



TAEKWONDO CANADA

Competition Preparation Portfolio

Competition-Development



National
Coaching
Certification
Program



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Revision History

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National
Coaching
Certification
Program



PARTNERS IN COACH EDUCATION

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.

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Performance Coach

Taekwondo Analyzing Performance Checklist

Date			
Coach			CC number:
	<small>Surname</small>	<small>First Name</small>	

	Portfolio Requirements	Check	Date (dd/mm/yyyy)
Tasks	Task 1: Create Taper Plan <ul style="list-style-type: none"> Create a detailed taper plan leading to a major competition Show taper in Yearly Training Plan Plan to include example micro or meso cycle Provide a sample of communication documents / email for logistics leading into competition. 		
	Task 2: Mental prep plan <ul style="list-style-type: none"> Integration of mental prep into YTP Clear integration of mental performance factors in Micro or Meso Cycle Design a practice plan that shows integration of a mental skill 		
	Task 3: Prevention and Recovery <ul style="list-style-type: none"> Completed recovery cost / benefit analysis for one athlete Summary of data based on athlete monitoring for recovery purposes My daily / weekly prevention action plan (Workbook activity) 		
	Task 4: Selection <ul style="list-style-type: none"> Sample Selection policy / expectations for current athlete context Create a Game Plan for one athlete for a competition Produce a scouting Report for opponents that athlete will/may meet in competition 		

Portfolio Marking Checklist

Check	Evidence of Achievement	Comments
Tapering and Peaking	Complete one week taper plan	
	Adjusts training volume	
	Maintain or Increase Intensity	
	Decreases Fatigue	
	Adjust Frequency	
	Increase Specificity	
	Identify Factors Impacting Performance	
	Customized Based on Past Plan	
	Individualized Plan:	
	Monitor Factors:	
	Prioritize Key Competitions in YTP:	
	Multi-week Taper Plan	

Check	Evidence of Achievement	Comments
Design Mental Prep Plans	Assesses ideal performance state	
	Identify Goals and Objectives	
	Prioritizes Mental Objectives in YTP	
	Integrates mental prep into microcycle plan	
	Integrates mental prep into practice plan	
	Plans Debriefs	
	Monitors mental factors	
	Individualize pre-competition procedures	
	Assess individual mental state	
	Familiarize competitive site	
	Implement contingency measures	
Competition Specific Factors	Assess Training at Competition	
	Assess / Scout possible opponents	
	Assess Nutrition	
	Assess Logistics	
	Assess Travel Demands	
	Assess Time Zone Changes	
	Assess Competition Environment	
	Assess Competition Schedule	
	Use Innovative strategies	
	Mentor or model for other coaches	
Promote Recovery and Regeneration	Identify Common Injuries:	
	Identify prevention strategies	
	Use dynamic warm-ups	
	Use functional evaluations for return to play	
	Use recovery strategies	
	Inform on optimal recovery factors	
	Perform Health and safety audit	
	Monitor Nutrition	
	Monitor Sleep	
	Test and monitor innovative strategies	
Oversee Logistics	Identify roles for stakeholders:	
	Provide nutritional expectations	
	Clarify rules prior to event	
	Coordinate travel	
	Provide expectations for behavior	
	Communicate essential information	
	Ensure readiness of equipment	
	Manage Finances	
	Considers environmental factors	
	Manages stakeholders	
Fair Selection Policies and Procedures	Makes Advance notification	
	Implementation consistent with policy	
	Benchmarks Performance Levels	
	Indicates procedures	
	Selection criteria written and accessible	
	Inform non selected athletes	
	Inform athletes of criteria	
	Consistent with Sport governing bodies	

	Factors in coaches choice	
	Identifies Appeal Procedures	
	Publically Announced	
	Alternatives for non-selected	
Rank (NI, MS, ES)	Criteria	
	Develop a tapering and peaking program in preparation for implement competitions	
	Plan and Design pre-competition mental training procedures that promote readiness for performance	
	Identify competition-specific factors that impact performance	
	Implement procedures that promote readiness and incorporate recovery and regeneration strategies	
	Oversee logistics/support to create favourable conditions for performance	
	Develop and implement fair selection procedures	
Evaluator		
Signed		Date
Evaluator		
	Surname	First Name

Evaluators MUST NOT recommend any coach as a Certified if they observe ANY of the following behaviours, as they undermine values of Taekwondo Canada and the National Coaching Certification program.

