

## CCI Advanced (T2T) Outcome: Supporting T2T athletes at a competition

### Criterion: Prepare for readiness in competition

Does not yet meet expectations	Meets expectations	Exceeds expectations
<ul style="list-style-type: none"> <li>❑ Coach is not prepared and has difficulty organizing athletes for competition</li> <li>❑ Athletes are unaware of competition schedule or plan</li> <li>❑ Pre-competition preparation is rushed, and equipment is not readily available</li> </ul>	<ul style="list-style-type: none"> <li>❑ Plans appropriately leading up to the competition (e.g. entries/eligibility, budget, room list, meal plan, waivers, transportation, coach/athlete ratio, staff rules, schedule, to bring list, etc.)</li> <li>❑ Plans for and communicates the roles and responsibilities of assistants and other stakeholders (e.g., other coaches, parents, managers, etc.)</li> <li>❑ Ensures wax area is set up appropriately (e.g. wax box, tools, forms, wax tables, test skis, etc.)</li> <li>❑ Ensures that necessary equipment is ready and available to use, and is in good, safe condition (e.g. radios, "E" access, first aid kit, split timing equipment, etc.)</li> <li>❑ Demonstrates competency in all key areas of ski preparation (e.g. grip and glide waxing, structure, ski selection)</li> <li>❑ Ensures that sport-specific elements and procedures (e.g., venue layout, wax room, seeding, athlete waiting room, athlete safety, weather/temperature) are accounted for to enable a safe and positive competition environment</li> <li>❑ Knows rules, reviews relevant rules with team; provides team with relevant information from Team Captains Meeting; has plan for handling possible protests (fees/forms)</li> <li>❑ Clarifies competition rules before the competition (e.g., modification of competition courses, start/finish area) and communicates appropriate information to athletes and other stakeholders</li> <li>❑ Develops a competition plan that outlines basic strategies or tactics for achieving desired performance during competition</li> <li>❑ Communicates an athlete/ team competition plan or schedule that identifies athlete expectations before, during, and after the competition</li> </ul>	<p><b>Meets "Standard for Core Certification" and:</b></p> <ul style="list-style-type: none"> <li>❑ Promotes philosophies of fair play and drug-free sport as identified by the Canadian Centre for Ethics in Sport or by provincial legislation</li> <li>❑ Implements alternate strategies or make adjustments to athlete or team preparation as necessary depending on changes in the competitive environment or other extraneous factors (e.g., athlete injury)</li> <li>❑ Presents contingency plans to deal with unforeseen or ambiguous factors that may affect the competition.</li> <li>❑ Contingency plans reduce or minimize distractions for athletes or provide alternatives to ensure optimal athlete performance</li> </ul>

	<ul style="list-style-type: none"><li>○ The competition plan may involve the coach helping the athlete to inspect the competition environment (competition courses; start/finish area) and pointing out critical factors that develop optimal performance; presenting a plan including specific strategies that develop athlete strengths; or presenting a plan that outlines meeting times and locations, where to go if lost, equipment checklists, nutrition elements, other sport-specific logistics, or key tactics or strategies</li><li>□ identifies performance and/or process goals for competition<ul style="list-style-type: none"><li>○ Performance goals may identify specific outcomes in the performance. Process goals identify the steps towards achieving particular outcomes. E.g., “Skiing a difficult downhill without braking”</li></ul></li><li>□ Ensures athletes follow appropriate warm-up, warm-down routines</li><li>□ Ensures that tactics and strategies are consistent with the rules of competition</li><li>□ Ensures that tactics and strategies are consistent with athletes’ stage of development and seasonal objectives</li><li>□ Develops a strategy to monitor competition goals</li></ul>	
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**Criterion: Help athletes be mentally prepared for competition**

