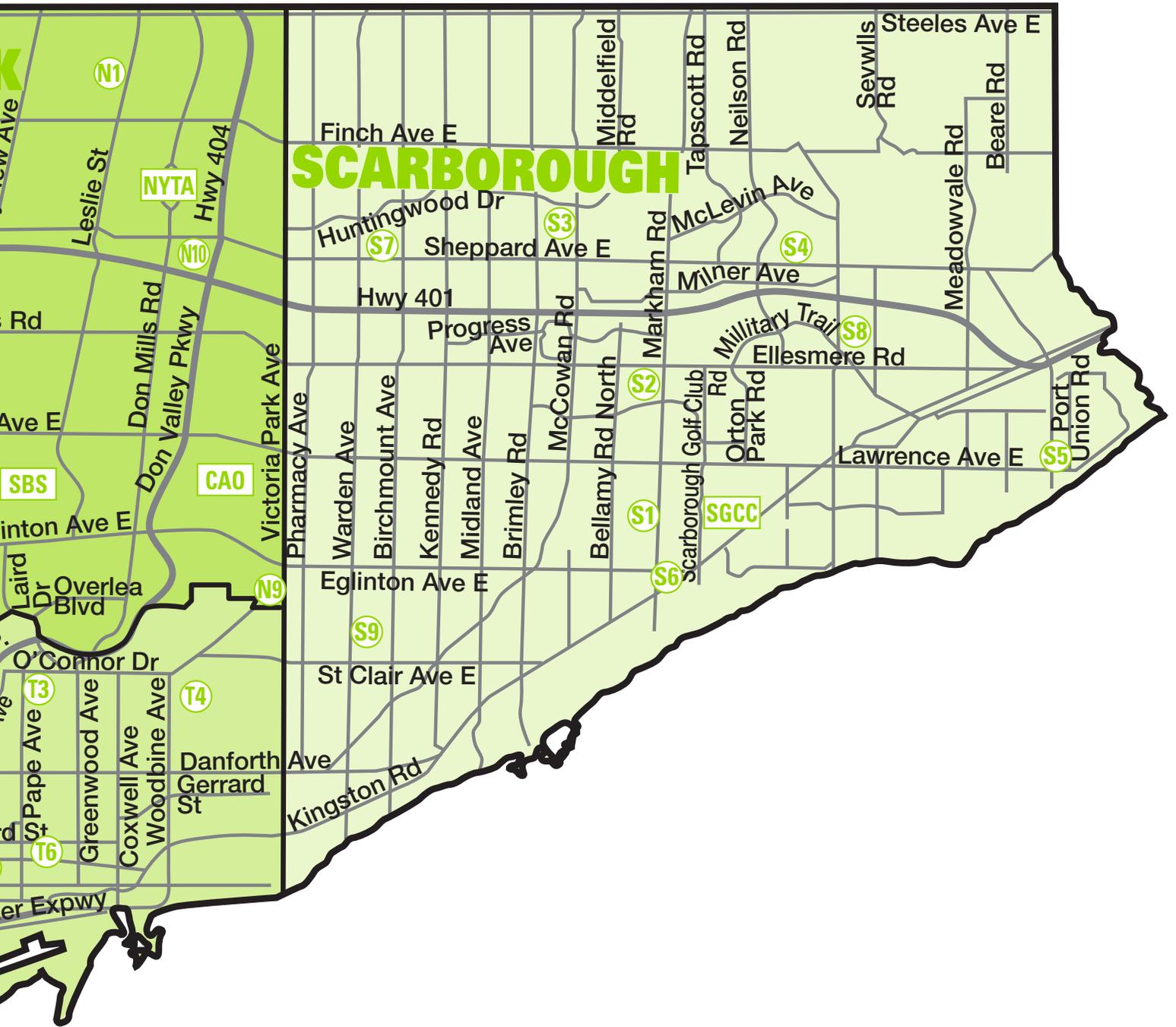
If you require further information on coaching programs please go to [coach.ca](http://coach.ca).

**Need more information about the  
Let's Get Coaching! program?  
Email: [letsgetcoaching@toronto.ca](mailto:letsgetcoaching@toronto.ca)**

# Program Location Map

Locations listed on page 10





## Program Locations Map on pages 8-9

### **Et** Etobicoke York District

Map/Facility, Address, Phone
<b>E1 Amesbury CC</b> , 1507 Lawrence Ave W, 416-395-0145
<b>E2 Centennial RC West</b> , 2694 Eglinton Ave W, 416-394-2717
<b>E3 Etobicoke Olympium</b> , 590 Rathburn Rd, 416-394-8844
<b>E4 Keele CC</b> , 181 Glenlake Ave, 416-392-0695
<b>E5 Ken Cox CC</b> , 28 Col. Samuel Smith Park Dr, 416-392-6355
<b>E6 North Kipling CC</b> , 2 Rowntree Rd, 416-394-8679
<b>E7 Ourland CC</b> , 18 Ourland Ave, 416-394-8673

