

**Triathlon British Columbia
Competition Introduction Coaching Program
January 19-21, 2007**

Participant Information

Date: Friday January 19th to Sunday January 21st

Workshop Name **Competition Introduction – Part 1 Positioning**

Course Facilitator: Craig Taylor

Location: **PacificSport Victoria**
100 - 4636 Elk Lake Drive
Victoria, BC
V8Z 5M1

Schedule:

Friday:	6:30pm: Check in 6:45pm to 9:00pm: Course Intro
Saturday:	9:00am to 6:00pm
Sunday:	9:00am to 4:00pm

Workshop Fee:

Part I: "Positioning" - \$ 250.00 (includes \$75.00 materials fee) to be paid to TriBC prior to the start of the course.

Note: The complete Program will be broken down into three individual parts; Part 1 "Positioning", Part 2 "Planning" & Part 3 "Practicing". A fee will be assessed for each part. The total fee for the program will be approximately \$725.00, including 2 case evaluation fees.

To Register:

Contact TriBC at info@tribc.org. Payment confirms workshop registration.

What to Bring:

- Pen and paper on the Friday night, all other props Saturday and Sunday
- A minimum of two (2) props you use when coaching – this can be favorite articles, books, a piece of training equipment, or anything else you use – the goal is to share your "tricks of the trade" with the other coaches

How is the Competition Introduction Program structured?

Part 1: Positioning

Time: One weekend or three-day period + Case Study (post course)

Content: You will be introduced to professional practices in coaching such as the holistic approach, ethical decision-making, and developing a philosophy. The main content of this Part is SAFETY: holistic safety, safety in planning practices, and risk management. Triathlon technical information will also address basic safety in all three disciplines in addition to basic progressions for optimal skill acquisition.

Evaluation: After the weekend course you will complete a case study (Moovnot) that will allow you to think critically and apply the information to which you were introduced. Completed case studies are sent to evaluators who will collaborate with you on feedback.

Part 2: Planning

Time: One weekend or three-day period + Case Study (post course)

Content: Part 2 builds on the information in Part 1 with an introduction to practice and program planning. Information on energy systems and types of training are integrated into the safety-related practice planning from Positioning. You will create a basic season plan for triathlon. Sport-specific information will address optimal techniques and skill progression in each discipline.

Evaluation: After the weekend course, you will complete a case study (Moovnow) which requires you to coach an 8-12 week program. This can be done in several ways: with a group, individual, mentor coach or in collaboration with other community groups.

Part 3: Practicing

Time: three to four day camp

Content: Part 3 integrates all information from Parts 1 & 2 in a practical setting. This part allows coaches to showcase their COMPETENCIES. Additional information related to skill development, motor learning and applied coaching is also introduced.

Evaluation: On-site assessment is a major component of this Part. Peer coaches mentor coaches, and Learning Facilitators all participate in providing feedback on real-life application of information to coaching.

CERTIFIED!

Upon successful completion of all Parts AND Case Studies, you will receive designation as a Certified Triathlon Competition Introduction Coach. In order to MAINTAIN this certification, you will be required to continue professional development to qualify for re-certification.