



NCCP Competition Development FAQ

Coach: What do I need to complete in order to get my Comp Dev certification:

1. Register for the course.

a. **Classroom sessions:**

Session 1: Course Orientation (January, 2 hours)

- Layout of the program
- Portfolio Introduction
- Advanced Topics Introduction
- Multi-Sport Module Requirements

Session 2: Training Environment (March, 2 Hours)

- Establishing optimal training environment in Cycling
- Progress check on Portfolio
- Student presentations – application of Advanced Topics
- Multi-Sport Module Check-in

Session 3: Competition Environment (April, 2 Hours)

- Establishing optimal competition environment in Cycling
- Progress check on Portfolio
- NCCP Coach Evaluation Process – Next Steps
- Multi-Sport Module Check-in
- Wrap-up

Coach: What are the Advanced Topics?

Related Module	Topic	Handout on Dropbox?	Recorded Webinar Available?
Coaching & Leading	Developing Athlete Responsibility	<input type="checkbox"/>	<input type="checkbox"/>
Performance Planning	Analyzing Athlete Performance	<input type="checkbox"/>	<input type="checkbox"/>
"	Advanced Bike Fitting	<input type="checkbox"/>	<input type="checkbox"/>
Adv Practice Planning	Managing Training Load and Recovery	<input type="checkbox"/>	<input type="checkbox"/>
"	Developing Tactical Skills (by discipline)	<input type="checkbox"/>	<input type="checkbox"/>
Manage a Sport Prog	Building the Seasonal Plan for a Team	<input type="checkbox"/>	<input type="checkbox"/>
Training Environment	Planning a Camp or Training Project	<input type="checkbox"/>	<input type="checkbox"/>
"	Maintaining Positive Team Environment	<input type="checkbox"/>	<input type="checkbox"/>
Dev Athletic Abilities	Practical Strength and Power Training	<input type="checkbox"/>	<input type="checkbox"/>
"	Monitor Training Using Power	<input type="checkbox"/>	<input type="checkbox"/>
Prevent and Recovery	Female-specific (e.g., REDs)	<input type="checkbox"/>	<input type="checkbox"/>
"	Measuring Fatigue and Recovery	<input type="checkbox"/>	<input type="checkbox"/>
"	Safe Return from Illness and Injury	<input type="checkbox"/>	<input type="checkbox"/>
Psych of Performance	Athlete Mental Health in Cycling	<input type="checkbox"/>	<input type="checkbox"/>
"	Mindfulness for Athletes	<input type="checkbox"/>	<input type="checkbox"/>
Competition Project	Managing a Comp Project	<input type="checkbox"/>	<input type="checkbox"/>
"	Leading a Track Project	<input type="checkbox"/>	<input type="checkbox"/>
"	Rules at International Projects (UCI rules)	<input type="checkbox"/>	<input type="checkbox"/>

Students select 5 of the topics listed above. Write a 1 page document on how the coach will apply information from this topic to their training or competition environment. To be submitted as part of their portfolio.



How long does it take to complete the course?

- You can complete the Cycling Canada portion of the NCCP Comp Dev course in a single year. The NCCP Multi-sport modules can take longer depending on when each course is offered. Your portfolio must also be completed and evaluated prior to earning your certification at the NCCP Comp Dev level.

What are the multi-sport courses I'll need to complete?

- Drug free sport
- Coaching and leading
- Performance Planning
- Advanced practice planning
- Managing a sport program
- Developing athletic abilities
- Managing conflict
- Prevention and recovery
- Psychology of performance

You can take these courses in any order but all are required before you can be fully certified at the Comp Dev level.

I took the course in the old system...but I still need to finish my portfolio and evaluation.

What do I need to do?

1. Complete the new Portfolio template that includes Advanced Topics (choose 5 and submit a 1-page document for each topic stating how you will incorporate these into your training or competition environment. Your portfolio needs to be evaluated when complete.
2. Complete the multi-sport modules as stipulated above.
3. Get evaluated at a training camp or competition. We will work with you to determine how best to complete this requirement.

I heard there are mentor coaches involved in this program. How does that work?

We will provide contact information for a Coaching Guide who is able to offer you support in:

1. How to complete the portfolio.
2. Practical tips aimed at helping the coach develop a better Training or Competition environment.
3. The Coach Guide is available for up to two sessions of 30-45min between Session 1 and Session 3 for each year of the cohort.
4. Your Coach Guide will be assigned during Session 1.