



## CANADIAN 5 PIN BOWLERS' ASSOCIATION

### Association canadienne des 5 quilles

#206 – 720 Belfast Rd., Ottawa, ON, K1G 0Z5

Tel: (613) 744-5090 Fax: (613) 744-2217

e-mail: [c5pba@c5pba.ca](mailto:c5pba@c5pba.ca)

[www.c5pba.ca](http://www.c5pba.ca)

# Coaching in 5 Pin Bowling

## *Why a coaching program?*

Coach education is extremely important to the development of 5 Pin Bowling ensuring appropriate development and training of our athletes at all levels.

## *What is the NCCP?*

The NCCP stands for the National Coaching Certification Program. The NCCP is a coach training and certification program that assists coaches in developing their skills as a coach. Through Multi-Sport, a coach can participate in workshops that can be credited as trained in the Coaching Association of Canada (CAC) database.

## *How can I get involved?*

Connect to the Canadian 5 Pin Bowlers Association (C5PBA) website at [www.c5pba.ca](http://www.c5pba.ca) and click on links, then click on your Province or Territory and this will take you to your Provincial / Territorial association. You may also check out [www.google.ca](http://www.google.ca) and type in “5 Pin Bowling” and your “Province”.

## *What are the steps I need to take to become a coach?*

In 5 Pin Bowling there are two streams that have been identified by the C5PBA. They are the Community Coach program and the Competitive Coach program. The Community Coach program is designed for parents, grandparents or people who are interested in coaching the basics of 5 Pin Bowling.

The Competitive Coach is a more advanced course developed for those who would like to coach at the provincial or national level. A person needs to complete the Community Coach program or the online Preparedness Assessment before they can take the Competitive Coach program.

### *What is the time and cost to become a Community Coach?*

The Community Coach is a non-evaluated course. This means that once you have completed the 6-hour course you will receive the status of “Trained” as a Community Coach. The cost of this course is a maximum of \$100.00 (varies by province). This course consists of 7 modules:

- Introduction
- Setting the Scene
- Plan a Practice
- Analyze Performance
- Safety
- Practice Coaching
- Making Ethical Decision

### *What is the Competitive Coach Preparedness Assessment*

This assessment was developed for those coaches who feel they have enough knowledge to advance directly to the Competitive coach training. This assessment will determine if they have sufficient understanding of the Community Coach material and they must obtain a mark of 75% to be considered eligible to move directly to Competitive coach training. The cost is \$50.00 and must be submitted to the C5PBA office. The C5PBA office will then provide the link to the assessment as well as a user name and password. Once the assessment has been submitted, it will be reviewed and an email informing the coach of the mark obtained will be sent to the coach. Should the coach not meet the required mark of 75%, the fee is non-refundable and the coach will be required to complete the Community Coach program before being eligible for Competitive Coach training.

### *What is the time and cost to become a Competitive Coach?*

This is an evaluated course and at the end of this 19-hour course you will receive the status of “Trained”. After three months of practical application of the material, you can apply for the “Evaluation Process”. The cost of this course is \$175.00 which includes the Evaluation. This course consists of the following 7 modules:

- Introduction
- Safety
- LTAD (Long Term Athlete Development) and CS4L (Canadian Sport for Life)
- Analyze Performance
- Making Ethical Decisions (6 step approach)
- Provide support to Bowlers in training
- Support the competitive experience

## *What is the Evaluation Process?*

During the 3-month practical application period, a coach will be required to go out and work with all types of bowlers. During this time the coach can work on their portfolio. The portfolio consists of:

- Signed Coaches Code of Ethics
- Design a practice plan for a novice bowler
- Design a practice plan for an experienced bowler to refine a skill
- Design an Emergency Action Plan
- Complete a Coach self-assessment form
- Complete the Athlete / Parent assessment form
- Complete the Administrator / Proprietor assessment form
- Complete CAC Coach transcript
- Completion of online Making Ethical Decisions Evaluation
- Completion of on-line Safe Sport Training
- Completion of on-line Making Headway training

Once you have completed the portfolio requirements, you will contact an evaluator to set up an evaluation. This can be done virtually or in-person. You will have three years from the time of your training to complete your evaluation. If you request evaluation after the three-year deadline, you will be required to make a \$40.00 payment directly to the evaluator.

To learn more, go to the C5PBA website [www.c5pba.ca](http://www.c5pba.ca) and click on “Technical” and “Coach Certification and read all of our documents.