

NCCP Competency for Ringette

Competition-Introduction 2



National
Coaching
Certification
Program

Programme
national de
certification des
entraîneurs

Coach Name			CC number:	C	C						
	Surname	First									

Design a Basic Season Plan

Mark	Evidence of Achievement	Page	Comments	Scoring			
Program Structure	<ul style="list-style-type: none"> Plan identifies basic athlete information (age, number, differences in growth and development). 			0	1	2	3
	<ul style="list-style-type: none"> Plan indicates the length of the season, practice dates, and main competitions. 						
	<ul style="list-style-type: none"> Plan identifies entry point for the majority of athletes in the season plan. 						
	<ul style="list-style-type: none"> Plan correctly identifies training objectives and priorities at critical times of the season based on program template developed by ringette. 						
	<ul style="list-style-type: none"> Length of the season is correctly calculated given breaks and other logistics. 						
	<ul style="list-style-type: none"> Seasonal plan is correctly divided into three main periods (preparation, competition, transition). 						
	TOTAL POINTS						
Identification of Program Measures	<ul style="list-style-type: none"> Plan identifies correctly calculated competition to training ratio 			0	1	2	3
	<ul style="list-style-type: none"> Competition ratio is consistent with NCCP guidelines (Balyi's article) 						
	<ul style="list-style-type: none"> Plan correctly prioritizes key training elements to maximize and promote athlete developmental potential in relation to training and competition demands or provides rationale of why not. 						
	<ul style="list-style-type: none"> Rationale is provided for prioritizing training elements in order to maximize developmental potential for each stage of the plan 						
	<ul style="list-style-type: none"> Strategies are identified to overcome potential weaknesses in program compared to Sport LTAD planning template. 						
	TOTAL POINTS						
Practice Plan	<ul style="list-style-type: none"> Season plan identifies athletic abilities and training objectives (development, maintenance, consolidation) to be emphasized during a given week for one phase of the season. 			0	1	2	3
	<ul style="list-style-type: none"> Total training time is calculated for the same week identified for one phase of the season. $Y=2 / N=0$ 						
	<ul style="list-style-type: none"> Total Practice time for the practice relates to the appropriate training time that was calculated for that week. $Y=2 / N=0$ 						
	<ul style="list-style-type: none"> Rationale is provided to justify optimizing training time if there are inconsistencies with the amount of actual practice time. 						
	<ul style="list-style-type: none"> The practice has specific objectives that relate to the priorities identified for the particular point in the season. 						
	<ul style="list-style-type: none"> The practice plan prioritizes athletic abilities and training objectives that are consistent with this phase of the seasonal plan. 						
	<ul style="list-style-type: none"> The practice plan provides an outline of appropriate activities that is consistent with the objectives, athletic abilities and timelines that are indicated for this phase of the season plan. 						
	TOTAL POINTS						

Rank (NI, ME, EE)	Criteria	NI = Needs Improvement	ME = Meets Expectations	EE = Exceeds Expectations
	Outline program structure based on available training and competition opportunities	Less than 10	10 - 13	14 or more
	Identify program measures to promote athlete development	Less than 8	8 - 11	12 or more
	Develop a practice plan that integrates seasonal training priorities	Less than 12	12 - 15	16 or more

Evaluator		
Signed	Date	
Evaluator	Surname	First

**NCCP OBSERVATION FOR RINGETTE
OUTCOMES & RECOMMENDATIONS
COMPETITION-INTRODUCTION 2**



National
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Certification
Program

Programme
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entraîneurs

Date											
Coach											
Name					CC number:		C	C			
	Surname				First						
Address	Apt.		Street								
	City			Province			Postal Code				
	()			()			()				
	Home			Business			Fax				
Email											

							NI	MS	ES
Design a Basic Season Plan									

Recommendation

	<i>Attend training</i>		<i>Re-submit plan</i>		<i>Achieved Certification</i>
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COMMENTS:

							NI	MS	ES
NI = Needs Improvement			MS = Meets Standard			ES = Exceeds Standard			

Evaluator											
Signed										Date	
Evaluator	Surname				First						
	Apt.		Street								
Address	City			Province			Postal Code				
	()			()			()				
	Home			Business			Fax				
Email											