- Any incident of disrespectful, offensive, abusive, racist or sexist comments or behaviours directed towards others, including but not limited to athletes, coaches, officials, administrators, spectators and sponsors.
- Repeated unsportsmanlike conduct such as angry outbursts or arguing.
- A single physically abusive incident with willful intent to injure.
- Activities or behaviours that interfere with a competition or with any athlete's preparation for a competition.
- Pranks, jokes or other activities that endanger the safety of others.
- Use of techniques or programs that may endanger the safety of others.
- Use or promotion of banned performance enhancing drugs or methods.
- Willfully and knowingly plagiarizing or copying work from other coaches for the purpose of providing evidence for evaluation.

If any of the above actions are observed during the observation, the coach must fail. The incident must be documented and notification sent to Taekwondo Canada. In order to be considered for re-evaluation the coach must initiate an appeal procedure as outlined in the Taekwondo Canada NCCP operations manual.

Task 1: Create Taper Plan

- Create a detailed taper plan leading to a major competition
- Show taper in Yearly Training Plan
- Plan to include example micro or meso cycle
- Provide a sample of communication documents / email for logistics leading into competition.

Checklist

Tapering and Peaking		Complete one week taper plan
		Adjusts training volume
		Maintain or Increase Intensity
		Decreases Fatigue
		Adjust Frequency
		Increase Specificity
		Identify Factors Impacting Performance
		Customized Based on Past Plan
		Individualized Plan:
		Monitor Factors:
		Prioritize Key Competitions in YTP:
		Multi-week Taper Plan:
Oversee Logistics		Identify roles for stakeholders:
		Provide nutritional expectations
		Clarify rules prior to event
		Coordinate travel
		Provide expectations for behavior
		Communicate essential information
		Ensure readiness of equipment
		Manage Finances
		Considers environmental factors
		Manages stakeholders

Task 2: Mental Prep Plan

- Integration of mental prep into YTP
- Clear integration of mental performance factors in Micro or Meso Cycle
- Design a practice plan that shows integration of a mental skill

Checklist

Design Mental Prep Plans		Assesses ideal performance state
		Identify Goals and Objectives
		Prioritizes Mental Objectives in YTP
		Integrates into microcycle plan
		Integrates into practice
		Plans Debriefs
		Monitors mental factors
		Individualize pre-competition procedures
		Assess individual mental state
		Familiarize competitive site
		Implement contingency measures

Task 3: Prevention and Recovery

- Completed recovery cost / benefit analysis for one athlete
- Summary of data based on athlete monitoring for recovery purposes
(Select one athlete and monitor recovery factors on a weekly basis. Present results of monitoring in a table or graph)
- My daily / weekly prevention action plan (Workbook activity)

Checklist:

Promote Recovery and Regeneration	Identify Common Injuries:
	Identify prevention strategies
	Use dynamic warm-ups
	Use functional evaluations for return to play
	Use recovery strategies
	Inform on optimal recovery factors
	Perform Health and safety audit
	Monitor Nutrition
	Monitor Sleep
	Test and monitor innovative strategies