### **NY** North York District

Map/Facility, Address, Phone
<b>N1 Cummer Park CC</b> , 6000 Leslie St, 416-395-7803
<b>N2 Earl Bales CC</b> , 4169 Bathurst St, 416-395-7873
<b>N3 Edithvale CC</b> , 131 Finch Ave W, 416-395-6164
<b>N4 Grandravine CC</b> , 23 Grandravine Dr, 416-395-6171
<b>N5 Lawrence Heights CC</b> , 5 Replin Rd, 416-395-6120
<b>N6 Leaside Curling Club</b> , 1075 Millwood Rd, 416-396-2822
<b>N7 Mitchell Field CC</b> , 89 Church Ave, 416-395-0262
<b>N8 Northwood CC</b> , 15 Clubhouse Crt, 416-395-7876
<b>N9 O'Connor CC</b> , 1386 Victoria Park Ave, 416-395-7957
<b>N10 Parkway Forest CC</b> , 55 Forest Manor Rd, 416-395-7855
<b>N11 Toronto Track and Field Centre</b> , 4700 Keele St (York U), 416-392-2522

### **Sc** Scarborough District

Map/Facility, Address, Phone
<b>S1 Cedarbrook CC</b> , 91 East Park Blvd, 416-396-4028
<b>S2 Centennial RC</b> , 1967 Ellesmere Rd, 416-396-4057
<b>S3 Commander Park RC</b> , 140 Commander Blvd, 416-396-4024

### **Sc** Scarborough District

Map/Facility, Address, Phone
<b>S4 Malvern CRC</b> , 30 Sewells Rd, 416-396-4054
<b>S5 Port Union RC</b> , 5450 Lawrence Ave E, 416-396-4031
<b>S6 Scarborough Village RC</b> , 3600 Kingston Rd, 416-396-4048
<b>S7 Stephen Leacock CRC</b> , 2500 Birchmount Rd, 416-396-4184
<b>S8 Toronto Pan Am Sport Centre (TPASC)</b> , 875 Morningside Rd, 416-283-5222
<b>S9 Warden Hilltop CC</b> , 25 Mendelssohn St, 416-392-7640

### **T** Toronto and East York District

Map/Facility, Address, Phone
<b>T1 Allan A. Lamport Stadium</b> , 6 Williamson Rd, 416-392-0740
<b>T2 Bob Abate CRC</b> , 485 Montrose Ave, 416-392-0744
<b>T3 East York CC</b> , 1081½ Pape Ave, 416-396-2880
<b>T4 East York Curling Club</b> , 901 Cosburn Ave, 416-396-2816
<b>T5 Jimmie Simpson RC</b> , 870 Queen St E, 416-392-0751
<b>T6 Matty Eckler RC</b> , 953 Gerrard St E, 416-392-0750
<b>T7 Regent Park Aquatic Centre</b> , 640 Dundas St E, 416-338-2237

### Other Program Facilities

Map/Facility, Address, Phone
<b>CAO Coaches Association of Ontario</b> , Suite 108, 3 Concorde Gate, 416-426-7086
<b>MNCC Mattamy National Cycling Centre</b> , 2015 Pan Am Blvd, Milton, 905-878-7252
<b>NYTA North York Tennis Association</b> , 2975 Don Mills Rd W, 416-496-0225
<b>SGCC Scarborough Golf &amp; Country Club</b> , 321 Scarborough Golf Club Rd, 416-266-4546
<b>SBS Sunnybrook Stables</b> (located within Sunnybrook Park), 1132 Leslie St, 416-444-4044
<b>TSCC Toronto Sailing &amp; Canoe Club</b> , 1391 Lakeshore Rd W, 416-533-5907



## NCCP Fundamental Movement Skills

### Prerequisite:

Minimum age 16 years

An NCCP workshop for anyone working with or interested in working with young children. The Fundamental Movement Skills of throwing, catching, jumping, striking, running, kicking, agility, balance and coordination form the basis for future sport skill development and the life-long enjoyment of physical activity. In this workshop, coaches will learn how to observe and improve fundamental movement skills. The course outcomes include analyzing and identifying the various stages of development for each skill, applying a six-step process to teaching each skill, and creating safe games where children can practise the skills. This program is run in partnership with the Coaches Association of Ontario.

