

**NCCP Coaching Workshop and Long Term Athlete Development**  
**How the workshops, LTAD, Bunnies, Jackrabbit, Track Attack and CCC incentives work together**

CCC has spent many hours designing great programs to assist children (athletes) to learn the skills of cross country skiing. The skills material help coaches offer a program where the athletes are given objective tasks to accomplish over the winter. This is an important component to any successful sport program.

Along the way CCC working with Coaching Association of Canada (CAC) designed our coaching workshops to assist everyone working with athletes. The Introduction to Community Coach (ICC) helps new coaches and coaches from the old system the importance of how to treat individuals, make sure the sessions are fun, safe and have a plan in case there is an accident.

The Community Coach Workshops (CC) offer coaches knowledge to plan sessions, increase their knowledge on technique, waxing and how to help athletes have fun while going through a very critical time for learning skills of all sports.

The CC Introduction Learn 2 Train (CCI L2T) offers coaches knowledge to teach more specific technique, waxing and offer longer sessions for the athletes; training camps, adventures: orienteering, back country adventures, xtreme x-country – double cross; tournaments. This is the next program for CCC the Track Attack. At this stage the athletes' program is run over a longer time period to introduce dryland training; roller skiing, hiking, ski walking, running. The athletes learn more about the importance of being fit and active on a regular basis. The athletes taking part at this level can race, just learn to train and belong to the group.

The CC Introduction Train 2 Train (CCI T2T) offer coaches knowledge to again teach more specific technique, learn more about how to develop a self reliant athlete and help the athletes participate at the high school, provincial and national levels. These workshops also help coaches give the athletes who only want to train and help out an opportunity to develop their coaching skills.