Athlete Stressors/Cost Worksheet

Sport:						
Cost Category	Units	Intensity	Cost			Total Cost
Sport-specific Technical Training	Freq (#) ↓	Session Length→	<0.5 Hours	0.5 – 1.5 Hours	>1.5 Hours	
		High	<input type="checkbox"/> 3	<input type="checkbox"/> 5	<input type="checkbox"/> 7	
		Med	<input type="checkbox"/> 2	<input type="checkbox"/> 4	<input type="checkbox"/> 6	
		Low	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	
Physical Training	Freq (#) ↓	Session Length→	<0.5 Hours	0.5 – 1.5 Hours	>1.5 Hours	
		High	<input type="checkbox"/> 3	<input type="checkbox"/> 5	<input type="checkbox"/> 7	
		Med	<input type="checkbox"/> 2	<input type="checkbox"/> 4	<input type="checkbox"/> 6	
		Low	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	
Team Meetings/ Workshops	Freq (#) ↓	Session Length→	<0.5 Hours	0.5 – 3 Hours	>3 Hours	
			<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	
Competitions	Freq (#) ↓	Comp Length→	Short	Medium	Long	
		H imp	<input type="checkbox"/> 3	<input type="checkbox"/> 5	<input type="checkbox"/> 7	
		M imp	<input type="checkbox"/> 2	<input type="checkbox"/> 4	<input type="checkbox"/> 6	
		L imp	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	
School/Work Days	Freq (#) ↓	Duration / Day →	<3 Hours	3 – 6 Hours	6 – 10 Hours	
			<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 4	
Travel Days	Freq (#) ↓	Duration →	<1 hour	1 – 4 Hours	>4 Hours	
			<input type="checkbox"/> 1			
				<input type="checkbox"/> 3		
					<input type="checkbox"/> 9	
Effect of Environment (Training and Comp Days)	Freq (#) ↓	Degree →	Variable		Extreme	
			<input type="checkbox"/> 1			
					<input type="checkbox"/> 3	
Other Stressors:	Freq (#) ↓	Degree →	Low	Moderate	Extreme	
			<input type="checkbox"/> 1	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
			<input type="checkbox"/> 1	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
LTAD Stage	Stage →	T2T	T2C	T2W		
		<input type="checkbox"/> 30	<input type="checkbox"/> 20	<input type="checkbox"/> 10		
TOTAL COST						

Athlete Recovery/Income Worksheet

Recovery Category	Units		Income			Total Income
Sleep	Days ↓	Hours of Sleep →	<6 Hours	6 – 8 Hours	>8 Hours	
			<input type="checkbox"/> 3			
				<input type="checkbox"/> 5		
					<input type="checkbox"/> 8	
Level of Aerobic Fitness	Level of Fitness →		Low	Medium	High	
			<input type="checkbox"/> 5	<input type="checkbox"/> 10	<input type="checkbox"/> 20	
Nutrition – Diet	Days ↓	Quality of diet →	Poor	Good	Optimal	
	Indicate # of days in the week.		<input type="checkbox"/> 1			
				<input type="checkbox"/> 3		
					<input type="checkbox"/> 5	
Nutrition – Timing	Quality →		Poor	Good	Optimal	
	Pre-activity Diet		<input type="checkbox"/> 1	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
	Post-activity Diet		<input type="checkbox"/> 1	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
	Pre-activity Hydration		<input type="checkbox"/> 1	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
	Post-activity Hydration		<input type="checkbox"/> 1	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
Other Factors	Occurrence →		Never	Some- times	Always	
	Massage		<input type="checkbox"/> 0	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
	Hot/Cold Therapy		<input type="checkbox"/> 0	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
	Cool-down		<input type="checkbox"/> 0	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
	Injury/Health Management		<input type="checkbox"/> 0	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
	Mental Strategies		<input type="checkbox"/> 0	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
	Other		<input type="checkbox"/> 0	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
	Other		<input type="checkbox"/> 0	<input type="checkbox"/> 3	<input type="checkbox"/> 5	
TOTAL INCOME						

My Daily and Weekly Prevention Action Plan — (Note: May be workbook activity from workshop which is updated with all information)

		Practice or Competition					Training Week or Competition Week	
Section	Prevention/ Performance Actions	30 to 60 Minutes before Practice or Competition	Group/ Team Warm- up	In Practice or Competition	Group/Team Cool-down	30 to 60 Minutes After Practice or Competition	At Home or between Practices	Between Competitions
2.2.1	Current Prevention Strategies							
2.2.2	Current Recovery Strategies							

		Practice or Competition					Training Week or Competition Week	
Section	Prevention/ Performance Actions	30 to 60 Minutes before Practice or Competition	Group/ Team Warm- up	In Practice or Competition	Group/Team Cool-down	30 to 60 Minutes After Practice or Competition	At Home or between Practices	Between Competitions
2.2.3	Additions to Prevention and Recovery Strategies							
2.2.4	Fundamentals							
3.1.6	12-PAK							
3.1.7	Additions to 12- PAK							

		Practice or Competition					Training Week or Competition Week	
Section	Prevention/ Performance Actions	30 to 60 Minutes before Practice or Competition	Group/ Team Warm- up	In Practice or Competition	Group/Team Cool-down	30 to 60 Minutes After Practice or Competition	At Home or between Practices	Between Competitions
5.1.4	Additions to Active Warm-up							
	Additions to Dynamic Stretching and Body Awareness							
	Additions to Sport-specific Drills							
	Additions to Cool-down							