**Duration:** 8 hours of instruction



Photo: Copyright CAC/ACE

District/Location	Day	Time	Date	Code
<b>NY</b> Grandravine CRC	Sun	10AM-6:30PM	Jan 11	2681517
<b>Et</b> Keele CC	Sun	11:30AM-7:30PM	Jan 25	2681512
<b>CAO</b> Coaches Assoc. ON	Sat	10AM-6:30PM	Jan 31	2678009
<b>Sc</b> Cedarbrook CC	Sun	10AM-6:30PM	Feb 1	2681212
<b>T</b> Regent Park AC	Sat	10AM-6:30PM	Feb 21	2681208
<b>CAO</b> Coaches Assoc. ON	Sat	10AM-6:30PM	Feb 28	2678010
<b>Et</b> North Kipling CC	Sat	9AM-5PM	Mar 7	2681514
<b>NY</b> Cumber Park CC	Mon	9AM-5:30PM	Mar 16	2681516
<b>Sc</b> Centennial RC	Sat	10AM-6:30PM	Mar 21	2681215
<b>CAO</b> Coaches Assoc. ON	Sat	10AM-6:30PM	Mar 28	2678011
<b>T</b> Regent Park AC	Sat	10AM-6:30PM	Apr 11	2681209
<b>NY</b> O'Connor CC	Sun	10AM-6PM	Apr 12	2681520
<b>CAO</b> Coaches Assoc. ON	Sat	10AM-6:30PM	Apr 25	2678012
<b>NY</b> Leaside Curling Club	Sat	9AM-5PM	May 9	2681519
<b>T</b> East York Curling Club	Sat	10AM-6:30PM	May 16	2681207
<b>CAO</b> Coaches Assoc. ON	Sat	10AM-6:30PM	May 30	2678013
<b>Sc</b> Centennial RC	Sun	10AM-6:30PM	Jun 14	2681216
<b>Et</b> Centennial RC West	Sat	9AM-5:30PM	Jun 20	2682452
<b>CAO</b> Coaches Assoc. ON	Sat	10AM-6:30PM	Jun 27	2678014
<b>Et</b> Centennial RC West	Sun	9AM-5:30PM	Aug 23	2682453
<b>CAO</b> Coaches Assoc. ON	Sat	10AM-6:30PM	Aug 29	2678015
<b>Sc</b> Commander Park RC	Sat	10AM-6:30PM	Sep 12	2681666
<b>Et</b> North Kipling CC	Sat	9AM-5PM	Sep 19	2681515
<b>CAO</b> Coaches Assoc. ON	Sat	10AM-6:30PM	Sep 26	2678016
<b>Sc</b> Cedarbrook CC	Sun	10AM-6:30PM	Oct 4	2681213
<b>T</b> Regent Park AC	Sun	10AM-6:30PM	Oct 18	2681210
<b>CAO</b> Coaches Assoc. ON	Sun	10AM-6:30PM	Nov 1	2678017
<b>NY</b> Grandravine CRC	Sat	9:30AM-5:30PM	Nov 14	2681518
<b>T</b> Regent Park AC	Sat	10AM-6:30PM	Nov 21	2681211
<b>CAO</b> Coaches Assoc. ON	Sat	10AM-6:30PM	Nov 28	2678018



## NCCP Run, Jump, Throw

### Prerequisite:

Minimum age 16 years

Run, Jump, Throw (RJT) is Athletics Canada's introductory program for the development of physical literacy with adaptation for children with disabilities. Coaches will learn how to use track and field inspired games to teach children the fundamentals of running, jumping, throwing and wheeling in a fun and active learning environment. RJT provides a foundation for all sports, and



teaches children to move efficiently, and engage with confidence in a healthy and active lifestyle.

**Duration:** 8 hours of instruction

District/Location	Day	Time	Date	Code
<b>NY</b> Toronto Track & Field	Sat	9AM-5PM	Apr 18	2680365
<b>NY</b> Toronto Track & Field	Sat	9AM-5PM	Oct 17	2680366



## NCCP Coach 2

### Prerequisites:

Minimum age 16 years; coaches are required to complete the Hockey Canada – Hockey University four-hour online program BEFORE attending the course

This course addresses the core knowledge all new coaches must have as they begin their coaching careers. The four hours of in-person training includes topics such as:

- supporting the athlete through communication
- teaching skills and progressions in the training environment



- designing and delivering practices
- the game environment and game-day preparations.

There will also be an on-ice component to the course (1.5 hours) for which you will be required to bring a CSA approved helmet, skates, gloves and a hockey stick. Coach 2 is a combination of the former Coach Stream and Initiation Program courses that are now being incorporated into a single course.

**Duration:** 8 hours of total instruction, 4-hour workshop (see prerequisites above regarding additional hours)

Please email [letsgetcoaching@toronto.ca](mailto:letsgetcoaching@toronto.ca) for information about the date(s), time(s) and location of this course.

# BOXING ONTARIO

## NCCP Apprentice Coach Module

### Prerequisite:

Minimum age 16 years

For most new coaches, this context will be the entry point into Boxing Canada's coaching system. Apprentice Coaches will work under a certified Club Coach, who will play the role of mentor. Apprentice Coaches will also attend formal coach training workshops to get exposure to a variety of notions that support effective coaching. An Apprentice Coach, upon satisfactorily completing his/her training will work with participants of various age groups and ability levels in the following Long-Term Athlete Development



(LTAD) stages: Active for Life, Fundamental, and/or Learn to Box. Some Apprentice Coaches may also work with participants in the Train to Box stage. Apprentice Coaches will be trained to teach and demonstrate the fundamental skills of boxing, and to apply the safety measures that must be in place when coaching a demanding combat sport to youngsters, adolescents and adults. They will also be expected to supply a sound coaching philosophy, be good role models for participants and make ethical decisions. Because Apprentice Coaches may have to assist boxers in the early stages of their competitive career, they will also be exposed to the key rules of amateur boxing and fundamental ringcraft principles.

**Duration:** 16 hours of instruction

District/Location	Day	Time	Start	Code
CAO Coaches Assoc. ON	Sat/Sun	10AM-6PM	May 23	2681530
CAO Coaches Assoc. ON	Sat/Sun	10AM-6PM	Oct 17	2681923



## NCCP FUNdamentals Leader

**Prerequisite:** Minimum age 14 years

The FUNdamentals Leader training is a one-day workshop ideal for teenage skaters looking to get into coaching, as well as parents who are new to the sport and interested in helping out and learning a bit more about speed skating. This workshop prepares coaches to work as instructors or assistant coaches with skaters in the Active Start, FUNdamentals and Learning to Train stages of development in Learn to Skate and Learn to Speed Skate programs.



