



COACHNS



CAPE BRETON REGIONAL COACHING SUMMARY

BACKGROUND

The government of Nova Scotia, Sport Nova Scotia and the Canadian Sport Centre Atlantic partnered in September 2017 where they travelled to the six (6) defined sport regions across Nova Scotia to hold Community Coaching Consultations. The goal of these consultations was to hear directly from community coaches and hear what their challenges and successes were, where they needed support and what professional development they needed to continue growing as a coach in their own context.

There was a large amount of information collected through the consultations. The data was analyzed to find major themes discussed across the province which in turn, determine the priorities throughout the province. The three areas that clearly required focus were: education/certification, recruitment/retention, and mentorship. To address these key areas, Canadian Sport Centre Atlantic now offers community coach professional development sessions twice a year in each region, launched a *vip* coach recognition program to aid in coach retention by celebrating the contributions of coaches and created a provincial-wide mentorship program for coaches.

vip

APPLY HERE



Check out the Coaching Calendar for Professional Development opportunities and programs!

Potential Professional Development topics

- Providing Feedback & Instruction to athletes
- Team Culture & Building, Leadership
- Athlete's emotional wellbeing & mental resilience
- Organizational: funding, protocols & policies
- Safe Sport
- Coaching female athletes & athlete retention

Common Words coaches used to describe their coaching experience



CANADIAN SPORT HELPline

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CAPE BRETON FEEDBACK

Continuing to better understand the landscape of what is currently going on in Nova Scotia, during the summer of 2019, Canadian Sport Centre Atlantic in partnership with Sport Nova Scotia, collected similar information while on a cross-Nova Scotia engagement tour.

AREAS THAT NEED TO BE ADDRESSED

COMMON BARRIERS

Financial

- Travel and accommodations to attend training outside of the region.

Accessibility of sport-specific information

- Limited opportunities to network with more experienced coaches
- Minimal sharing of drills and resources

Quantity & Quality of Coaches

- Lack of certified coaches to support athletes.

Recruitment & Retention of Coaches

- Many parent coaches move up with their child.
- Need for athletes to transition to coaches.

Development of Quality Coaches

- Knowledge of general coaching skills
 - delivering feedback
 - connecting with athletes
- Sport Specific knowledge
 - Teaching sport-specific skills safely
 - Instruction dependent on skill level

Recruitment of Learning Facilitators

- Shortage of Trained/Certified Coaches
- The cost and time to travel for courses is impossible for some coaches.
- Limited opportunities for mentorship from local experienced coaches or provincial level coaches.

Recruitment of Coaches

- Specifically, non-parent coaches
- Sport-specific knowledge or experience

OUR ACTIONS TO SUPPORT

Nova Scotia Mentorship Program

- Sport-specific mentorship will become available upon request to help coaches develop and receive support.
- Athletes that want to become coaches can join the program as a mentee.

Accessible Drill Books

- A document will be made available to all NS coaches where they can share sport-specific resources and drills with one another.

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