

Intro to Artistic Swimming – AquaGO!								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
AquaGO! Instructor	15 years of age	Active Start FUNDamentals	Clubs Aquatic Facilities Municipalities	Sport Specific Modules (NSO/PSO): <ol style="list-style-type: none"> Delivering AquaGO! LTAD & Fundamental Movement Skills Swimming Fundamentals Bring a Lesson Plan to Life Artistic Swimming Skills 	TRAINED	<input checked="" type="checkbox"/> 16 years of age <input checked="" type="checkbox"/> AquaGO! Evaluation: <ul style="list-style-type: none"> Observed detecting and correcting performance Observed delivering an AquaGO! lesson Upload EAP & online quiz <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> Analyze performance Provide support to athletes in training Make Ethical Decisions (online evaluation) 	CERTIFIED	10 PD points every 5 years
	Pre-requisites: <ul style="list-style-type: none"> ✓ Member in good standing ✓ First Aid Training recommended ✓ Mandatory pre-course work: <ul style="list-style-type: none"> Completes Coach Initiation in Sport online module: https://thelocker.coach.ca Sport for Life Intro to Physical Literacy course & quiz LTAD Framework reading & quiz Required reading 			Multi-Sport Modules: <ol style="list-style-type: none"> Make Ethical Decisions 				

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
Competition Introduction	16 years of age	Learn to Train Train to Train Train to Compete Masters	Clubs	Sport Specific Modules (NSO/PSO): <ol style="list-style-type: none"> Introduction Design a Sport Program Plan a Practice (1) Support Athlete in Training and Competition Analyze Performance Figures Routines 	TRAINED	<input checked="" type="checkbox"/> Make Ethical Decisions (MED) online evaluation* <input checked="" type="checkbox"/> Competition Introduction Evaluation: <ul style="list-style-type: none"> Submit portfolio In-practice observation and debrief by evaluator In-competition observation and debrief by evaluator <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> Design a sport program Plan a practice Provide support to athletes in training / and in the competitive experience Analyze performance Figures Routines 	CERTIFIED	20 PD points every 5 years
	Pre-requisites: <ul style="list-style-type: none"> ✓ Member in good standing ✓ First Aid Training recommended 			Multi-Sport Modules: <ol style="list-style-type: none"> Make Ethical Decisions* Making Headway in Sport 				
Pre-course work: <ul style="list-style-type: none"> ✓ Completes Coach Initiation in Sport online module*: https://thelocker.coach.ca <p>*if not previously completed</p>			*if not previously completed		*if not previously completed			

Competitive Program									
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development		
Competition Development	18 years of age	Train to Train Train to Compete Masters	Clubs National Championships Provincial Teams National Teams	Sport Specific Modules (NSO): 1. Developing Athletic Abilities 2. Plan a practice (2) 3. Performance Planning 4. Analyze Figure Abilities 5. Analyze Routine Abilities 6. Manage a Sport Program Multi-Sport Modules: 1. Coaching & leading Effectively 2. Managing Conflict 3. Leading Drug Free Sport 4. Psychology of Performance 5. Make Ethical Decisions* 6. Prevention & Recovery 7. Making Headway in Sport <i>*if not previously completed</i>	TRAINED	<input checked="" type="checkbox"/> Multi-Sport online evaluations: <ul style="list-style-type: none"> • Make Ethical Decisions (MED)* • Managing Conflict • Leading Drug Free Sport <input checked="" type="checkbox"/> Competition Development Evaluation: <ul style="list-style-type: none"> • Submit portfolio • In-practice observation and debrief by evaluator • In-competition observation and debrief by evaluator <input checked="" type="checkbox"/> Outcomes: <ol style="list-style-type: none"> 1. Design a sport program 2. Plan a practice 3. Provide support to athletes in training 4. Support the competitive experience 5. Analyze performance 	CERTIFIED	30 PD points every 5 years	
									Pre-requisites:
									<ul style="list-style-type: none"> ✓ Member in good standing ✓ First Aid Training recommended ✓ Recommended to be Competition-Introduction certified and be coaching national steam athletes (team routine preferred)
									Pre-course work:
	<ul style="list-style-type: none"> ✓ Developing Athletic Abilities pre-course work ✓ Reading LTAD Framework 2.0 and quiz ✓ Pre-course reading 								

Competitive Program								
NCCP Course	Age Eligibility	LTAD Stage	Context	In Training		Evaluation	Professional Development	
Competition Development Advanced Gradation (CDAG)	18 years of age	Train to Train Train to Compete Learn to Win Perform to Win	Clubs National Championships Provincial Teams National Teams	Completes the Advanced Coaching Diploma (ACD)* (2-year program) Completes CDAG Practicum: (6 month minimum) 2 modules: 1. Coach as Performer 2. International Innovation (with practical application component)	TRAINED	The coach will complete the ACD final assessment (includes Artistic Swimming HP expert & CAC HP expert) CDAG Practicum Evaluation: 1. Coach as Performer 2. International Innovation Coach will successfully complete these 2 artistic swimming specific projects under the guidance of their artistic swimming specific mentor/CDAG facilitator	CERTIFIED	30 PD points every 5 years
<i>Currently under development</i>				<ul style="list-style-type: none"> ✓ Member in good standing ✓ Competition Development Certified ✓ Recommended to be coaching athletes that are competing at the National level ✓ Selected by Canada Artistic Swimming based on CDAG application process (please contact CAS for more information) 				

*More information about the Advanced Coaching Diploma can be found at coach.ca: <https://www.coach.ca/advanced-coaching-diploma-s13778>

*ACD Brochure: https://www.coach.ca/files/ACD_Brochure_2017_ENGLISH_ONLINE_FINAL.pdf