Photo: Julie Harley

**Duration:** 8 hours of instruction

District/Location	Day	Time	Start	Code
CAO Coaches Assoc. ON	Sun	10AM-6PM	Sep 20	2678021



## NCCP CanoeKids

### Prerequisite:

Minimum age 15 years

CanoeKayak Canada's NCCP Community Coach (CanoeKids) workshop is designed to meet the needs of coaches, camp counsellors, and volunteers who are working with individuals at a community level. The goal of the workshop is to help prepare participants to do four concrete things that will be expected of them to become an NCCP certified Community Coach, including: plan or modify



a practice to make it fun, safe and purposeful for participants in our sport; develop a strategy to help manage situations that have an ethical aspect to them and are likely to occur in the community coach setting while keeping the NCCP Code of Ethics in mind; teach participants on the water an understanding of Canoe/Kayak technique; and implement CanoeKayak Canada's Long-Term Athlete Development Model.

**Duration:** 10 hours of instruction

Please email [letsgetcoaching@toronto.ca](mailto:letsgetcoaching@toronto.ca) for information about the date(s), time(s) and location of this course.



## NCCP Community Kayak Instructor Level 1 – Pool and Lake

### Prerequisites:

Minimum age 16 years; must have demonstration quality kayak strokes and be able to consistently perform a roll; must be knowledgeable, skilled, comfortable and safe paddling a whitewater kayak

CanoeKayak Canada (CKC) and the NCCP offer the combination Pool/Lake Kayak Instructor course as the first step in becoming a kayak instructor on lakes and rivers. This certification is suitable for experienced flatwater paddlers who are confident leaders and wish to share their skills and



Photo: Alison Smedley

lead/teach new paddlers in flatwater environments. The CKC program includes a foundation in Risk Management, the Learning Model, and Making Ethical Decisions (MED). The equipment used is specific to the whitewater kayak stream of instruction, and a roll is a prerequisite for the course. At the conclusion of this two-day course, instructors will be certified to teach in pools and on waterfronts. The Pool/Lake Instructor 1 is ideal for lifeguards and summer camp instructors.

**Duration:** 16 hours of instruction

Please email [letsgetcoaching@toronto.ca](mailto:letsgetcoaching@toronto.ca) for information about the date(s), time(s) and location of this course.



## NCCP Diving Instructor: Beginner

### Prerequisite:

Minimum age 16 years

This course is for anyone who is interested in becoming a trained Learn-to-Dive Instructor. The course covers the fundamental coaching skills required to instruct Diving Plongeon Canada's Learn to Dive Program. To complete this nationally recognized certification, participants will need to show competency in how to lesson plan effectively, spot dives safely and teach an introductory-level diving class.



Photo: Veronique Labrosse

**Duration:** 16 hours of instruction

District/Location	Day	Time	Start	Code
<b>Sc</b> Toronto Pan Am SC	Sat/Sun	10AM-6:30PM	Sep 19	2703152



## NCCP Fundamentals

### Prerequisites:

Minimum age 16 years;

Making Ethical Decisions (NCCP)

An NCCP workshop for anyone interested in coaching field hockey. These courses focus on creating a fun and safe environment and giving coaches the tools to teach young players the fundamental sport-specific skills of field hockey. The course outcomes include understanding why athletes participate, how to support athletes and how to analyze basic field hockey skills.

**Duration:** 8 hours of instruction



District/Location	Day	Time	Start	Code
<b>T</b> Allan A. Lamport Stadium	Sat	10AM-6PM	May 2	2681581
<b>T</b> Allan A. Lamport Stadium	Sat	10AM-6PM	Jun 20	2681582



### NCCP Future Links Leader

**Prerequisite:** Minimum age 16 years

Volunteer coaches wanting to support or lead a junior golf program can participate in the PGA of Canada's NCCP Community Sport stream training called Future Links Leaders. Partnering with Golf Canada and the Provincial Golf Associations, the program is designed to support volunteers in meeting a wide range of learning outcomes. General topics such as teaching and learning, risk management, lesson and activity design and implementation and golf-specific topics such as equipment, rules and technique will be covered in this two-day training experience.

**Duration:** 16 hours of instruction



District/Location	Day	Time	Start	Code
<b>T</b> East York Curling Club	Sat/Sun	10AM-6:30PM	May 2	2678020



### NCCP Dojo Assistant

**Prerequisites:** Minimum age 16 years; minimum rank of Green Belt with working knowledge of judo techniques included in the Dojo Assistant program and as identified by the Judo Canada Kyu syllabus; for Green, Blue, and Brown Belts, a letter of recommendation from the sensei stating that the participant meets the technical requirements

This learning experience prepares the participant to be a Dojo Assistant responsible for assisting safe, educational training sessions for judo players of all stages of development, with an emphasis on participants under 13 years old. The two-day course includes three professional development modules: Make Ethical Decisions; Safety and Liability; and Teaching and Learning Judo: Fundamental, Technical and Mental skills.

