Sport: Synchronized swimming
Context: Competition - Introduction

Participant age group: 6-15 years old
LTAD Stages: FUNdamentals, Learning to Train, Training to Train
Estimated number of participants: 3000
Age range of coaches: 16 +
Estimated number of coaches: 300

Outcomes trained and evaluated:

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Trained</th>
<th>Evaluated</th>
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</thead>
<tbody>
<tr>
<td>Make Ethical Decisions</td>
<td>T</td>
<td>E</td>
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<tr>
<td>Plan a Practice</td>
<td>T</td>
<td>E</td>
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<tr>
<td>Support to Athletes in Training</td>
<td>T</td>
<td>E</td>
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<tr>
<td>Analyze Performance</td>
<td>T</td>
<td>E</td>
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<tr>
<td>Design a Sport Program</td>
<td>T</td>
<td>E</td>
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<tr>
<td>Support the Competitive Experience</td>
<td>T</td>
<td>E</td>
</tr>
<tr>
<td>Manage a Sport Program</td>
<td>N/A</td>
<td>N/A</td>
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</tbody>
</table>

Which multi-sport modules will the coaches access through the provincial/territorial delivery system?

Make Ethical Decisions (MED)

Training Description:

The Synchro Competition - Introduction Coach will work with swimmers involved with the Tier 1-5 swimmers and/or involved in the FUNdamentals, Learning to Train or Training to Train stages of the Synchro Canada Long-Term Athlete Development model.

Workshop description

The workshop is divided in 5 sport-specific modules and 1 multi-sport module (MED). To be fully trained the participants have to complete all 5 sport-specific modules, which add up to a two-day workshop. Each module can also be taught individually.

Sport-specific modules:

1- Introduction Module
2- Design a Sport Program Module
3- Plan a practice Module
4- Support athlete in training and competition Module
5- Analyze performance Module

Multi-sport module:

6- Make Ethical Decisions

Evaluation Description:

The Evaluation Process is a three step process.

STEP 1- Submit a portfolio
STEP 2- Observation while coaching athletes in training
STEP 3- Observation while coaching athletes in competition
Portfolio Content

☑ Coach Assessment Forms completed by stakeholders
☑ Submission of Emergency Action Plan
☑ Complete Analyze Performance Referent Model
☑ Communication documents for athletes and parents
☑ Submission of Practice Plan
☑ Submission of Seasonal Training Plan
☑ Submission of Competition Plan
☑ Transcript of online evaluation of Make Ethical Decisions

The evaluation marking grids and standards can be found on the Synchro Canada website at http://www.synchro.ca/e/coaching/nccp.php.

Outcome: Design a Sport Program
- Outline structure of own program based on training and competition opportunities
- Identify appropriate measures to promote athlete development within own program
- Integrate seasonal training priorities for Synchro in own practice plan

Outcome: Plan a Practice
- Identify appropriate logistics for practice
- Identify appropriate activities in each part of the practice
- Design an Emergency Action Plan

Outcome: Provide Support to Athletes in Training
- Ensure that the practice environment is safe
- Implement an appropriately structured and organized practice
- Make interventions that promote learning
- Assist athletes in the area of sport science to achieve desired training goals

Outcome: Support the Competitive Experience
- Prepare for readiness in competition
- Make effective interventions during and after the competition
- Assist athletes to be mentally prepared for competition

Outcome: Analyze Performance
- Coach detects performance
- Coach corrects performance
- Synchro-specific coach knowledge

Learning Facilitator & Evaluator training:
Synchro Canada has developed an Evaluator Guide and a Learning Facilitator Training Manual which includes all the information pertaining to recruitment, selection, training, certification, and maintenance of certification of LFs, MLFs, Es, MEs,

3 most innovative features of your program:

1. Integration of the Synchro Canada Long-Term Athlete Development model and recommendations into the synchro-specific NCCP material.

2. Modules can be taught individually

3. Three steps chronological evaluation tool