



## Speed Skating Canada Introduction to Competition Portfolio Evaluation



<b>Coach</b>			<b>CC #</b>						
	Surname	First Name							
<b>Outcome</b>	<b>Mark</b>	<b>Evidence of Achievement</b>	<b>Comments</b>						
<b>Communicating Your Program</b>		A resume of coaching experience is presented. A coaching philosophy is identified. Coach contact information is provided							
		A calendar of events is presented including but not limited to training days, competitions, special activities, mini meets, team or club social activities.							
		A season summary is presented. A survey of skills and characteristics to develop is presented. Objectives for each period within the season are outlined.							
		Methods for evaluating skater progress are presented.							
		Expectations of parents and participants are outlined.							
	<b>0</b>	<b>TOTAL POINTS</b>							
<b>Design an Emergency Action Plan</b>		The location of telephones and emergency telephone numbers are identified							
		Specific directions are given on how to reach the activity site, which may include a map or a list of key instructions.							
		Location of the medical profile for each participant under the coach's care is identified.							
		Location of a fully stocked first-aid kit is identified.							
		"Charge person" and "control person" are designated and their roles and responsibilities outlined.							
	<b>0</b>	<b>TOTAL POINTS</b>							
<b>Planning a Practice</b>		A practice plan is presented. Logistical needs are identified							
		The main segments of the plan are identified; introduction, warm-up, skill development (technical and training), cool-down and conclusion							
		The practice plan identifies the number of athletes and the stage of development of the majority of the participants.							
		The duration of the practice and the duration of each practice segment are identified on a timeline.							
		The practice plan identifies a goal that is consistent with growth and development principles.							
		Key factors and teaching points are identified within the practice plan. The key factors and teaching points relate to the identified goal consistent with growth and development principles.							
		The practice plan identifies the type of training, the interval time, the number of repetitions and the rest period.							
	<b>0</b>	<b>TOTAL POINTS</b>							
<b>Designing a Basic Sports Program</b>		A season plan is presented. The length of the season, the total number of training sessions and the number of competition days are identified							
		The seasonal program includes three main periods, preparation, competition and transition. Training objectives and priorities are identified for each period.							
		A week plan is presented for each period of the seasonal plan. The week plan is consistent with the goal, objectives and priorities of the identified period.							
		Athlete information is provided including age, stage of development and number of athletes in the program.							
		Growth and development differences are identified. Strategies are presented to accommodate these differences.							
		The entry point for athletes is identified within the season plan. Issues regarding the entry point are identified and solutions are presented.							
	<b>0</b>	<b>TOTAL POINTS</b>							
<b>Rank</b> (NI, MS, ES)	<b>Outcomes</b>	<b>NI = NEEDS IMPROVEMENT</b>	<b>MS = Meets Standard</b>	<b>ES = EXCEEDS STANDARD</b>					
	Communicating Your Program	< 15	15-19 (No 0s)	> 19 (No 0s)					
	Design an Emergency Action Plan	< 15	15-19 (No 0s)	> 19 (No 0s)					
	Planning a Practice	< 21	21-27 (no 0s)	> 27 (No 0s)					
	Designing a Basic Sports Program	< 18	18-23 (No 0s)	> 23 (No 0s)					
<b>Evaluator</b>			<b>CC #</b>						
	Surname	First Name							
Signed		Date (dd/mm/yyyy)							