<b>Does not yet meet expectations</b>	<b>Meets expectations</b>	<b>Exceeds expectations</b>
<ul style="list-style-type: none"> <li>❑ Does not implement mental training strategies to manage focus</li> <li>❑ Does not implement mental training strategies to manage anxiety</li> <li>❑ Does not implement mental training strategies to manage distractions</li> <li>❑ Does not set performance goals or objectives</li> </ul>	<ul style="list-style-type: none"> <li>❑ Worked with athletes/team at start of season to set overall goals for the year including goals the competition season</li> <li>❑ Works with athletes/team to identify appropriate performance goals and objectives for this specific competition</li> <li>❑ Presents a pre-competition/competition strategy that assists athletes/team to achieve an adequate mental state for performance by managing focus</li> <li>❑ Presents a pre-competition/competition strategy that assists athletes or team to achieve an adequate mental state for performance by managing negative anxiety</li> <li>❑ Presents a pre-competition/competition strategy that assists athletes/team to achieve an adequate mental state for performance by managing distractions</li> <li>❑ Reacts adequately to unforeseen situations and implements measures to reduce or minimize distractions for athletes</li> </ul>	<p><b>Meets “Standard for Core Certification” and:</b></p> <ul style="list-style-type: none"> <li>❑ Strategies are promoted by SPORT as models for new coaches</li> </ul>

**CCI Advanced (T2T) Outcome: Supporting T2T athletes at a competition**

**Criterion: Give basic nutritional advise**

<b>Does not yet meet expectations</b>	<b>Meets expectations</b>	<b>Exceeds expectations</b>
<ul style="list-style-type: none"> <li>❑ Does not provide guidance to athletes or parents on pre-competition nutrition</li> <li>❑ Does not take appropriate measures to ensure athletes can remain hydrated during the competition</li> </ul>	<ul style="list-style-type: none"> <li>❑ Provides guidance to athletes on pre-competition nutrition (pre-done as part of team training)</li> <li>❑ Takes appropriate measures to ensure athletes can remain hydrated during the competition</li> <li>❑ Provides guidance to athletes on post-competition nutrition and hydration (pre-done as part of team training)</li> </ul>	<p><b>Meets “Standard for Core Certification” and:</b></p> <ul style="list-style-type: none"> <li>❑ Educate athletes about a suitable year-round diet for an endurance athlete</li> </ul>

## CCI Advanced (T2T) Outcome: Supporting T2T athletes at a competition

### Criterion: Make effective interventions during and after competition

Does not yet meet expectations	Meets expectations	Exceeds expectations
<ul style="list-style-type: none"> <li>❑ Criticize athletes' performance during the competition or between competitive events</li> <li>❑ Ignores athletes after the competition or berates athletes' performance               <ul style="list-style-type: none"> <li>○ "You know that you are better than this"</li> <li>○ "Move your feet; get going; why can't you get into position?"</li> <li>○ "You were great in practice but now you can't do anything"</li> </ul> </li> <li>❑ Makes interventions that tend to be non-specific or vague:               <ul style="list-style-type: none"> <li>○ "Good job; hustle!"; "Get back; get back! Move!"</li> <li>○ "Watch the space; look for the open player"</li> <li>○ "You did a good job today"</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>❑ Ensures strategy for ski equipment adjustments (e.g. communication plan; "go to" person, etc.)</li> <li>❑ Makes changes to equipment before the event to adjust for environmental factors (e.g. wax conditions change)</li> <li>❑ Provides athletes with positive feedback that identifies what an athlete or team needs to do for greater performance and how to do it</li> <li>❑ Reflects upon and implements confidence and skill-building interventions during and after the competition</li> <li>❑ Uses interventions that provide strategic information (event specific), manages athletes (substitutions, replacements), makes adjustments for equipment (fine tuning, etc.), and implements mental strategies (arousal control)               <ul style="list-style-type: none"> <li>○ Ensures athletes are focused on the task, not the results or scoreboard</li> </ul> </li> <li>❑ Assesses the timing and interventions (or decisions to not intervene) made during the competition (e.g. sprints) and can justify which interventions may be repeated or modified in the next competition situation</li> <li>❑ Presents a post competition assessment of performance and provides a link to the goals or objectives of the next practice or competition</li> <li>❑ Assists athletes, during or after the competitive events, to reflect upon and choose successful strategies for subsequent performances</li> <li>❑ Ensures a post-race debriefing</li> </ul>	<p><b>Meets "Standard Core Certification" and:</b></p> <ul style="list-style-type: none"> <li>❑ Assesses strategy plan after the competition and identifies what aspects of the plan were successful and a rationale for what could be improved</li> <li>❑ Provides interventions that encourage athletes to take ownership over competitive decisions where appropriate</li> </ul>