**Duration:** 16 hours of instruction



Please email [letsgetcoaching@toronto.ca](mailto:letsgetcoaching@toronto.ca) for information about the date(s), time(s) and location of this course.



## NCCP Instruction Beginner Workshop

### Prerequisite:

Minimum age 16 years

This two-day workshop includes the following modules as they relate to the instruction of karate: Teaching and Learning, Making Ethical Decisions, and Planning a Practice, which includes creating an Emergency Action Plan. Successful participants in the workshop will achieve NCCP Trained Karate Coach status. Please note: only current members in good standing with Karate Canada can apply for full certification at this level.

**Duration:** 16 hours of instruction



District/Location	Day	Time	Start	Code
<b>Sc</b> Cedarbrook CC	Sat/Sun	9AM-5PM	Apr 25	2681570
<b>Et</b> Ourland CC	Sat	10AM-6PM	Sep 12/19	2681571



## Goalball Community NCCP

### Prerequisite:

Minimum age 16 years

Goalball Community NCCP is designed for participants interested in learning the basics of the sport of goalball. Participants will be taught how to coach goalball at an introductory level. This two-day course will consist of classroom and gym time. It includes a manual and provides coaches with official NCCP training. This



is a rare and exciting opportunity to become a properly trained coach in a relatively new and evolving para-sport.

**Duration:** 16 hours of instruction

District/Location	Day	Time	Start	Code
<b>T</b> Bob Abate CRC	Sat/Sun	9AM-5PM	Sep 26	2680371



## NCCP FUNdamentals – Full Course

### Prerequisite:

Minimum age 16 years

The FUNdamentals program, developed by Canada Basketball, in conjunction with the Coaching Association of Canada, is an extensive coach education program for the volunteer coach. It provides the mom/dad or entry-level coach with little sport background, the necessary skills, knowledge and materials to deliver a safe, fun and age/stage appropriate basketball experience for children from five to nine years old. The course features both



Photo: Andre Forget (CAC/ACE)

a three-hour on-court drills and skills session, which teaches coaches how to properly develop basketball fundamentals, and a three-hour in-class session, that covers practice planning, ethical coaching questions and how to guide a team through a season.

**Duration:** 6 hours of instruction

District/Location	Day	Time	Start	Code
<b>E</b> Malvern RC	Sat	10AM-5PM	Mar 21	2680367
<b>NY</b> Lawrence Heights CC	Sat	10AM-5PM	Aug 29	2680368

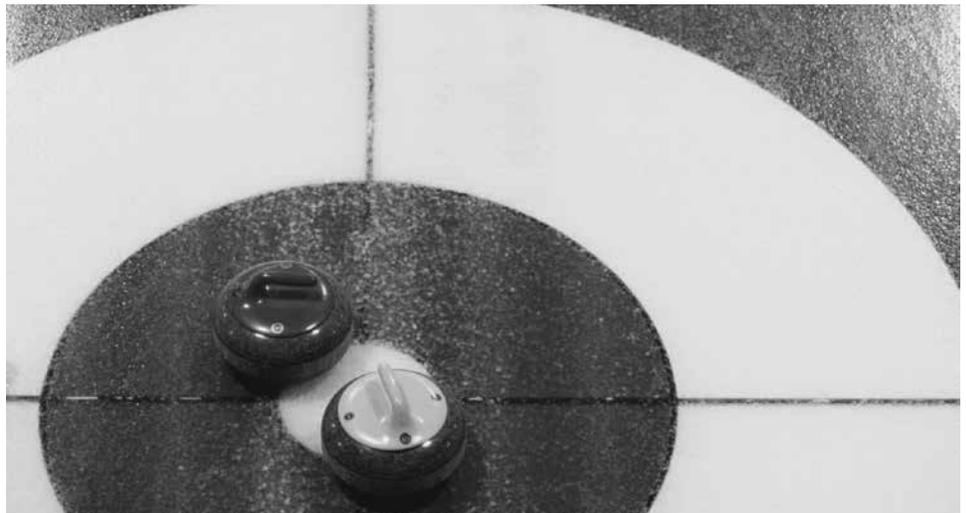


## NCCP Club Coach Workshop

### Prerequisite:

Minimum age 16 years

An NCCP workshop designed to enhance the skill set of the coach or instructor who functions primarily at the club level and gives instruction to new curlers or teams. The Club Coach will become competent in training curlers from youth (10 years old) to seniors (50+ years), with skill levels of beginner to intermediate. Participants



will learn how to plan and design a practice/clinic, make ethical decisions and teach correct curling skills. Skill analysis and safety and program management will also be covered. **This workshop does not lead to certification.**

**Duration:** 14 hours of instruction

District/Location	Day	Time	Start	Code
<b>sgcc</b> Scarboro Golf & Country Club	Sat/Sun	8:30am-5pm	Feb 28	2682062



## NCCP Active Start

### Prerequisite:

Minimum age 16 years

This workshop is designed for the first-time coach. The focus is on engaging children in “soccer play” and teaching basic physical literacy. Participants learn how to run a practice session that is fun, safe and keeps children actively engaged. Participants will leave with a basic toolkit including 12 practice plans. This course is ideal for coaches working with young players in the U4 and U5 stage.



