

# Triathlon Canada NCCP Pathways for Coaching

Developing age group athletes and high performance champions

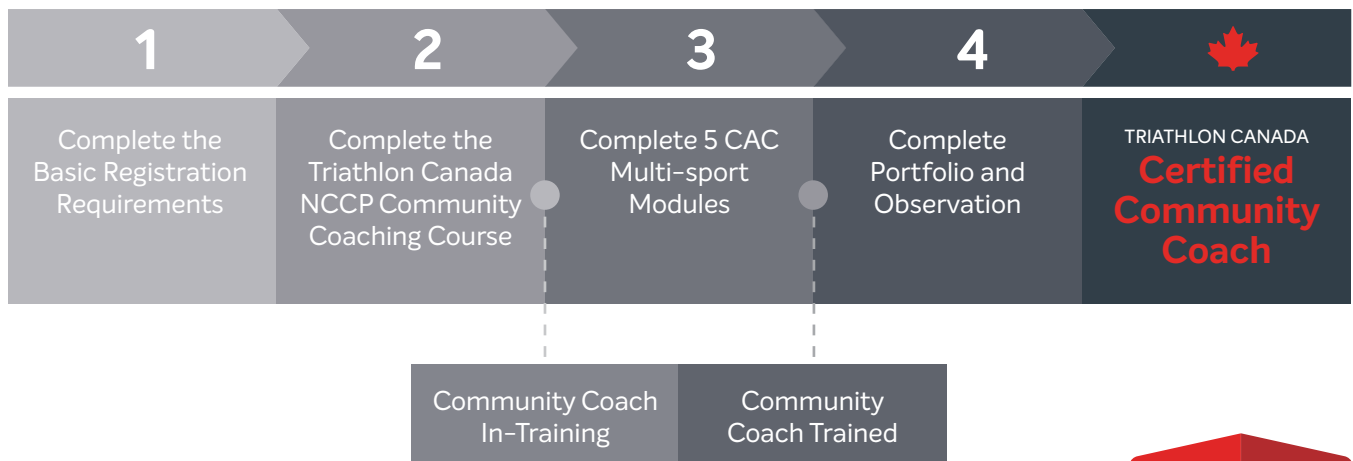


## 1 | Basic registration



## 2 | Community coaching pathway

The Community Coach (youth or age group) wants to help new athletes and support age group club athletes by teaching basic triathlon skills and introduction to events. The Community Coach is focussed on safe participation, teaching skills and technique, and fun. This context is designed for coaches of athletes moving from FUNdamentals to Learn to Train and Train to Train stages of long term athlete development (LTAD).

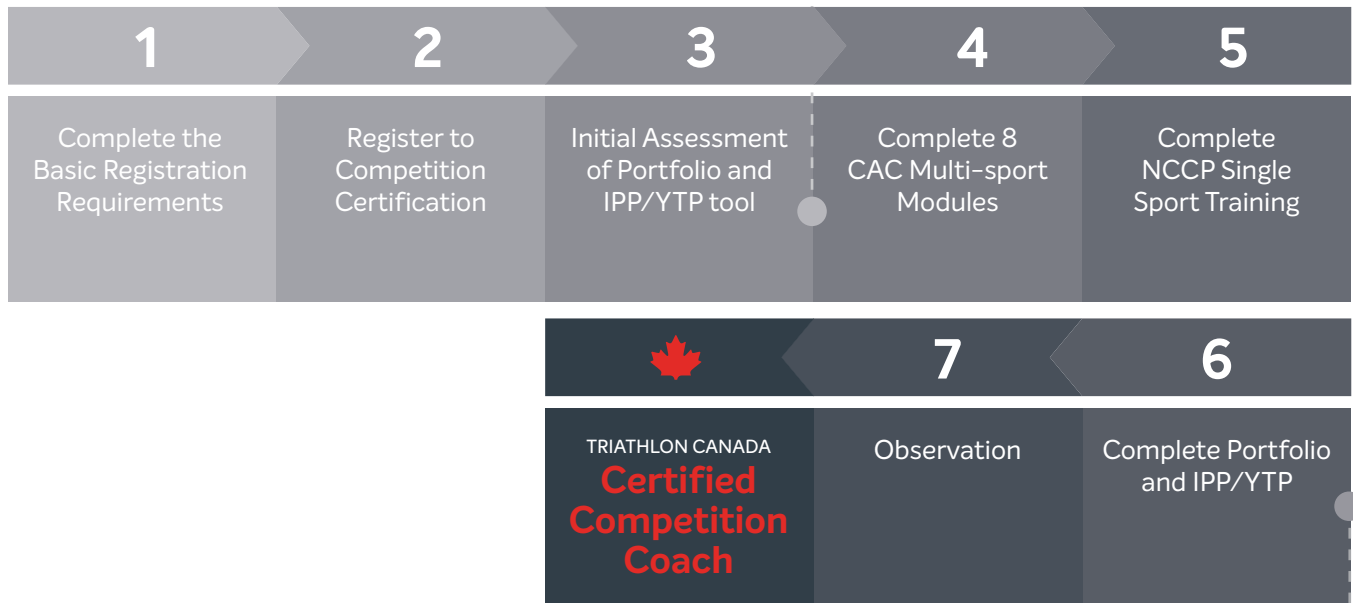


### 3 | Competition coaching pathway

A Competition Coach wants to train and support athletes who are interested in moving into the High Performance pathway. The Competition Coach focusses on refining skills and technique, physical training, sport psychology and all aspects of the daily training environment in order to develop strong practice and competition skills. This context is designed for coaches of athletes in the Train to Train, Train to Compete and Train to Win stages of LTAD.



Competition Coach  
In-Training



Competition Coach  
Trained

### 4 | High performance competition coach (to be developed)



The High Performance Coach wants to work with Provincial and National level athletes who are on the podium pathway. This context is for coaches of athletes in the Train to Win stages of long term athlete development.

