



## SWIMMING CANADA LEARNING FACILITATOR (LF) PATHWAY



### CORE TRAINING

<b>Pre-requisites</b>	<ol style="list-style-type: none"> <li>1. NCCP Certified status at level above looking to facilitate</li> <li>2. Minimum 5 years' swim coaching experience or equivalent</li> </ol>
<b>Step 1</b>	Approval by provincial section (PS) (complete online LF Application) in consultation with National Sport Organization (NSO)
<b>Step 2</b>	Coaching Association of Canada's (CAC) Mentorship Module* (optional)
<b>Step 3</b>	<p>Complete Core Training (Provincial/Territorial Coaching Representative - P/TCR)</p> <p>Two weeks prior to the content-specific training, the LF in training must receive:</p> <ul style="list-style-type: none"> <li>• An electronic version of the Coach Workbook</li> <li>• Reference Material</li> <li>• LF Guide</li> </ul>
<b>LF Status</b>	<b>In Training</b>
	* Mentorship module prior to Core Training is recommended, but not required

### CONTENT-SPECIFIC TRAINING

<b>Pre-requisites</b>	<ol style="list-style-type: none"> <li>1. Approval by PS in consultation with NSO</li> <li>2. Core Training (P/TCR)</li> </ol>
<b>Step 1</b>	<p>Pre-brief</p> <ul style="list-style-type: none"> <li>• A pre-brief with the LF in training should occur 2-4 weeks prior to the course</li> </ul>
<b>Step 2</b>	<p>The LF in training sits in on an entire course to observe its flow. The course must be delivered by a certified LF or Master Coach Developer (MCD). This applies for all levels.</p> <ul style="list-style-type: none"> <li>• The LF in training must be actively involved in the course E.g., Lead a pool session</li> </ul>
<b>Step 3</b>	Debrief



- A mandatory debrief with the LF in training should occur 48 hours (at most) after the course
- Ideally, the debrief should occur immediately after the course

**LF Status      In Training**

## CO-DELIVERY

**Pre-requisites**

1. Approval by PS in consultation with NSO
2. Core Training (P/TCR)
3. Content-specific Training

**Step 1**      Pre-brief

- The pre-brief with the LF in training should occur 2-4 weeks prior to the course

**Step 2**      Co-facilitation

- The LF in training should perform a minimum of 2 co-facilitations. This should equal to full delivery of the course content once complete.
- Really strong candidates may be given the opportunity to facilitate more content during the second co-facilitation

**Step 3**      Debrief / Reflective Conversation

- The debrief / reflective conversation is based on the observation
- It is strongly recommended that this occur immediately after the course, but can occur a maximum of 48 hours after

**LF Status      Trained**

## EVALUATION

**Pre-requisites**

1. Approval by PS in consultation with NSO
2. Core Training (P/TCR)
3. Content-specific Training
4. Co-delivery (minimum of 2 co-facilitations)
5. Deliver a minimum of 3 NCCP swimming courses

**Step 1**      Pre-brief

- The pre-brief with the trained LF should occur 2-4 weeks prior to the evaluation

**Step 2**      Formal Observation

- When the LF is ready, he/she must make a request to a MCD for evaluation
- The LF should be ready to request a formal evaluation after delivering 5 NCCP swimming courses

**Step 3**      Debrief



- The debrief should occur a maximum of 48 hours after the course, but should be immediate and be provided throughout the course as appropriate
- If the LF candidate is not meeting the NCCP standard, MCD to design an Action Plan to close any gaps (e.g., This is what I am going to evaluate you on...)

**Step 4** Action Plan

**Step 5** Final Recommendation

**LF Status** **Certified**

Once the Evaluation and Final Recommendations are completed satisfactorily, the Learning Facilitator will be considered NCCP Certified

## NOTES

### Community Coach LF Evaluation

For Community Coach LF Evaluations, the following sections / course content must be covered:

1. Introduction and Role of the Community Coach
2. The Swimmer
3. Guidelines for the Training of Athletic Abilities
4. Effective Coaching

### Swimming 101 LF Evaluation

For Swimming 101 LF Evaluations, the following sections / course content must be covered:

1. Planning and Managing a Group
  2. Wrap Up
- \*\*this is usually the Sunday delivery of the Swimming 101 course

### Swimming 201 LF Evaluation

For Swimming 201 LF Evaluations, the following sections / content must be observed:

1. Design a Seasonal Plan
  - Yearly Training Plan (YTP) for Train to Train (T2T)
  - Understand periods/phases
  - Must facilitate double periodization relevant to the Swimming Canada Competition Strategy (2 competition windows)
2. Develop Swimmer Ability
  - Understand work to rest ratio (dryland and water)
  - Fatigue Management in YTP
  - Testing and Monitoring of Athletic Abilities, which includes implementation of results
    - Meaningful reoccurrence
  - Relate the above back to YTP



3. Plan a Practice

- Matching to microcycles and YTP
- Relate kinesthetic, visual, auditory skill and mental components back to YTP
- Order of activities in workout
- EAP for competition