DIVING COMPETITION INTRODUCTION COACH PATHWAY

COST $200

Prerequisites

- Dive Sask member
- IB Trained or Certifiefd
- Preliminary workbook

Workshop

- Attend Course = 2 weekends

Outcomes

- **Workshop Outcomes:**
- Make Ethical Decisions Training module
- Plan a Practice
- Design a Sport Program
- Analyze Performance incl Trampoline
- Provide Support to Athletes in Training (teaching and learning)
- Provide Support to Athlete in a Competitive Experience (mental prep, nutrition)

→ **TRAINED**

Portfolio

- Respect in Sport Online Module - before instructing
- Written assignment
- Evaluation at a practice
- 5-day written practice plan
- Warm up example and training example
- Emergency action plan
- 3 Performance Analysis skills

Outcomes Evaluated

- Comp Intro Make Ethical Decisions (online module)
- Plan a Practice
- Design a Sport Program
- Analyze Performance inc Trampoline
- Provide Support to Athletes in Training (teaching and learning)

→ **CERTIFIED**

Maintenance

- Every five years - 20 Points. Complete Professional develoment activities from approved list

→ **RECERTIFIED**