		Practice or Competition					Training Week or Competition Week	
Section	Prevention/ Performance Actions	30 to 60 Minutes before Practice or Competition	Group/ Team Warm- up	In Practice or Competition	Group/Team Cool-down	30 to 60 Minutes After Practice or Competition	At Home or between Practices	Between Competitions
6.1.4	Corrective Drills							
7.1.6	Recovery and Regeneration Techniques							
7.2.5	Hydration							
	Nutrition							
	Sleep							

Task 4: Selection


- Sample Selection policy / expectations for current athlete context
- Create a Game Plan for one athlete for a competition
- Produce a scouting Report for opponents that athlete will/may meet in competition


Checklist


Fair Selection Policies and Procedures	Makes Advance notification
	Implementation consistent with policy
	Benchmarks Performance Levels
	Indicates procedures
	Selection criteria written and accessible
	Inform non selected athletes
	Inform athletes of criteria
	Consistent with Sport governing bodies
	Factors in coaches choice
	Identifies Appeal Procedures
	Publically Announced
	Alternatives for non-selected
	Vetted with key agencies
Competition Specific Factors	Assess Training at Competition
	Assess / Scout possible opponents
	Assess Nutrition
	Assess Logistics
	Assess Travel Demands
	Assess Time Zone Changes
	Assess Competition Environment
	Assess Competition Schedule
	Use Innovative strategies
	Mentor or model for other coaches


Performance Coach Context: Outcomes, Criteria for Training and Evaluation


Module	Outcome	Criteria	Training	Evaluation
Competition Preparation	Design a sport program	Develop a tapering and peaking program in preparation for implement competitions	 Taekwondo Canada - Competition Readiness Webinar 1: Developing the Taper Plan Webinar 2: Talent ID and Selection +  NCCP Competition Development Multi Sport Modules Psychology of Performance (1 Day) Prevention and Recovery (1 Day)	Task 1: Taper Plan <ul style="list-style-type: none"> Coaches will use YTP to create a detailed taper plan leading to a major competition Plan to include example micro or meso cycle
		Plan and Design pre-competition mental training procedures that promote readiness for performance		Task 2: Mental prep plan <ul style="list-style-type: none"> Selected workbook activities refined by coach Integration of mental prep into YTP
	Analyze Performance	Identify competition-specific factors that impact performance		Task 3: Prevention and Recovery <ul style="list-style-type: none"> Selected workbook activities refined by coach Integration of mental prep into YTP
	Support the competitive experience	Oversee logistics/support to create favourable conditions for performance		Task 4: Selection <ul style="list-style-type: none"> Sample Selection policy / expectations for current athlete context Readiness for Competition (Game Plan) Scouting Report for competition
		Implement procedures that promote readiness and incorporate recovery and regeneration strategies		
	Manage a program	Develop and implement fair selection procedures		

Outcome: Design a Sport Program	
Criterion: Develop a tapering and peaking program in preparation for important competitions	
Achievement	Evidence: Add Sport-specific Examples
Highly Effective	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Above Standard” and: <input type="checkbox"/> Customized Based on Past Plan: Customize programming decisions in the area of peaking and tapering on the basis of evidence and analyses from previous implementations <input type="checkbox"/> Individualized Plan: Design a peaking and tapering program that indicates an awareness of specific individual athlete needs <input type="checkbox"/> Monitor Factors: Document the effects of planned tapering and peaking procedures, and use this to contribute to the advancement of knowledge in the sport and a model for other coaches
Above Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Standard for Core Certification” and: <input type="checkbox"/> Prioritize Key Competitions in YTP: Adapt tapering and peaking procedures to key competitions of the Yearly Training Plan <input type="checkbox"/> Multi-week Taper Plan: Design a peaking and tapering program that spans over a period longer than one week, consistent with established procedures in the SPORT or scientific evidence
NCCP Standard for Core Certification 	<ul style="list-style-type: none"> <input type="checkbox"/> Complete one week taper plan: Describe the competition/training activities for the week preceding an important competition <input type="checkbox"/> Appropriately adapt activities for tapering and peaking during the week preceding an important competition, based on the correct application of the following principles: <ul style="list-style-type: none"> ○ Adapts training volume: Reduce the training volume throughout the taper phase ○ Maintain or Increase Intensity: Maintain sufficient volume of high-intensity training ○ Decreases Fatigue: Decrease the level of fatigue generated during training sessions ○ Adjust Frequency: Maintain or schedule a slight reduction in the weekly frequency of training sessions ○ Increase Specificity: Activities performed during the taper period are highly specific to the athlete's competitive demands <input type="checkbox"/> Identify Factors Impacting Performance: Identify specific measures and strategies that contribute to maximizing the athletes’ potential for performance in areas such as: nutrition and hydration; adjustments to equipment; mental preparation; team cohesiveness; logistics; etc.
Below Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Design activities aimed at ensuring a tapering and peaking effect that are not consistent with established guidelines and available scientific evidence <input type="checkbox"/> Design a plan for tapering and peaking that reflects measures applicable only to the few days that immediately precede the important competition, and not to the whole week leading to the important competition <input type="checkbox"/> Do not clearly reflect established principles and guidelines for tapering and peaking in the weekly program <input type="checkbox"/> Do not change activities and training loads during the week preceding the important competition

