

Rowing Professional Development Opportunities

Coaching:

- Learn to Row Instructor
- RCA Coach
- RCA Performance Coach
- RCA High Performance Coach

Officiating:

- Umpire Clinics
- Chief Umpire
- Clinicians
- International Umpire

Additional Courses:

- Nutrition for Rowers
- Injury Prevention and Monitoring
- Using Technology in Rowing
- Talent Identification
- Creating and Implementing Training Plans for LTAD
- Implementing Talent Development Principles

Sailing Professional Development Opportunities

Coaching:

- CANSail 1 & 2 Instructor
- CANSail 3 & 4 Instructor
- CANSail 5 & 6 Instructor
- Development Coach

Officiating:

- Assistant Race Officer
- Club Race Officer
- Regional Race Officer
- National Race Officers
- Club Judge
- Regional Judge
- National Judge

Additional Courses:

- Wet Feet Module (3 points)
- Program Manager Module (3 points)
- Spinnaker & Trapeze Module (3 points)
- Coaching Athletes with a Disability Module (3 points)
- Coach Boat Safety Course (3 points)
- Designated Coach Development Sessions at Regattas (3 points)
- Designated Rule 42 Seminars at Regattas (3 points)
- Provincial Coaching Conferences (3 points)
- National Conferences (3 points)
- Judge Seminar (3 points)
- Race Officer Seminar (3 points)
- National Committee Work (3 points)
- Provincial Committee Work (3 points)
- Powerboat Training Certification (3 points)
- Racing Rules & Tactics Module (3 points)
- Safety Training Module (3 points)
- CWF Wild About Sports Module (3 points)

See www.ontariosailing.ca or www.sailing.ca for course information.

National Coaches Association Program (NCCP) Courses

- Fundamental Movement Skills
- Make Ethical Decisions
- Planning a Practice
- Nutrition
- Bundled Set (formerly part a)
- Bundled Set (formerly part b)
- Physical Education Teacher Accelerated (Part A and B)
- General Teacher Accelerated (Part A and B)
- Teaching & Learning
- Basic Mental Skills
- Design A Sport Program
- Managing Conflict
- Leading Drug Free Sport
- Coaching & Leading Effectively
- Developing Athletic Abilities
- Prevention & Recover of Injury
- Psychology of Performance
- Resistance Training
- Empower +
- Aboriginal Coaching Module

See www.coachesontario.ca for course information.