

National Coaching Certification Program (NCCP)

The T2T program provides tools and develops skills that a coach can use to:

1. teach athletes how to build an aerobic base, speed and strength and further develop and consolidate sport specific skills as appropriate for their developmental age, and
2. design and deliver an annual sport program that takes into consideration optimal trainability and the maturity/readiness (physical, mental, cognitive and emotional maturity) of individual athletes 11 to 16 years of age (the T2T stage of athlete development).

The T2T (Dryland) Workshop (16 hrs) is the fifth step in the NCCP progression. Coaches are taught about growth and maturation, energy systems, training intensities, monitoring and recovery, strength, speed, flexibility, exercise performance and health, roller-skiing and other dryland ski simulation techniques, etc. Successful completion of the NCCP L2T (On-Snow) Workshop is a prerequisite.

The T2T (On-Snow) Workshop (16 hrs) is the second half of the T2T program and the sixth step in the NCCP progression. It is designed to train coaches to develop an effective competition plan for a team, prepare for a competition, support athletes at a competition, teach basic mental skills, refine all ski techniques, test and prepare skis, and make ethical decisions. Successful completion of the NCCP T2T (Dryland) Workshop is a prerequisite.