

POWERING PODIUMS

Para Coach Pathway: The Accidental Coach



Outline:

- My pathway
 - Challenges
 - What would have made things easier?
 - Solutions
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My Pathway



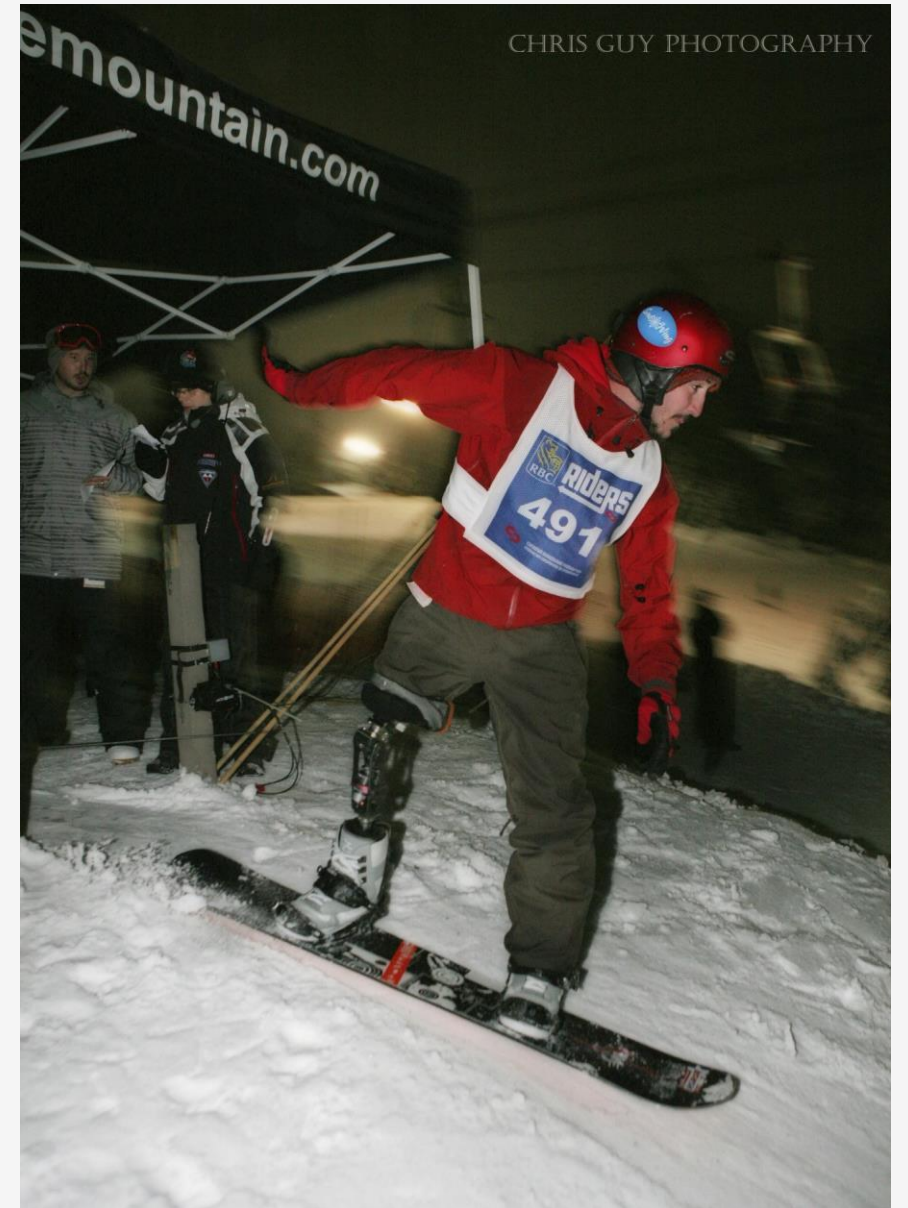
Started with passion



Snowboard Athlete: 1994- 2005



Started coaching in 2003



Started coaching the Canada Snowboard Adaptive Program part-time in 2007



Coached BC Team 2009-2011



Coached the Para Snowboard Team from 2007- 2014



Completed NCI (Advanced Coaching Diploma) in 2013
Created NCCP FUNdamentals Coaching Course with the help of Whistler Adaptive



In the summer of 2012 snowboard was added as the fifth sport in winter Paralympic Games.



Para Team moved to Big White leading up to Sochi



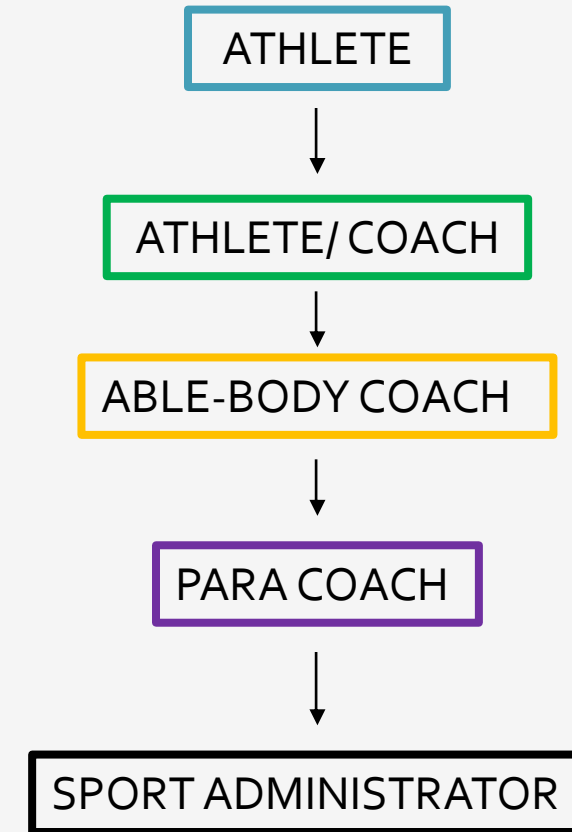
2014 Winter Paralympic Games. Sochi, Russia



Completed Masters in Education 2014- 2017



Typical Pathway?



My Challenges:

- Seasonal vs. Full time contracts
- Wage gap compared to able-body coaches
- National program under Sport Development
- Limited resources/ support
- Small athlete pool/ No provincial programs in place
- Large diversity in athletes' stage of development
- Sport “on the side” for the athletes
- Wore many hats (sport classifier, event organizer, wax tech, S&C coach, manager, etc.)

*Some of these challenges may have been due to the fact that snowboard was a new sport.

What would have made my pathway easier?

- Consistence fulltime work
 - Multi-year contracts
 - Para-specific training- Biomechanics
 - Better communication with NSO (particularly w/ HPP)
 - Para program embedded into able-body HP program rather than Sport Development (treat para team the same)
 - Resources/ support from able-body spread to para team
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Determining KPIs

- What are the characteristics of a good coach/?
Para Coach?

Determining which pathway a coach is following

- What skill set is required?
 - What training, education, experience is ideal?
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Final Thoughts: Para First!
