

2019-20 AltaGas Club Coach Development Grants

The AltaGas Club Coach Development Grants is a Nordiq Canada initiative aimed at supporting club coaches' continuous professional development. Clubs' funding is based on the demonstration of their capacity to develop junior athletes up to the targeted benchmarks for their age and stage of development.

More specifically, Coach Development grants awarded to clubs are calculated on the basis of the number of junior athletes in the club meeting International Points Benchmarks for their age (distance or **sprint**), excluding full time National Development Center and NST athletes, on the final regular Canadian Points List and per the following schedule:

1st year junior BG IPB: **\$1500**
 2nd year junior BG IPB: **\$2000**
 1st year junior MW IPB: **\$3000**
 2nd year junior MW IPB: **\$4000**

2018-19 IPB list:

FirstName	Last Name	DOB	DIV	Club	CPL Points	IPB	± CPL	GRANT
Malcolm	Thompson	2000	ON	Big Thunder Nordic Ski Club	91.39	90.00	1.39	\$3,000.00
Jasmine	Drolet	2002	BC	Black Jack Cross Country Ski Club	86.44	81.00	5.44	\$1,500.00
Molly	Miller	2001	BC	Black Jack Cross Country Ski Club	86.74	86.50	0.24	\$2,000.00
Remi	Drolet	2000	BC	Black Jack Cross Country Ski Club	93.10	89.50	3.60	\$3,000.00
Isobel	Hendry	2002	AB	Canmore Nordic Ski Club	84.99	81.00	3.99	\$1,500.00
Luke	Fricker	2002	AB	Canmore Nordic Ski Club	85.59	84.50	1.09	\$1,500.00
Maya	Fish	2002	AB	Canmore Nordic Ski Club	81.27	81.00	0.27	\$1,500.00
Sam	Hendry	1999	AB	Canmore Nordic Ski Club	92.27	91.50	0.77	\$4,000.00
Stella	Duncan	2002	QC	Chelsea Nordiq (Québec)	83.76	83.50	0.26	\$1,500.00
Olivier	Léveillé	2001	QC	Club de ski de fond Orford	88.99	87.00	1.99	\$2,000.00
Magalie	Daoust	2002	QC	Club de ski de fond Skinouk (QC)	84.03	83.50	0.53	\$1,500.00
Felix-Olivier	Moreau	2002	QC	Club Nordique Mont Ste-Anne inc.	89.68	84.00	5.68	\$1,500.00
Anne-Marie	Petitclerc	2001	QC	Club Nordique Mont Ste-Anne inc.	89.33	86.50	2.83	\$2,000.00
Liliane	Gagnon	2002	QC	Commission de ski nordique Skibec	83.62	81.00	2.62	\$1,500.00
Taschi	Klaschka	2002	MB	Downtown Nordic	86.55	84.50	2.05	\$1,500.00
Xavier	McKeever	2003	AB	Foothills Nordic Ski Club	88.52	84.00	4.52	\$1,500.00
Tom	Stephen	2002	AB	Foothills Nordic Ski Club	89.92	84.00	5.92	\$1,500.00
Logan	Lumby	2002	AB	Foothills Nordic Ski Club	86.17	84.00	2.17	\$1,500.00
Anna	Pryce	2001	AB	Foothills Nordic Ski Club	87.22	86.50	0.72	\$2,000.00
Fred	Albrechtson	2002	BC	Nickel Plate Nordic Ski Club	87.02	84.00	3.02	\$1,500.00
Gabriel	Gledhill	2002	BC	Strathcona Nordic Ski Club	85.69	84.50	1.19	\$1,500.00
Tristan	Lee	2002	BC	Telemark Nordic Club	85.33	84.50	0.83	\$1,500.00
Derek	Deuling	2002	YT	Whitehorse Cross Country Ski Club	88.48	84.00	4.48	\$1,500.00
Sasha	Masson	2002	YT	Whitehorse Cross Country Ski Club	84.28	84.00	0.28	\$1,500.00

2019-20 grants per club:

CLUB	DIVISION	GRANT
Canmore Nordic Ski Club	AB	\$8,500.00
Black Jack Cross Country Ski Club	BC	\$6,500.00
Foothills Nordic Ski Club	AB	\$6,500.00
Club Nordique Mont Ste-Anne inc.	QC	\$3,500.00
Big Thunder Nordic Ski Club	ON	\$3,000.00
Whitehorse Cross Country Ski Club	YT	\$3,000.00
Club de ski de fond Orford	QC	\$2,000.00
Chelsea Nordiq (Québec)	QC	\$1,500.00
Club de ski de fond Skinouk (QC)	QC	\$1,500.00
Commission de ski nordique Skibec	QC	\$1,500.00
Downtown Nordic	MB	\$1,500.00
Nickel Plate Nordic Ski Club	BC	\$1,500.00
Strathcona Nordic Ski Club	BC	\$1,500.00
Telemark Nordic Club	BC	\$1,500.00

Total grants: \$43 500

Eligible Coach Development initiatives (in order of priority):

- 1- Regular NCCP workshops or other NCCP activities (training or evaluation)
- 2- High Performance Coaching Experience initiatives approved by Nordiq Canada: must be a minimum of national level camp (NDC/NST attendance) or international racing trip (specific learning objectives and reporting required)
- 3- Provincial Coaching Experience initiatives approved by division and Nordiq Canada: must be a minimum of provincial level camp or national level races (specific learning objectives and reporting required)
- 4- Honorarium of approved sport specialists (IST) working with the club coaches (*see annex for required deliverables*)

Eligible expenses: travel (transport and accommodation), registration fees, mentor and IST honorarium, evaluation fees, for any coaches of the club with a current CCC Coaching License

Claim process: The club must submit the following items in addition to a CCC expense claim with details and copy of receipts to claim their grant in whole or part:

- 1- NCCP activities: CCC will verify coaches' Locker credits
- 2- Other eligible Coach Development initiatives: description of the CD initiative (what, where, when) including the learning plan, objectives and final report (outcome) for each coach involved (see annex for deliverables specific to working with IST specialists)

For more information contact Stéphane Barrette, CCC's Director of Coaching and Athlete Development at sbarrette@cccski.com

ANNEX

Sport specialists working with club coaches

Process: Supported coaches will contact and enter into a mentorship arrangement with an Integrated Sport Team (IST) specialist such as a sport psychologist, physiologist, strength and conditioning specialist, biomechanics specialist, etc. The IST specialist should have significant experience working with high-level endurance athletes and must first be approved by CCC. The IST specialist and targeted coaches will meet at least 5 times over the course of the season with the goal of collaborating on the development of **athletes at the L2C stage and above**. During the planning phase of the season the specialist and coaches will meet to develop a strategy for the team's improvement over the course of the upcoming season. Specific interventions/activities should also be planned as appropriate. The coaches and specialist should develop a testing protocol, monitoring and specific training interventions for the targeted athletes and the team.

Deliverables: Reports throughout the training season as follows:

First meeting report: Identification and profile of targeted athletes or team including perceived strengths and weaknesses. In collaboration with the IST specialist an outline of specific interventions for both the team and individual athletes over the course of the season (training activities, evaluations), explanation of the objective of the intervention and how proposed training will help athlete improve performance. Interventions should be presented as a seasonal plan for each period of the season. Additional written explanation should be provided as needed. Dates for the next coach-specialist meeting and when subsequent reports will be submitted should be included in this report.

Subsequent Reports (2): Subsequent reports should be submitted approximately every three months. These reports should evaluate the previous training period with critical review of successes and areas of improvement regarding the training interventions for the targeted athletes and team. A one page analysis of the previous plan and upcoming protocol from the IST specialist must be submitted at this time, summarizing adjustments and updates based on results achieved in the previous period.

Final Report: The goal of the final two page report is to provide a critical analysis of the training intervention with the targeted athletes and team over the past season. Questions to consider include did the training have the desired effect, how were athletes' development and results impacted, what would you do differently to increase the effectiveness of this program if applicable, what have you learned from working with the IST specialists?