**Duration:** 4 hours of instruction

District/Location	Day	Time	Start	Code
<b>Sc</b> Stephen Leacock CC	Sat	10AM-2PM	Mar 28	2681533
<b>T</b> Jimmie Simpson RC	Sun	4-8PM	Apr 26	2681532
<b>NY</b> Northwood CC	Sun	9AM-1PM	May 17	2681531
<b>Et</b> North Kipling CC	Wed	5-9PM	Jun 17	2681534

## NCCP FUNdamentals

### Prerequisite:

Minimum age 16 years

In this course, participants will learn how to develop the ABCs of movement: Agility, Balance, Coordination and speed. In addition, participants will learn how to explain the FUNdamentals of a game in a way that children can understand and be provided

with effective practice plans that will make preparing for the season easier and help them make a difference with their teams. This course is ideal for coaches working with young players in stage U6 – U9.

**Duration:** 8 hours of instruction

District/Location	Day	Time	Start	Code
<b>NY</b> Parkway Forest	Sun	9AM-5PM	Feb 22	2681535
<b>S</b> Port Union CRC	Sat	9AM-5PM	Mar 21	2681961
<b>Et</b> Ken Cox CC	Sun	10AM-6PM	Apr 19	2681536
<b>T</b> Matty Eckler RC	Sat	9AM-5PM	Jun 20	2681598

## NCCP Learn to Train

### Prerequisite:

Minimum age 16 years

The emphasis in this course is on technical and tactical development within a small-sided game environment. Participants will learn how to teach basic principles of play and establish training ethics and discipline in a fun and challenging environment.

Participants will learn to train speed and flexibility and understand their role in developing these skills. This course is ideal for coaches working with young players in the U9- U12 stage.

**Duration:** 16 hours of instruction

District/Location	Day	Time	Start	Code
<b>Sc</b> Warden Hilltop CC	Sun	11AM-7PM	Feb 8/15	2681537
<b>NY</b> Mitchell Field CC	Sat, Sun	10AM-6PM	Mar 28	2681538
<b>T</b> East York CC	Sat	9:30AM-5:30PM	Jun 13/20	2681539



## NCCP Community/ Camp Sailing Instructor

### Prerequisites:

Minimum age 15 years; able to demonstrate sailing skills at the CANSail 3 level; First Aid/CPR; Pleasure Craft Operator Card; Coach Boat Safety

The CANSail Community Instructor level is designed for those wishing to provide an introductory sailing experience in a community, camp or recreational setting or assist in a CANSail program. Training at this level is focused on working with first-time participants, providing a positive first sailing experience and promoting the

sport of sailing. This level is appropriate for assistant instructors, multi-sport camp counsellors, adult volunteers and instructors of short introductory sailing experiences. The CANSail Community Instructor Clinic takes place over two days and includes a combination of on-water and on-shore training. The modules covered in the clinic are: Professionalism, Safety, Making Ethical Decisions (candidates must complete the MED Online Evaluation – Community Stream upon completion of the clinic), and Basic On-water Teaching. During the clinic, candidates must demonstrate safety on land and water (including coach boat operation), sailing skills to the CANSail 3 level, and the ability to detect and correct basic sailing skills and deliver basic land and water sessions (with the aid of a lesson plan).



**Duration:** 24 hours of instruction

District/Location	Day	Time	Start	Code
<b>TSCC</b> Toronto Sailing & Canoe Club	Fri/ Sat/Sun	TBC	May 29	2708496



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## NCCP 1st Gait

### Prerequisite:

Minimum age 16 years

The 1st Gait program offers the benefits of strong FUNdamental movement patterns both on and off the horse. This program is founded on a multi-discipline approach to introductory riding instruction, basic gymnastic fundamentals and the Fundamental stage of the Long-Term Athlete Development model in Canada. Participants in this program learn skills that



are transferable to other activities and develop confidence and competency around basic riding skills. The program is not discipline specific. It prepares students with a solid foundation for proceeding to any discipline.

**Duration:** 8 hours of instruction

District/Location	Day	Time	Start	Code
<b>SBS</b> Sunnybrook Stables	Fri	9:30AM-6PM	Feb 13	2678019



**NCCP Competition Introduction for Wheelchair Basketball**

**Prerequisite:**

Minimum age 16 years

Coaches will learn how to plan and teach sport-specific fundamental skills and concepts appropriate for athletes in the Learn to Train stage (boys 9-12/ girls 8-11, +1-2 years for late entry) of Long-Term Athlete Development in this in-class and on-court weekend workshop. Competition-Introduction is a 19-hour course, scheduled over three days with on- and off-court teachings.

**Duration:** 19 hours of instruction



District/Location	Day	Time	Start	Code
<b>S</b> Toronto Pan Am SC	Fri	6-10PM/	Sep 25	2681541
	Sat/Sun	10AM-6:30PM		

**NCCP Club Coach – Competition Introduction for Wheelchair Rugby**

**Prerequisite:**

Minimum age 16 years

Wheelchair Rugby was invented in 1976 in Winnipeg, Man. by a group of quadriplegic athletes that were looking for an alternative to wheelchair basketball. Wheelchair Rugby is a coed sport that combines some elements of basketball, handball and ice hockey. Formerly known as “murderball,” the sport is played by athletes with a mobility-related disability in both the arms and the legs who are capable of propelling a manual wheelchair. This course is designed for coaches that will be working with a local



wheelchair rugby team, including newer athletes. Coaches will learn the basic skills and tactics and how to prepare athletes for low-level competitions while ensuring their participation in sport is a positive experience.

