

Intro to Artistic Swimming – AquaGO!								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training	TRAINED	Evaluation	CERTIFIED	Professional Development
AquaGO! Instructor <i>(will become a prerequisite to Comp Intro beginning April 1, 2021)</i>	15 years of age	Active Start FUNdamentals	Clubs Aquatic Facilities Municipalities	Sport Specific Modules (NSO/PSO): 1. Delivering AquaGO! 2. LTAD & Fundamental Movement Skills 3. Swimming Fundamentals 4. Bring a Lesson Plan to Life 5. Artistic Swimming Skills NCCP Multi-Sport Modules: 1. Make Ethical Decisions Workshop 2. NCCP Emergency Action Plan (EAP) eLearning Workshop		<input checked="" type="checkbox"/> 16 years of age <input checked="" type="checkbox"/> AquaGO! Evaluation: <ul style="list-style-type: none"> Observed detecting and correcting performance Quiz & AquaGO! portfolio (incl. upload of CAC NCCP EAP Form) via artisticswimmingcoach.ca Observed delivering an AquaGO! lesson <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> Analyze performance Provide support to athletes in training Make Ethical Decisions (online evaluation) 		10 PD points every 5 years
	Pre-requisites: <input checked="" type="checkbox"/> Member in good standing <input checked="" type="checkbox"/> First Aid Training recommended <input checked="" type="checkbox"/> Mandatory pre-course work: <ul style="list-style-type: none"> Completes Coach Initiation in Sport online module: https://thelocker.coach.ca Sport for Life Intro to Physical Literacy course & quiz CAS LTAD Framework reading & quiz Required reading 							

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training	TRAINED	Evaluation	CERTIFIED	Professional Development
Competition Introduction <i>Revised and effective as of Sep 1, 2020</i>	16 years of age	Learn to Train Train to Train Masters	Clubs Provincial Championships	Sport Specific Modules (NSO/PSO): 1. Introduction 2. Planning for Performance Part 1 3. Introduction to Athletic Abilities and Skills 4. Figure Foundations 5. Developing and Training Routines 6. Planning for Performance Part 2 7. Planning a Practice 8. Analyze Performance 9. Practical In-Pool component NCCP Multi-Sport Modules: 1. Make Ethical Decisions Workshop* 2. Making Head Way in Sport eLearning Workshop 3. Emergency Action Plan (EAP) eLearning Workshop* 4. Sport Nutrition eLearning Workshop 5. Basic Mental Skills Workshop 6. Teaching and Learning Workshop <i>*if not previously completed</i>		<input checked="" type="checkbox"/> Competition Introduction Evaluation: <ul style="list-style-type: none"> Submit Comp Intro Portfolio In-practice observation and debrief by evaluator In-competition observation and debrief by evaluator <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> Design a sport program Plan a practice Provide support to athletes in training Support the competitive experience Analyze performance Make Ethical Decisions (online evaluation)* <i>*if not previously completed</i>		20 PD points every 5 years
	Pre-requisites: <input checked="" type="checkbox"/> Member in good standing <input checked="" type="checkbox"/> First Aid Training recommended <input checked="" type="checkbox"/> Required to be AquaGO! "In-training" (completed modules 1-3) effective April 1, 2021. "Trained" status will be required at a future deadline post Covid-19 pandemic.							
	Pre-course work: 1. NCCP Coach Initiation in Sport* online module: https://thelocker.coach.ca 2. Sport for Life Intro to Physical Literacy* online course & quiz 3. CAS LTD Framework reading & quiz (via artisticswimmingcoach.ca) 4. Comp Intro pre-course homework workbook <i>*if not previously completed</i>							

