



# COACH NS

## CENTRAL

### 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.



**APPLY HERE**

[support4sport.ca/vip](http://support4sport.ca/vip)



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

## Potential Professional Development topics

- Sport Specific Sharing and Mentorship
- Mental Performance
- Anxiety Reduction Techniques
- Multi-sport Networking and Mentorship
- Leadership and Team Building
- Mental Health in Athletes

**Common Words coaches used to describe their coaching experience**



CANADIAN SPORT **HELpline**

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# CENTRAL 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

#### Support

- Feeling of overwhelmed: does not know what to do
- Too many expectations and relying on the same people to do too much

#### Recruitment and Retention

- Finding new coaches and working hard to keep them
- Need for female coaches
- No incentive to coach
- Lack of athletes transitioning to coaches

#### Time

- Few days off, comparable to working two jobs
- A lot of hours and money required to complete training to volunteer as a coach

#### Mentorship

- Need for collaboration amongst other clubs and coaches
- Minimal sharing of resources, best practices and knowledge from experienced coaches
- Lack of networking opportunities

#### Support

- Coach Burnout
- Confusion regarding certification
- A lot of time and money required
- Guidance and funding needed to complete certification

#### Mentorship and Collaboration

- Providing more opportunities for coaches to learn from each other in multi-sport and sport specific settings
- Support for new coaches or athletes transitioning into coaching.

#### Recruitment & Retention of Coaches

- Lack of capacity
- Need for female coaches
- Encourage and support coaches to become qualified

## 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 to help with coach recruitment.

### Accessible Drill Books

- A document will be made available to all Nova Scotian coaches to share sport-specific resources, drills and best practices as coaches.

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