

# Summary Guidelines for NCCP Multi-Sport Delivery

| NCCP WORKSHOP  | Hosting Hours<br><i>(including min. required break time)</i> | Learning Facilitator Fee | Content Hours | Break Times | Resources                  | Pre-Course Assignment | Post-Course Evaluation | Ideal Minimum Participants | Maximum Participants |
|--|--|--------------------------|---------------|-------------|----------------------------|-----------------------|------------------------|----------------------------|----------------------|
| Competition-Introduction Making Ethical Decisions (MED)        | 4  | \$180                    | 3h 30m        | 30m         | CWK                        |                       | ✓                      | 8                          | 24                   |
| Competition-Introduction Planning a Practice (PAP)             | 5.5  | \$247.50                 | 5h 05m        | 25m         | REF+CWK                    | EAP                   | EAP                    | 8                          | 24                   |
| Competition-Introduction Teaching and Learning (T&L)           | 5.5  | \$247.50                 | 4h 55m        | 35m         | CWK                        |                       |                        | 8                          | 24                   |
| Competition-Introduction Design a Basic Sport Program (DSP)    | 5.25   | \$236.25                 | 4h 45m        | 30m         | REF+CWK+ Excel             |                       |                        | 8                          | 24                   |
| Competition-Introduction Basic Mental Skills (BMS)             | 5  | \$225                    | 4h 30m        | 30m         | CWK                        |                       |                        | 8                          | 24                   |
| Competition-Introduction Nutrition (NUT)                       | eLearning Only - \$20  |                          |               |             |                            |                       |                        |                            |                      |
| Competition-Development Developing Athletic Abilities (DAA)    | 8.5  | \$425                    | 7h 30m        | 1h          | REF+CWK+ Excel             |                       |                        | 8                          | 20                   |
| Competition-Development Prevention and Recovery (PRI)          | 8.5  | \$425                    | 7h 30m        | 1h          | CWK                        |                       |                        | 8                          | 20                   |
| Competition-Development Managing Conflict (MC)                 | 7  | \$350                    | 6h 20m        | 40m         | CWK                        |                       | ✓                      | 8                          | 20                   |
| Competition-Development Coaching and Leading Effectively (CLE) | 9  | \$450                    | 8h            | 1h          | CWK + Coach Philosophy     | ✓                     |                        | 8                          | 20                   |
| Competition-Development Psychology of Performance (PSY)        | 8.5  | \$425                    | 7h 30m        | 1h          | CWK                        |                       |                        | 8                          | 20                   |
| Competition-Development Advanced Practice Planning (APP)       | 5  | \$250                    | 4h 40m        | 20m         | REF+CWK                    |                       |                        | 8                          | 20                   |
| Competition-Development Manage a Sport Program (MSP)           | 4.5  | \$225                    | 4h            | 30m         | REF+CWK                    |                       |                        | 8                          | 20                   |
| Competition-Development Performance Planning (PPLAN)           | 13.5   | \$1,350<br>(2 LFs)       | 12h 30m       | 1h          | REF+CWK+ Season Plan Excel | ✓                     |                        | 8                          | 20                   |
| Competition-Development Leading Drug Free Sport (LDFS)         | eLearning Only - \$50  |                          |               |             |                            |                       |                        |                            |                      |
| Fundamental Movement Skills (FMS)                              | 5  | \$225                    | 4h 20m        | 40m         | CWK                        |                       |                        | 8                          | 24                   |
| Resistance Training (RT)                                       | 4  | \$180                    | 3h 30m        | 30m         | REF+CWK+ Videos            |                       |                        | 8                          | 24                   |
| Mentorship (MEN)   | 7.25   | \$326.25                 | 6h 40m        | 35m         | REF+WKB                    |                       |                        | 8                          | 24                   |
| Creating Positive Sport Experiences (CPSE)                     | eLearning Only - \$15  |                          |               |             |                            |                       |                        |                            |                      |
| Core Training for Learning Facilitators (CORE LF)              | 7  | \$385                    | 6h25m         | 35m         | WKB                        |                       |                        | 6                          | 20                   |
| Core Training for Coach Evaluators (CORE CE)                   | 5.5  | \$357.50                 | 5h            | 30m         | WKB                        |                       |                        | 6                          | 20                   |
| Core Training for Master Coach Developers (CORE MCD)           | 8.25   | \$453.75                 | 7h10m         | 1h05m       | WKB                        |                       |                        | 6                          | 20                   |

LF Fees are based on \$45/hour for FMS, MED, PaP, T&L, DSP, BMS, RT, MENT and \$50/hour for APP, DAA, CLE, PPLAN, PRI, PPLAN, MSP, MC, PSY and \$55/hour for CORE.