

STEPS TO BECOMING CERTIFIED AT LEVEL 3

Theory + Technical + Practical = Level 3 Certification

THEORY		
1.	ρ	<p>Attend a Level 3 Theory Course (may attend any time but before completing the practical component). Must have completed the Level 2 theory course.</p> <p>Course content: Planning, Role of the Coach, Sport Safety, Development of Skills, Growth and Development, Analysis of Skill, Physical Preparation</p> <p>Course Length: 4 ½ days Cost:</p>
TECHNICAL		
<p><i>**Course prerequisite: Must have completed the Level 2 Technical course in the same discipline or be fully Level 2 certified to take the course in another discipline.</i></p>		
1.	ρ	<p>Attend a Level 3 General Subjects Course</p> <p>Course content: Developing a Yearly Planning Instrument, Physical Preparation, Sr. Silver/Gold Skating Skills, skill analysis, mental preparation, competition accounting, equipment</p> <p>Course Length: 2 days Cost:</p>
2.	ρ	<p>Attend a Level 3 Technical Course in Singles, Dance, Synchronized Skating or Pairs</p> <p>Course content: Senior level test content/standards (Senior Silver/Gold, Novice, Junior and Senior), stroking, music and choreography, program design and training, team building, planning, teaching progressions, packaging, management, etc.</p> <p>Course Length: 2 days Cost:</p>
3.	ρ	<p>Submit a Yearly Planning Instrument (YPI) for a skater at the Senior test level (Senior Silver/ Novice competitive or higher).</p>
PRACTICAL		
1.	ρ	<p>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.</p>
2.	ρ	<p>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).</p>
3.	ρ	<p>Practical Coaching Requirements: TESTS PASSED</p> <p>Singles: 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</p>

		<p>of the following: Senior Silver Free Skate or higher, Novice Competitive test or higher or Senior Silver Skating Skills or higher.</p> <p>Dance: Must have skaters pass each dance of the Senior Silver and Gold test levels or either the Silver or Gold Interpretive or Novice Competitive Dance test or higher.</p> <p>Pairs: Must have skaters pass 1 test at the Novice Competitive Pair test level or higher.</p> <p>Synchronized Skating: Must coach a team and submit protocols from two competitive Sectional Synchronized Championships, Canadian Championships, Regional Festival, National Festival and/or one competition protocol only from any other competition. Novice, Junior, Adult or Senior competitive level or Junior/Open Festival level.</p>
4.	ρ	<p>REQUEST FOR PRACTICAL ASSESSMENT APPLICATION FROM SKATE CANADA – The coach will submit their application to the Skate Canada Coaching Department, a copy of their valid first aid certificate, completion of the Level 3 theory and technical courses and the following:</p>
	ρ	Practical Coaching Record
	ρ	Yearly Planning Instrument (YPI) <i>*If the technical course was taken prior to January 1</i>
	ρ	Video analysis at the Senior Silver/Novice competitive test level or higher
	ρ	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.
	ρ	<i>Prior to taking the practical assessment, the coach must have successfully completed the practical coaching record form, YPI, video lesson and video analysis.</i>
5.	ρ	PRACTICAL ASSESSMENT
	ρ	Interview – with three assessors (30-45 minute question/answer period).
	ρ	On-ice lesson - teach a 15 minute on-ice technical lesson in front of at least one assessor
	ρ	15 minute follow-up discussion with the assessors.
		<p>*It is strongly recommended that the coach complete and submit an evaluation form of the practical assessment to provide feedback to the Skate Canada Coaching Department.</p>
LEVEL 3 CERTIFIED!!		