Outcome: Design a Sport Program	
Criterion: Plan and Design pre-competition mental training procedures that promote readiness for performance	
Achievement	Evidence: Add Sport-specific Examples
Highly Effective	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Above Standard” and: <input type="checkbox"/> Assess individual mental state: Assesses the mental state of individual athletes relative to the demands of the competition. <input type="checkbox"/> Individualize pre-competition procedures: Develops individualized pre-competitive procedures that reflect prior experiences and prepare athletes optimally for the demands of the competition. <input type="checkbox"/> Implement contingency measures: As necessary, implements contingency actions designed to ensure optimal athlete performance by minimizing distractions or providing effective alternatives.
Above Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Standard for Core Certification” and: <input type="checkbox"/> Familiarize competitive site Plans measures to familiarize athletes and support staff with the specifics of the competitive site. <input type="checkbox"/> Assess individual mental state: Assesses the mental state of individual athletes relative to the demands of the competition. <input type="checkbox"/> Individualize pre-competition procedures: Develops individualized pre-competitive mental procedures that reflect prior experiences and prepare athletes optimally for the demands of the competition.
NCCP Standard for Core Certification 	<ul style="list-style-type: none"> <input type="checkbox"/> Assesses ideal performance state: Assess pre-competitive procedures and measures that assist athletes achieve an adequate mental state for performance by managing arousal, focus, distractions, negative anxiety, and/or social factors, e.g. team cohesion. <input type="checkbox"/> Identify Goals and Objectives: Based on gap analysis of mental factors, creates goals and objectives to be addressed in the Yearly Training Plan. <input type="checkbox"/> Prioritizes Mental Objectives in YTP: Using the Yearly training plan template prioritizes different mental training objectives throughout the year. <input type="checkbox"/> Integrates into microcycle plan: Clearly identifies how mental preparation activities and monitoring is integrated into the microcycle or meso cycle plan <input type="checkbox"/> Integrates into practice: Identifies the integration of at least one mental training skill into practice (Focus, Visualization, Goal Setting) <input type="checkbox"/> Plans Debriefs: Demonstrate within plan opportunities to debrief athletes after competition or other strategic events <input type="checkbox"/> Monitors mental factors: Demonstrates a strategy and a collection of evidence that impacts mental readiness for one athlete (Eg. Mood, motivation, focus, etc..)
Below Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Does not assess or consider athletes mental state. <input type="checkbox"/> Basic mental skills identified in YTP <input type="checkbox"/> Limited integration of Mental prep planning on a weekly basis. <input type="checkbox"/> Limited integration of mental prep in practice plan