**Duration:** 20 hours of instruction

Please email [letsgetcoaching@toronto.ca](mailto:letsgetcoaching@toronto.ca) for information about the date(s), time(s) and location of this course.



## Wheelchair Tennis Instructor Workshop

### Prerequisite:

Minimum age 16 years

The objective of this workshop is to provide volunteers and certified Tennis Canada instructors with tools to help organize dynamic, safe, fun and active learning environments so introductory wheelchair players can learn and play. It provides a working knowledge of wheelchair specific technical instruction and equipment information. This is a supplemental course designed



to be used in conjunction with the Tennis Canada Instructor Course information and materials. Please note: no NCCP credits will be granted at this workshop as it is a pilot program.

**Duration:** 6 hours of instruction

District/Location	Day	Time	Start	Code
NYTA North York Tennis Assc.	Sat	10AM-5PM	Apr 18	2708493



## Volleyball for Life

## NCCP Volleyball 1 Workshop

**Prerequisites:** Minimum age 16 years; coaches are required to complete the “Self Inventory Guide” found on pages 6-8 of the Workshop 1 – Coach Workbook available online BEFORE attending the course (note: there is no need to print the entire workbook as a hard copy will be provided at the clinic)

This course has been designed to introduce the game of volleyball and basic coaching concepts to novice coaches. Coaches will be expected to participate in a series of



learning experiences designed to assist them with improving their volleyball coaching abilities and assessing their coaching abilities. These activities represent the minimum standard for the training and certification of Level 1 - Volleyball coaches within the NCCP.

**Duration:** 16 hours of instruction

District/Location	Day	Time	Start	Code
NY Parkway Forest	Sat/Sun	9AM-5PM	Oct 3/4	2681540



## NCCP Community Initiation (Contact)/ IRB Level 1

### Prerequisites:

Minimum age 16 years; registration as a coach at [coach.rugbycanada.ca](http://coach.rugbycanada.ca); completion of the IRB Rugby Ready online module (FOR GENERAL PUBLIC) and IRB Concussion Management model courses available at [irbpassport.com](http://irbpassport.com)

This course is designed to enable coaches to acquire basic skills so that players new to the game learn to play in safe, enjoyable competition. It is an eight-hour Trained Only course with no post evaluation.

The NCCP Community Initiation (Contact) course aims to develop new coaches on how to coach as well as what to coach. The course is delivered using the following structure:

- Unit 1- Game Knowledge: includes role of the coach, understanding the game and principles of play, and applying the principles of play to the development of skills.
- Unit 2 – Planning: includes planning and demonstrating a practice, understanding participants and their needs (optional), management (laws and risk management strategies), simplified ethical decision making framework, and a review of Rugby Ready and safety in contact.



Photo: José Lagman

### To register for this course:

1. Register as a coach at [coach.rugbycanada.ca/register.php](http://coach.rugbycanada.ca/register.php)
2. Select the NCCP Community Initiation (Contact) option
3. Complete the IRB Rugby Ready online module and IRB Concussion Management module (FOR GENERAL PUBLIC) at [irbpassport.com](http://irbpassport.com)
4. Save your IRB certificates to your computer as PDFs
5. Return to your profile at [coach.rugbycanada.ca](http://coach.rugbycanada.ca) and upload both certificates to your profile
6. Register for this course

**Duration:** 8 hours of instruction

District/Location	Day	Time	Start	Code
<b>NY Edithvale CC</b>	Sat	9AM-5PM	May 9	2681542
<b>Et Ken Cox CC (female only)</b>	Sun	10AM-6PM	Jun 7	2681543



**Ontario Cycling Association**

### NCCP Let's Ride!

**Prerequisite:**

Minimum age 16 years

Let's Ride! Community Cycling Initiation (CCI) is the NCCP context for coaches who will primarily work with novice, pre-competitive cyclists at the community level, including participants in the Active Start, FUNdamentals and early Learn to Train stages of athlete development. The program is simple, based on a number of pre-designed lesson plans, and adaptable to the varying skill and ability levels of participants.



The focus of the program is on having participants develop skills which are basic to MTB, BMX, and Road, in a controlled, off-road, off-trail setting such as a sport field or parking lot.

**Duration:** 16 hours of instruction

District/Location	Day	Time	Start	Code
<b>Et</b> Etobicoke Olympium	Sat/Sun	10AM-6PM	Apr 4	2681463
<b>NY</b> Mitchell Field CC	Sat/Sun	9AM-5PM	May 2	2680369
<b>S</b> Scarborough Village RC	Sat/Sun	10AM-6PM	Jun 6	2680370

### NCCP Track Let's Ride!

**Prerequisite:**

Minimum age 16 years

Track Let's Ride! Community Cycling Initiation (CCI) is the NCCP context for coaches who will primarily work with novice, pre-competitive cyclists at the community level, including participants in the Active Start, FUNdamentals and early Learn to Train stages of athlete development. The program is simple, based on a number of pre-designed lesson plans, and adaptable to the varying skill and ability levels of participants. The focus of the program is on having participants develop basic skills which are essential to track cycling, in a controlled track setting.



