



# COACHNS



## FUNDY 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**



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

Potential Professional Development topics

- Mentorship
- Coaching Youth Athletes
- Sharing of Best Coach Practices
- Practice Planning
- Integrated Sport Team: Nutrition, Mental Prep, Strength & Conditioning
- Coaching Athletes with a Disability (Inclusion)

Common Words coaches used to describe their coaching experience

Inspiring Busy Educational Fun Exciting Frustrating Enjoyable Fulfilling Stressful Demanding Rewarding Challenging



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# FUNDY 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.
- Lack of funding to obtain professional development



#### Time

- Travelling far distances for training
- Many hours required to complete training to volunteer as a coach



#### Support

- Lack of recognition
- Feeling of overwhelmed: does not know what to do
- Too many expectations



#### Recruitment & Retention of Coaches

- Need for non-parent coaches.
- High expectations and pressure on coach from parents.
- Too many admin and non-coaching responsibilities.

#### Community Coaching Lead

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#### Fundy Regional Sport Consultant

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#### Safe Sport Lead

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#### Development of Quality Coaches

- More Professional Development on general coaching skills
  - Working with and engaging kids
- Less time-consuming training



#### Recruitment of Learning Facilitators

- Limited opportunities for sport specific training within region
- Must travel to obtain training for competitive streams
- The cost and time to travel for courses is impossible for some coaches.



#### Retention of Coaches

- Specifically, non-parent coaches
- Minimize admin duties and expectations

## 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.