Outcome: Analyze performance	
Criterion: Identify competition-specific factors that impact performance	
Achievement	Evidence: Add Sport-specific Examples
Highly Effective	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Above Standard” and: <input type="checkbox"/> Mentor or model for other coaches <input type="checkbox"/> Identify strategies that effectively enable athletes to perform optimally given the prevailing conditions <input type="checkbox"/> Trains other coaches of the Competition – Development context on how to identify and effectively deal with competition-specific factors that can impact performance <input type="checkbox"/> The approach developed is used as a model for other Competition – Development coaches of SPORT
Above Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Standard for Core Certification” and: <input type="checkbox"/> Use Innovative strategies <input type="checkbox"/> Based on previous experiences, identify new and innovative strategies to address competition-specific factors <input type="checkbox"/> Document how additional aspects may impact performance, and for each identify appropriate strategies <input type="checkbox"/> Find effective ways to gather the most up-to-date information that enable you to identify strategies and recommendations aimed at enabling athletes to perform
NCCP Standard for Core Certification 	<p>Create scouting tool that examines various factors including:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assess/Scout opponents: Identify tool or template used to scout possible opponents at competition and provide objective data on technical and tactical tendencies. <input type="checkbox"/> Assess Competition Schedule: Identify performance impact of scheduling of competition(s) and number of competitions within a given period of time on performance <input type="checkbox"/> Assess Competition Environment: Identify performance impact of environmental conditions expected to prevail at the competition site (temperature; altitude; pollution; etc.) <input type="checkbox"/> Assess Time Zone Changes: Identify performance impact of time differences between home and competition site <input type="checkbox"/> Assess Travel Demands: Identify performance impact of time necessary to travel to competition site, and travel conditions <input type="checkbox"/> Assess Logistics: Identify performance impact of logistics and accommodation available at the competition site <input type="checkbox"/> Assess Nutrition: Identify impact of nutritional issues at the competition site <input type="checkbox"/> Assess Training at Competition: Identify impact of training opportunities and schedules available at the competition site
Below Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Produce a report that is evidenced-based but do not provide recommendations aimed at enabling athletes to perform <input type="checkbox"/> Produce an anecdotal report, not an evidence-based report <input type="checkbox"/> Do provide sufficient details in the report and make recommendations that are inconsistent with established knowledge or standards of practice

Outcome: Support the Competitive Experience	
Criterion: Oversee logistics/support to create favourable conditions for performance	
Achievement	Evidence: Add Sport-specific Examples
Highly Effective	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Above Standard” and: <input type="checkbox"/> Deals with unforeseen events: Implement adequate contingency plans when confronted with unforeseen or ambiguous factors that affect the competition <input type="checkbox"/> Manages stakeholders: Manage assistants and other stakeholders (e.g., other coaches, trainers, support experts, parents, managers, etc.) effectively and professionally
Above Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Standard for Core Certification” and: <input type="checkbox"/> Considers environmental factors: Implement strategies to manage adaptation or acclimatization to environmental factors prior to the competitive event (e.g., thermal stress, altitude, jet lag, time zone changes, pollution) <input type="checkbox"/> Manage Finances: Manage expenses and financial considerations related to competitive event
NCCP Standard for Core Certification 	<ul style="list-style-type: none"> <input type="checkbox"/> Ensure readiness of equipment: Ensure that necessary SPORT equipment is ready and available to use, and is in good/safe condition <input type="checkbox"/> Communicate essential information: Provide athletes/parents with necessary information pertaining to travel, accommodation, competition schedules, competition location, rallying points, etc. Also, communicate written guidelines pertaining to expectations of self, athletes, parents, and other stakeholders before, during, and after competitions <input type="checkbox"/> Provide expectations for behavior: Provide clear procedures and team regulations pertaining to expected standards of behaviours while away from home <input type="checkbox"/> Coordinate travel: Coordinate safe and timely athlete and equipment transportation <input type="checkbox"/> Clarify rules prior to event: Clarify competition rules prior to the competition (e.g., eligibility, modification of game rules) and communicate appropriate information to athletes and other stakeholders <input type="checkbox"/> Provide nutritional expectations: Ensure athletes meet nutritional expectations by providing appropriate information on when and what to eat <input type="checkbox"/> Identify roles for stakeholders: Plan for and communicate the roles and responsibilities of assistants and other stakeholders (e.g., other coaches, trainers, support experts, parents, managers, etc.)
Below Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Do not address major organizational details that have adverse effects on the athletes preparation for competition that were clearly within coaches control