District/Location	Day	Time	Start	Code
<b>MNCC</b> Mattamy National Cycling Centre	TBA	TBA	TBA	TBA

**Duration:** 16 hours of instruction

Please email [letsgetcoaching@toronto.ca](mailto:letsgetcoaching@toronto.ca) for information about the date(s) and time(s) of this course.



### NCCP Learn to Coach Softball

**Prerequisite:** Minimum age 16 years

This workshop has been designed for the community softball coach who is working with children or youth and is introducing the basic skills of softball. The focus is: coaching philosophy, making ethical decisions, understanding the rules and equipment of softball, teaching basic skills of softball and modifying a pre-designed practice.

**Duration:** 6 hours of instruction



District/Location	Day	Time	Start	Code
<b>Sc</b> Warden Hilltop CC	Sun	11AM-7PM	Mar 8	2681544

### NCCP Community Softball Coach

**Prerequisite:** Minimum age 16 years

In this workshop, coaches will learn how to instruct, observe, and correct skills. A combination of lecture and practice will be used. This course teaches softball coaches how to encourage participants of all ages to continue in the sport for fun, fitness, skill development and social interaction. This clinic was formerly called Keep Coaching.

**Duration:** 15 hours of instruction

District/Location	Day	Time	Start	Code
<b>Et</b> Amesbury CC	Sat/Sun	9AM-5PM	Jun 13	2681545



### NCCP Community Sport Coach

**Prerequisite:**  
Minimum age 16 years

This program focuses on the essentials of coaching an athlete with an intellectual disability. During this one-day course, participants place emphasis on safety, fun, ethics, teamwork and values beyond the game. Training helps volunteers foster love of the sport, promote participation and teach basic skills to beginners of all ages through a variety of activities.

**Duration:** 8 hours of instruction



District/Location	Day	Time	Start	Code
<b>NY</b> Edithvale CC	Sat	1PM-9PM	Apr 11	2681549
<b>T</b> East York CC	Sat	9:30AM-5:30PM	Sep 26	2681550



## NCCP Swimming 101

### Prerequisites:

Minimum age 16 years; Swimming 101 pre-course workbook found online at [nccpswimming.ca](http://nccpswimming.ca)

Swimming 101 is the sport-specific in-class training component required for Level 1 Fundamentals Coach. Level 1 Fundamentals Coach is designed for coaches preparing entry-level competitive swimmers for local and/or regional competitions. The Level 1 Fundamentals Coach training focuses on coaching swimmers in the Fundamentals and Learn to Train stages of long-term swimmer development.

**Duration:** 20 hours of instruction



Photo: Lily Dong

District/Location	Day	Time	Start	Code
<b>Sc</b> Toronto Pan Am SC	Fri/ Sa/Su	6-10PM 10AM-6:30PM	Sep 18	2703154



## NCCP Assistant Instructor

**Prerequisites:** Minimum age 14 years; coaches must possess a Red Belt or higher

This workshop is designed to provide essential knowledge and skills for assistant-instructors working under the guidance and supervision of a senior instructor. The eight-hour workshop oversees taekwondo performance analysis and lesson planning, ultimately equipping coaches with the tools to demonstrate basic martial arts skills to participants of any age.

**Duration:** 8 hours of instruction



Photo: Nathalie Iliesco

District/Location	Day	Time	Start	Code
<b>NY</b> Earl Bales CC	Sat	9AM-5PM	Jun 13	2681583

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SINCE 2010



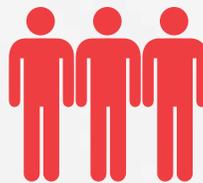
HAS INVESTED  
**\$15 MILLION**  
UPGRADING



FANS HAVE RAISED  
**\$3 MILLION**  
THROUGH  
50/50 DRAWS

## LAST SEASON

PLAYERS AND TEAM STAFF COMMUNITY APPEARANCES:



LEAFS **644**

RAPTORS **412**

TFC **140**

COMMUNITY COACHES TRAINED:

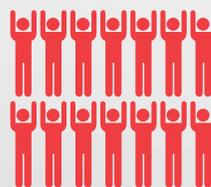
LEAFS **500**

RAPTORS **350**

TFC **200**



FANS REACHED BY OUR MOBILE TOURS, CAMPS, CLINICS AND COMMUNITY EVENTS



LEAFS **36,700**

RAPTORS **29,475**

TFC **15,000**

WE'RE INVESTING  
**\$2 MILLION**

TO BUILD THE



**REGENT PARK**  
ATHLETIC GROUNDS

WE'RE IN THE COMMUNITY MAKING A DIFFERENCE.



## More Host City Showcase Program initiatives for you!

Toronto's Host City Showcase Program includes dozens of innovative projects, many of which are being presented by the Parks, Forestry and Recreation Division.



Pan Am Path



Sport Literacy Program



Photo: Canadian Paralympic Committee/Frédéric Solenthaler

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... plus Toronto Sports Hall of Honour,  
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To learn more about the Host City Showcase Program please visit  
[toronto.ca/panam2015](http://toronto.ca/panam2015).