

CAMBRIDGE ROADRUNNERS

GIRLS' HOCKEY ASSOCIATION

High Performance 1

Overview

The High Performance 1 stream is for those who are coaching players in the U15 AA, U18 AA and U22 Elite age categories and who aspire to coach at national and international competitions. Players in these age divisions are 13 to 21 years old, and they have shown the skills needed to be considered emerging players.

Coaches attending High Performance 1 seminars will get an opportunity to work in group and individual settings in areas such as:

- Ethics and leadership in coaching
- Teaching and leading techniques
- Physical preparation
- Power-play and penalty-killing instruction.
- Advanced skill analysis
- Leading drug-free sport
- Conflict management

High Performance 1 Background

The High Performance 1 Coaching Program is an enriched development experience for coaches, which features online virtual, pre-recorded and in-class sessions. A post training written assignment and field evaluation will complete the certification process. As mentioned, the seminar (theory) will be delivered in three parts consisting of an *on-line virtual* portion, a *recorded module portion*, and an *in-class portion*. This seminar will provide an exceptional opportunity for coaches to learn and will feature outstanding presenters who have vast experience within high performance coaching environments. Following the theory, coaches will further their development by completing, and receiving feedback on, a written assignment with support from a mentor. Participants will then be provided with an incredible opportunity for growth as a Hockey Canada trained Evaluator will observe a practice and game and conduct interviews on the ice sessions and the coach's overall program.

Throughout the process, coaches will be provided information and tasks which will challenge them with the goal of furthering key skills including critical thinking, problem solving, interacting, valuing and leadership.

| PATHWAYS FOR HIGH PERFORMANCE | | | |
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| PATHWAY | TRAINED | CERTIFIED | CERTIFICATION MAINTENANCE |
| Pre – 2010 | Advanced 1 or HPI Clinic Attendance | 1. Written Assignment 2. Field Evaluation (Game and Practice) 3. Theory 3 | 30 Professional Development Points – 5 Years |
| To fully certify in this pathway a coach is still required to complete the old Theory 3 which is now in the form of Multi-Sport Modules | | | |
| PATHWAY | TRAINED | CERTIFIED | CERTIFICATION MAINTENANCE |
| 2010-2012 | HP1 Clinic Attendance | 1. Written Assignment 2. Field Evaluation (Game and Practice) 3. MED – Comp Dev Online Evaluation | 30 Professional Development Points – 5 Years |
| PATHWAY | TRAINED | CERTIFIED | CERTIFICATION MAINTENANCE |
| 2013-Present | HP1 Clinic Attendance | 1. Written Assignment 2. Field Evaluation (Game and Practice) 3. MED – Comp Dev Online Evaluation 4. Leading Drug Free Sport Online Evaluation 5. Managing Conflict Online Evaluation | 30 Professional Development Points – 5 Years |

Certification Maintenance

Certification maintenance requires a coach to obtain a certain number of credits within five-years to maintain certification at the Hockey Canada Development 1 and HP1 certifications.

The Coaching Association of Canada and its partners recognize the value of having certified NCCP coaches that are engaged in Professional Development programs which reinforce the values of lifelong learning and sharing amongst the coaching community.

For NCCP coaches to maintain their certified status, they will be required to obtain Professional Development (PD) points. PD points can be earned through a multitude of activities that coaches already participate in, including national and provincial sport organization conferences and workshops, eLearning modules, NCCP workshops, coach mentorship programs, and active coaching.

In most cases coaches are already earning their required PD points - Maintenance of Certification Status is simply the introduction of tracking these points and recognizing coaches for their efforts.