Outcome: Support the Competitive Experience	
Criterion: Implement procedures that promote readiness and incorporate recovery and regeneration strategies	
Achievement	Evidence: Add Sport-specific Examples
Highly Effective	<input type="checkbox"/> Meet “Above Standard” and: <input type="checkbox"/> Test and monitor innovative strategies: Test and monitor innovative recovery strategies.
Above Standard	<input type="checkbox"/> Meet “Standard for Core Certification” and: <input type="checkbox"/> Perform Health and safety audit: Perform a health and safety audit for program <input type="checkbox"/> Monitor Nutrition: Monitor athlete nutrition intake to make recommendations for recovery <input type="checkbox"/> Monitor Sleep: Monitor sleep to assist in optimal recovery
NCCP Standard for Core Certification 	<input type="checkbox"/> Identify Common Injuries: Identify common injuries in SPORT <input type="checkbox"/> Identify prevention strategies: Identify prevention and recovery strategies for common injuries in SPORT <input type="checkbox"/> Use dynamic warm-ups: Incorporate dynamic warm-ups into athletes’ training programs <input type="checkbox"/> Use functional evaluations for return to play: Apply functional evaluations for athletes’ return to play <input type="checkbox"/> Use recovery strategies Apply recovery and regeneration techniques to prevent fatigue and overtraining <input type="checkbox"/> Inform on optimal recovery factors: Provide athletes and parents with information and guidance on hydration, nutrition, and sleep that will contribute to optimal performance in training and competition
Below Standard	<input type="checkbox"/> Limited considerations given to recovery strategies.

Outcome: Manage a Program	
Criterion: Develop and implement fair selection procedures	
Achievement	Evidence: Add Sport-specific Examples
Highly Effective	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Above Standard” and: <input type="checkbox"/> Approval with NSO: Ensures all the appropriate approval steps have been followed within the sport organization prior to making announcements. <input type="checkbox"/> Meet Sport Canada Criteria: Indicates process used within the sport organization to make/approve athlete selection or carding decisions, and individual(s) or groups involved <input type="checkbox"/> Vetted with key agencies: Produces a rationale for athlete selection that reflects the correct application of the published criteria and procedures, and submits it in writing within the specified timelines to the appropriate individuals or groups within the sport organization in an open and ethical manor. <input type="checkbox"/> Alternatives for non-selected: Provides alternatives to those athletes not selected by linking them with other coaches or utilizing IST resources in preparation for future selection <input type="checkbox"/> Publically Announced: Public announcements regarding athlete selection are made in a way that is consistent with the sport’s established policies, respectful of all, and preserves the confidentiality of the information where necessary.
Above Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Meet “Standard for Core Certification” and: <input type="checkbox"/> Identifies Appeal Procedures: Identifies appeals procedures and guidelines in the event of a dispute of selection. <input type="checkbox"/> Factors in coaches choice: Identifies the number of athletes selected using a purely objective approach and number of athletes selected under “coach’s choice” where applicable <input type="checkbox"/> Consistent with Sport governing bodies: Uses applicable parameters and guidelines to produce selection criteria and procedures in writing, or works with identified individuals or groups within the sport organization to develop them.
NCCP Standard for Core Certification 	<ul style="list-style-type: none"> <input type="checkbox"/> Inform athletes of criteria: Develops and applies an appropriate strategy to inform athletes, selected or not, of the decision. <input type="checkbox"/> Informs non selected athletes: Ensures non-selected athletes have a reasonable opportunity of being informed of the decision and to engage in a dialogue with the coach regarding the decision; in this process, displays a professional attitude and provides a rationale that is consistent <input type="checkbox"/> Selection criteria written and accessible: Ensures that selection procedures and criteria are made available to athletes and other key stakeholders (i.e.: parents) <input type="checkbox"/> Indicates procedures: Identifies critical information in the selection criteria and procedures that may include dates, qualifying events, locations, eligibility, pre-requisites and numbers selected. <input type="checkbox"/> Benchmark Performance Levels: Identifies performance levels and standards required, and specific circumstances or conditions under which such performances must be achieved, where necessary (with respect to governing sport body) <input type="checkbox"/> Implementation consistent with policy: Implements selection procedures and criteria in a manner that is consistent with the way they were publicized. <input type="checkbox"/> Makes Advance notification: Provides selection criteria and procedure in advance of selection camps and or competitions
Below Standard	<ul style="list-style-type: none"> <input type="checkbox"/> Does not have a written criteria <input type="checkbox"/> Has not published or communicated selection criteria prior to selection event <input type="checkbox"/> Does not outline the process for selection and steps required by athlete