

STEPS TO BECOMING CERTIFIED AT LEVEL 3

Theory + Technical + Practical = Level 3 Certification

THEORY

1. **Attend a Level 3 Theory Course** (may attend any time but before completing practical component). Must have completed the Level 1 theory course.

Course content: Planning, Role of the Coach, Sport Safety, Development of Skills, Growth and Development, Analysis of Skill, Physical Preparation

Course Length: 4 ½ days **Cost:**

TECHNICAL

1. **Attend a Level 3 General Subjects Course**

Course content: Developing a Yearly Planning Instrument, Physical Preparation, Sr. Silver/Gold Skating Skills, skill analysis, mental preparation, competition accounting, equipment.

Course Length: 2 days **Cost:**

2. **Attend a Level 3 Technical Course in Singles, Dance, Synchronized Skating or Pairs**

Course content: Senior level test content/standards (Senior Silver/Gold, Novice, Junior and S stroking, music and choreography, program design and training, team building, planning, te progressions, packaging, management, etc.

Course Length: 2 days **Cost:**

3. **Submit a Yearly Planning Instrument (YPI)** for a skater at the Senior test level (Senior Silver/Novice competitive or higher).

PRACTICAL

1. Must be Level 2 certified, have completed the Level 3 Technical and Theory components, be first aid certified and a current registered Skate Canada professional coaching member.

2. Complete 150 hours of coaching (100 hours minimum on-ice) in the corresponding discipline after having completed the Level 3 Technical course. (75 hours for Synchronized Skating of which a minimum of 50 hours are on-ice).

3. **Practical Coaching Requirements: TESTS PASSED**

Singles: Effective June 1, 2002: The coach must have a skater pass two consecutive Free Skating tests (complete) at the Senior Silver/Gold level OR 2 different skaters pass 2 different tests at the Senior Silver/Gold and/or Novice to Senior Competitive test level.

AND

The coach must have skaters pass two additional tests that may be any combination of the following: Senior Silver Free Skate or higher, Novice Competitive test or higher or Senior Silver Skating Skills or higher

Pairs: Must have skaters pass 1 test at the Novice Competitive Pair te^{April 2003}st level or higher

Dance: Must have skaters pass each dance of the Senior Silver and Gold test levels and either the Silver or Gold Interpretive or Novice Competitive Dance test.

Synchronized Skating: Must coach a team and submit protocols from two competitions: Sectional Synchronized Championships, Canadian Championships, Regional Festival, National Festival and/or one competition protocol only from any other competition at the Novice, Junior, Adult or Senior competitive level or Junior/Open Festival level.

4. PRACTICAL ASSESSMENT APPLICATION

- Complete and submit the Practical Coaching Record to Skate Canada Coaching Dpt.
- Submit a YPI (If the technical course was taken prior to January 1, 1996)
- Submit a video analysis at the Senior Silver/Novice competitive test level or higher
- Submit a 15-minute video lesson of a skating skills exercise, part of an exercise or turn in an exercise or a stroking lesson at the Senior Silver/Novice level or higher.

Application for the Level 3 Practical Assessment Course: The coach will submit to the Skate Canada Coaching Department, the Practical Coaching Record Form, First Aid Certificate, proof of completion of the Level 3 Theory course, and the YPI, video analysis and video lesson with the application form to take the assessment course 8 weeks prior to the assessment course start date.

*PRACTICAL ASSESSMENT COURSE – **Prior to attending the assessment course the candidate must have successfully completed the YPI, video lesson and video analysis.***

- Interview – by three assessors (30-45 minute question/answer period).
 - On-ice lesson - teach a 15 minute on-ice technical lesson in front of at least one assessor.
5. 15-30 minute follow-up discussion with the assessors.

***It is strongly recommended that the coach complete and submit an evaluation form of the practical assessment course (provided to the coach at the course) to provide feedback to the Skate Canada Coaching Department on the assessment course.**

LEVEL 3 CERTIFIED!!