

The following information has been taken directly from the [www.coach.ca](http://www.coach.ca) website. Please access that site for considerably more information on coaching.

## COACHING 101

### What does it take to become a coach?

The simple fact that you're visiting coach.ca means that you have one of the key ingredients of all coaches – passion!

Coaches come from all walks of life – parents, teachers, ex-athletes, and sports fans. What unites them is their common passion for sport and sharing that passion with others. Coaches want to do more with their time and energy than watch the game on TV or cheer from the bleachers. They want to have a direct and lifelong impact on others, to help them learn, grow, develop new physical and life skills, and gain self-confidence.

To be a coach means much more than teaching athletes how to participate in a sport, they also fill the role of trainer, assessor, friend, mentor, facilitator, chauffeur, advisor, supporter, fact finder, motivator, counselor, organizer, and planner. In short, when you become a coach, you will help others reach beyond themselves, to reach higher, both in sport and in life.

### Who are our coaches?

Wherever there is an athlete, there is a coach. There are more than 1 million coaches across Canada, in every village, town, and city, coaching everything from community t-ball to Paralympic cycling. The most commonly recognized example of a coach is the team sport coach – the one standing on the sidelines with a clipboard and a whistle. But there are other examples of coaches that you may not have considered, like the one-on-one coaches of equestrian, tennis, fencing, archery or karate.

Coach.ca gives you the chance to hear stories straight from the coaches themselves. You'll find their enthusiasm for coaching contagious – enough so that you'll want to get started coaching as well.

### How do I get started?

You don't have to be a professional athlete or have a teaching background to become a coach. In fact, many coaches started out with a simple desire to spend more time with their kids. Beyond spending quality time with the athletes, you also get the chance to help kids stay physically active, build their self-esteem, learn a new skill or hone an existing one.

To get started in coaching, you can focus on the sport you love the most, and begin by assisting a local amateur or community team. Leagues and teams are always looking for dedicated volunteers to assist behind the scenes or on the sidelines.

It's not important at first to know every technical aspect of the sport you choose to coach; far more important is the passion and enthusiasm you bring to the role. The rest will come with time. Many great coaches learned their skills by assisting other coaches, where they could watch, ask questions and learn, and eventually coach a team of their own.

If you would like help in getting started, there are lots of great resources on coach.ca that can connect you with different sport associations all across Canada and help you find an introductory course appropriate for you (click here). Or simply send us an email or give us a call (613-235-5000). Our athletes need great coaches and we're here to help you get started any way we can!

### What does coaching do for me?

Coaching will help you to develop skills that you can use in your everyday life, including problem-solving, making ethical decisions, public speaking, and leadership.

Coaching is also a social activity – you'll meet all kinds of people in your community: the athletes, their parents, other coaches, local business owners, and community leaders.

Most importantly, you'll have the satisfaction of seeing the positive impact you'll make on others, watching them learn and grow as individuals.

### Where can I learn new coaching skills?

Coach.ca has many great resources, such as online tips and tools and discussion forums. Explore coach.ca to discover all that it has to offer.

If you're interested in expanding your coaching skill set further, the National Coaching Certification Program (NCCP) offers a full range of education and training programs. You can take a single course, or follow a longer term certification pathway. Contact your provincial Coaches Association to find NCCP workshops happening in your area.