



FREESTYLE CANADA COACH DEVELOPMENT PATHWAY

REQUIREMENTS FOR CLUB LIABILITY INSURANCE

While the below is required by insurance to work with athletes in Freestyle Canada and Provincial sanctioned programs, we encourage coaches to attend the modules described in the following pages to ensure quality programming for youth with effective teaching skills for aligned athlete development towards Provincial and National Teams.

Updates to come in 24-25

*Provincial Associations may have additional requirements

FC BASIC COACH REQUIREMENTS

- ✓ Making Head Way
- ✓ Making Ethical Decisions
- ✓ Safe Sport
- ✓ Criminal Record Check
- ✓ FC Coach License

PROGRAMS INCLUDING SINGLE INVERT JUMPS

- ✓ Air 4 Certification (4 modules)
- ✓ Making Head Way
- ✓ Making Ethical Decisions
- ✓ Safe Sport
- ✓ Criminal Record Check
- ✓ FC Coach License

TRAMPOLINE TRAINING

- ✓ Air 2 Certified
- ✓ Air 1 Certified can coach with supervision of an Air 2 Certified coach.
- ✓ FC Coach License

WATER RAMP & AIR BAG TRAINING

- ✓ Air 3 Certification
- ✓ Making Head Way
- ✓ Making Ethical Decisions
- ✓ Safe Sport
- ✓ Criminal Record Check
- ✓ FC Coach License



PROGRAMS INCLUDING DOUBLE INVERT TRAINING

- ✓ Basic requirements as above +
- ✓ Air Doubles Coach Modules as required by your discipline:
 - Slopestyle & Halfpipe: Doubles on Trampoline, Air Bag and Snow certification.
 - Aerials: Doubles on Trampoline and Water

Athlete Air Qualification

Athletes doing inverted air skills must have qualified their jumps, qualification forms need to be sent to Freestyle Canada.

[Freestyle Canada Air Qualification Form \(google.com\)](https://www.google.com)

FREESTYLE CANADA COACH DEVELOPMENT PATHWAY

NCCP CONTEXT COMMUNITY FC COACH PROGRAMS FUNdamentalz Coach FC ATHLETE LEVEL

- LTAD: Fundamentals / Learn 2 Train
- Club - Entry Level
- Athletes learning about Freestyle skills in all disciplines and may or may not want to compete.
- No inverted air skills

Programs that have experienced coaches and are in the competitive stream are required to be certified Air 4. For program quality assurance, coaches should also have their discipline specific modules.



NCCP CONTEXT Competition Introduction FC COACH PROGRAM SuperCoach Modules

- Air Coach
- Moguls Coach
- Park & Pipe Coach

FC ATHLETE LEVEL

- ✓ LTAD: Learn 2 Train / Train 2 Compete
- ✓ Club Competitive Teams (above Fundamentalz)
- ✓ Timber Tour / Club Events, Provincials, Jr Nationals
- ✓ Single Inverted & off-axis jumps

NCCP CONTEXT Competition Development FC COACH PROGRAMS CompDev Program

- Halfpipe CompDev Coach
- Slopestyle CompDev Coach
- Moguls CompDev Coach
- Aerials CompDev Coach, coming Winter 2024

FC ATHLETE LEVEL

- ✓ LTAD: Learn 2 Compete, Train 2 Compete
- ✓ Athlete attending Canada Cup, Sr Nationals and NorAm
- ✓ Provincial Teams



FUNDAMENTALZ COACH

FUNDamentalz

NCCP Context: Community Sport
FC Coach Program: FUNdamentalz
Athlete Program: FUNdamentalz
LTAD Stage: Fundamentals



FC TECHNICAL MODULES

- Fundamentalz elearning
- Fundamentalz On-Snow Module

NCCP ON-LINE MODULES

- Safe Sport
- Make Ethical Decisions on-line course
- Making Head Way in Freestyle Ski

NCCP EVALUATIONS

- Make Ethical Decision Online Evaluation



AIR COACH

NCCP Context: Competition Introduction

FC Coach Program: SuperCoach

Athlete Programs: Freestylerz, approximate Ages 6 - 16

LTAD Stage: Learn to Train / Train to Train

FC TECHNICAL MODULES

- Air 1 Trampoline Basics
- Air 2 Trampoline Inverts
- Air 3 Air Bag & Water
 - Air 4 Snow
- Air Portfolio

NCCP Status = "In-Training"



NCCP MODULES

- Make Ethical Decisions
- Teaching and Learning
 - Planning a Practice
- Making Head Way – Freestyle Ski

NCCP Status = "Trained"

(both FC & NCCP Modules)



FC TECHNICAL EVALUATIONS

- Air 1 Evaluation
- Air 2 Evaluation
- Air 3 Evaluation
- Air 4 Evaluation
- Air Portfolio Evaluation

NCCP EVALUATION

- Making Ethical Decisions on-Line

NCCP Status = "Air Coach Certified"

FC module evaluations may be evaluated at the time of taking the technical module, "in-training" stage

PARK & PIPE COACH

NCCP Context: Competition Introduction
FC Coach Program: SuperCoach
Athlete Programs: Freestylerz, approximate Ages 6 - 16
LTAD Stage: Learn to Train / Train to Train