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
Competition Development	18 years of age	Train to Train Train to Compete Masters	Clubs National Championships Provincial Teams Canada Games	Sport Specific Modules (NSO): 1. Developing Athletic Abilities 2. Planning a Practice (2) 3. Performance Planning 4. Analyze Figure Abilities 5. Analyze Routine Abilities 6. Manage a Sport Program	TRAINED	<input checked="" type="checkbox"/> NCCP Multi-Sport Online Evaluations: <ul style="list-style-type: none"> Make Ethical Decisions* Managing Conflict Leading Drug Free Sport <input checked="" type="checkbox"/> Competition Development Evaluation**: <ul style="list-style-type: none"> Submit portfolio In-practice observation and debrief by evaluator In-competition observation and debrief by evaluator <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> Design a sport program Plan a practice Provide support to athletes in training Support the competitive experience Analyze performance Manage a sport program 	CERTIFIED	30 PD points every 5 years
	Pre-requisites:			NCCP Multi-Sport Modules: 1. Coaching & Leading Effectively Workshop 2. Leading Drug Free Sport Workshop 3. Make Ethical Decisions Workshop* 4. Making Head Way in Sport eLearning Workshop* 5. Managing Conflict Workshop 6. Prevention & Recovery Workshop 7. Psychology of Performance Workshop <i>*if not previously completed</i>		<i>*if not previously completed</i> <i>**recommended to be coaching athletes competing at national qualifier/national championships (team routine preferred)</i>		
	<ul style="list-style-type: none"> ✓ Member in good standing ✓ First Aid Training recommended ✓ <u>Required</u> to be Competition-Introduction trained (effective as of July 1, 2020) 							
	Pre-course work:							
<ul style="list-style-type: none"> ✓ Developing Athletic Abilities pre-course work ✓ CAS LTAD Framework reading & quiz ✓ Pre-course reading 								

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
Competition Development Advanced Gradation (CDAG)	18 years of age	Train to Train Train to Compete Learn to Win	As per Comp Dev + 13-15 and Junior National Team	Completes the Advanced Coaching Diploma (ACD) (2-year program) Completes CDAG Practicum: (6-12 month minimum) 2 modules: 1. Coach as Performer 2. International Innovation (with practical application component) Practical Coaching component: Coach will work in a high- performance National Team training setting (Example: 13-15/Junior National Team Training Camp/Competition)	TRAINED	The coach will complete the ACD/CDAG final assessment (includes CAS expert & CAC HP expert) CDAG Practicum Evaluation: 1. Coach as Performer 2. International Innovation 3. Practical Coaching Component 4. MED (if not previously completed)	CERTIFIED	30 PD points every 5 years
	Pre-requisites:					Coach will successfully complete these 3 specific projects under the guidance of a mentor/CDAG facilitator. Evaluation will be ongoing through these projects.		
<ul style="list-style-type: none"> ✓ Member in good standing ✓ Competition Development certified ✓ Successfully completed or be currently registered in Advanced Coaching Diploma (ACD) ✓ Identified & selected by Canada Artistic Swimming ✓ CAS 13-15 or Junior National Team Coach 								

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
High Performance Coach	18 years of age	Learn to Win Perform to Win	Senior National Team	<p>Completes the Advanced Coaching Diploma ACD (2-year program) or equivalent</p> <p>Completes HP Practicum (6-12 month minimum) or equivalent. 2 modules:</p> <ol style="list-style-type: none"> 1. Coach as Performer 2. International Innovation (with practical application component) <p>Practical Coaching component: Coach will work in a high-performance Senior National Team training/competition setting (example: apprentice coach/assistant coach at a Senior National Team camp/competition).</p>	TRAINED	<p>The coach will complete the ACD/HP final assessment (includes CAS expert & CAC HP expert)</p> <p>HP Practicum Evaluation:</p> <ol style="list-style-type: none"> 1. Coach as Performer 2. International Innovation 3. Practical Coaching Component 4. MED (if not previously completed) <p>Coach will successfully complete these 3 specific projects under the guidance of a mentor/HP facilitator. Evaluation will be ongoing through these projects.</p>	CERTIFIED	30 PD points every 5 years
	<p>Pre-requisites:</p> <ul style="list-style-type: none"> ✓ Member in good standing ✓ Identified & selected by Canada Artistic Swimming for HP Program ✓ Competition Development certified (or equivalent) ✓ CAS Senior National Team Coach 							