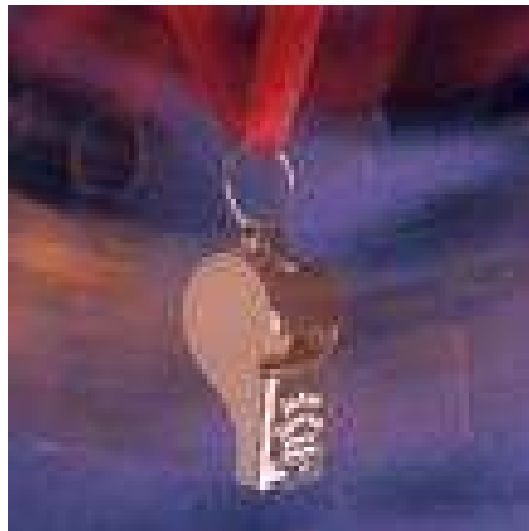




Junior Coaching Program





Introduction to the Junior Coaching Program

The Junior Coaching Program is a recognition program, established to meet the growing interest among our youth skaters to give back to their clubs.

In order to recognize this level of interest we have set up a series of coaching Stages specifically geared to the youth of speed skating.

Stage 1

To encourage the Junior Coach

Stage 2

Recognition of commitment

Stage 3

Demonstration of skills to beginner skaters

Stage 4

Enhanced learning of Coaching

Description of Stage 1

Level 1 is designed so that any skater/youth wishing to start as a Junior Coach can be on their way to receiving the first Stage shortly after starting the program. Skaters/youth entering the program (i.e. completion of Stage 1) should be awarded the **bronze Junior Coach's pin** and a Stage 1 certificate.

CRITERIA

- One season of assistant Coaching
- Be recommended by their Club.

Description of Stage 2

Level 2 is designed so that any skater/youth continuing in the program will be able to help the club Coach with the on ice practice ie; demo's, helping with on ice games. Skaters/youth completing Stage 2 should be awarded a Stage 2 certificate.

CRITERIA

- Accumulate 10 hours of assistant Coaching
- Lead in one or more on-ice games
- Can sharpen skates
- Be recommended by their Club.

Description of Stage 3

Level 3 is designed so that the Junior Coach, under the supervision of the club coach, can develop an interest in pursuing coaching as a part of their development as an athlete and volunteer. Junior Coaches completing Stage 3 should be awarded a Stage 3 certificate.

CRITERIA

- Accumulation of 20 hours of assistant coaching
- Under the supervision of the Club Coach, lead/demonstrate a number of basic techniques
- Attend a speed skating related instructional session, i.e. class session at a camp, officials course, meeting with their own coach about dryland training, stretching techniques, nutrition, equipment etc.

Description of Stage 4

This level is designed so that the Junior Coach will be comfortable coaching independently (under the direct supervision of club Coach). Junior Coaches completing the program (i.e. completion of Stage 4) should be awarded the silver Junior Coach's pin and a Stage 4 certificate.

CRITERIA

- 3 seasons as a Junior Coach
- Complete one of the following:
 - Course/class about Healthy Living
 - Maintain a training journal
 - Help in the Coaches "box" at a fun meet, game night, race night, etc.
 - First Aid Course
 - Fundamental Leader
 - Other Sport related Course

Note to Clubs and Junior Coaching Coordinators

- We hope that this program will help our clubs with recognizing Junior Coaches and the role that they have to play in our sport.
- This is meant to encourage our youth to give back to their sport in a positive manner and to encourage our senior athletes to be role models for the younger skaters.
- Developed because of the skaters that have given back to the Fort St James Falcons' Speed Skating Club, I wanted a provincial recognition program for all Junior Coaches.
- This program made possible by a grant from Speed Skating Canada.
- One of the objectives is to tie this in so that the Junior Coach can work towards their external school credits. Currently, Coaching External Credits are not available within speed skating.
- Junior coaching coordinators it is up to your discretion about hours, they are only guidelines so that we have some point of reference.

Alison Leach

September 22, 2005

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