FC MODULES

- Air 1
- Air 2
- Air 3
- Air 4
- Skiing Skillz
- Park & Pipe

NCCP Status = "In-Training"



NCCP MODULES

- Make Ethical Decisions
- Teaching and Learning
 - Planning a Practice
- Making Head Way in Freestyle Ski

NCCP Status = "Trained"
(both FC & NCCP Modules)

EVALUATIONS FOR CERTIFICATION

FC EVALUATIONS

- Air 1
- Air 2
- Air 3
- Air 4
- Air Portfolio
- Skiing Skillz
- Park & Pipe

NCCP EVALUATIONS

Make Ethical Decision Online Evaluation

NCCP Status = "Certified Park & Pipe Coach"

FC module evaluations may be evaluated at the time of taking the technical module, "in-training" stage

MOGULS COACH

NCCP Context: Competition Introduction

FC Coach Program: SuperCoach

Athlete Programs: Freestylerz, approximate Ages 6 - 16

LTAD Stage: Learn to Train / Train to Train

FC MODULES

- Air 1
- Air 2
- Air 3
- Air 4
- Skiing Skillz
- Moguls

NCCP Status = "In-Training"

NCCP MODULES

- Make Ethical Decisions
- Teaching and Learning
 - Planning a Practice
- Making Head Way in Freestyle Ski

NCCP Status = "Trained"
(both FC & NCCP Modules)

EVALUATIONS FOR CERTIFICATION

FC EVALUATIONS

- Air 1
- Air 2
- Air 3
- Air 4
- Air Portfolio
- Skiing Skillz
- Moguls

NCCP EVALUATIONS

Make Ethical Decision Online Evaluation

NCCP Status = "Certified Moguls Coach"

FC module evaluations may be evaluated at the time of taking the technical module, "in-training" stage

HALFPIPE COMPDEV COACH

CAN
FREE TEAM

NCCP Context: Competition Development
FC Coach Program: CompDev
Athlete Programs: CanFree Team, Provincial and
competitive teams
LTAD Stage: Train to Train / Learn to Compete



FC MODULES

- Halfpipe Analyze Technical and Tactical Performance
- Skiing Skillz
- Doubles on Trampoline
- Doubles on Snow
- Doubles on Air Bag



NCCP COMPDEV MODULES

- Making Head Way in Freestyle Ski
- Make Ethical Decisions
- Design a Basic Sport Program
- Managing Conflict
- Coaching and Leading Effectively
- Developing Athletic Abilities
- Prevention and Recovery
- Psychology of Performance
- Leading Drug-free Sport
- Performance Planning
- Manage a Program
- Advanced Practice Planning



TRAINED

FC EVALUATIONS

- On-Snow Training Evaluation
- In-Competition Evaluation
- Portfolio Evaluation



NCCP EVALUATIONS

- Leading Drug-free Sport Online Evaluation
- Managing Conflict Online Evaluation
- Make Ethical Decision Online Evaluation



CERTIFIED

SLOPESTYLE / BIG AIR COMPDEV COACH



NCCP Context: Competition Development
FC Coach Program: CompDev
Athlete Programs: CanFree Team, Provincial and competitive teams
LTAD Stage: Train to Train / Learn to Compete



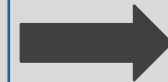
FC MODULES

- Slopestyle Analyze Technical and Tactical Performance
- Skiing Skillz
- Doubles on Trampoline
- Doubles on Snow
- Doubles on Air Bag



NCCP COMPDEV MODULES

- Making Head Way in Freestyle Ski
- Make Ethical Decisions
- Design a Basic Sport Program
- Managing Conflict
- Coaching and Leading Effectively
- Developing Athletic Abilities
- Prevention and Recovery
- Psychology of Performance
- Leading Drug-free Sport
- Performance Planning
- Manage a Program
- Advanced Practice Planning



TRAINED

FC EVALUATIONS

- On-Snow Training Evaluation
- In-Competition Evaluation
- Portfolio Evaluation



NCCP EVALUATIONS

- Leading Drug-free Sport Online Evaluation
- Managing Conflict Online Evaluation
- Make Ethical Decision Online Evaluation



CERTIFIED

MOGULS COMPDEV COACH

CAN
FREE TEAM

NCCP Context: Competition Development
FC Coach Program: CompDev
Athlete Programs: CanFree Team, Provincial and
competitive teams
LTAD Stage: Train to Train / Learn to Compete



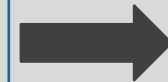
FC MODULES

- Moguls Analyze Technical and Tactical Performance
- Skiing Skillz
- Moguls
- Air 4 Certification



NCCP COMPDEV MODULES

- Making Head Way in Freestyle Ski
- Make Ethical Decisions
- Design a Basic Sport Program
- Managing Conflict
- Coaching and Leading Effectively
- Developing Athletic Abilities
- Prevention and Recovery
- Psychology of Performance
- Leading Drug-free Sport
- Performance Planning
- Manage a Program
- Advanced Practice Planning



TRAINED

FC EVALUATIONS

- On-Snow Training Evaluation
- In-Competition Evaluation
- Portfolio Evaluation



NCCP EVALUATIONS

- Leading Drug-free Sport Online Evaluation
- Managing Conflict Online Evaluation
- Make Ethical Decision Online Evaluation



CERTIFIED