



**KAWARTHA FOOTBALL
COACHING MODULE VERSION 1.0
NOVEMBER 15TH, 2020**



Table of Contents

Kawartha Football's Role As A Provincial Sport Organization.....Page 3

Long-Term Athletic Development (LTAD) Model.....Page 4

Benefits of LTAD.....Page 5

10 Key Factors of LTAD.....Page 6

A Word about Physical Literacy.....Page 7

The Otters Identity.....Page 8

Benefits to being an Otters Coach.....Page 9

What Coaches Give Back.....Page 9

Requirements to be an Otters Coach.....Page 10

2020 Otters Football Coaching Application.....Page 11



Kawartha Football's Role As A Provincial Sport Organization

MISSION

As a Provincial Sport Organization in the Kawartha Region, we follow Ontario Football Alliance's mission, "to initiate, sustain, and encourage programs, services and activities targeted at all levels, from the novice to the elite, which foster safe and ethical participation in the three disciplines (tackle, flag and touch) of amateur football," as promoted by Football Canada, the National Sport Organization.

VALUES

Kawartha Football believes in and promotes the following values:

- Safety first
- Athlete centered
- Pursuing excellence
- Achieving equity and fairness
- Growth and development oriented
- Fostering a fun and safe environment
- Advancing accessibility to all Canadians
- Practicing responsibility and accountability
- Encouraging sportsmanship and ethical participation

COMMITMENTS

Kawartha Football is committed (but not limited) to:

- Athlete centered sports programs
- Harassment and abuse free environment
- Fair play code
- Gender equity and accountability
- Access for persons with a disability
- Doping-free environment
- Protection of personal information
- Code of ethics and code of conduct
- Official language policy
- Implementation of Long-Term Athlete Development



Long-Term Athletic Development (LTAD) Model

Football Canada's LTAD model consists of training, competition, and recovery programming that is based on developmental rather than chronological age. LTAD provides a general framework for athlete development that pays specific attention to growth, maturation and development, trainability, and sports system alignment and integration. More information on LTAD can be found in "Canadian Sport for Life".

LTAD is athlete centered, coach driven, and administration, sport science and sponsor supported. More specifically, LTAD:

1. Is based on the physical, mental, emotional, and cognitive development of children and adolescents. Each stage reflects a different point in athlete development.
2. Ensures physical literacy 1 upon which excellence can be built.
 - o Builds physical literacy in all children, from early childhood to late adolescence by promoting quality daily physical activity in the schools and a common approach to developing physical abilities through community recreation and elite sport programs.
 - o Recognizes the need to involve all Kawartha participants in LTAD, including athletes with a disability.
3. Ensures that optimal training, competition, and recovery programs are provided throughout an athlete's career. Provides an optimal competition structure for the various stages of an athlete's development.
4. Has an impact on the entire sport continuum, including participants, parents, coaches, schools, clubs, community recreation programs, provincial sport organizations (PSOs), national sport organizations (NSOs), sport science specialists, municipalities, and several government ministries and departments (particularly but not exclusively in the portfolios of health and education) at the provincial/territorial and federal levels.
5. Integrates elite sport, community sport and recreation, and scholastic sport.
6. Is 'Made in Canada', recognizing international best practices, research, and normative data.
7. Supports the four goals of the Canadian Sport Policy — Enhanced Participation, Enhanced Excellence, Enhanced Capacity, and Enhanced Interaction — and reflects a commitment to contribute to the achievement of these goals.
8. Promotes a healthy, physically literate nation whose citizens participate in lifelong physical activity.



Benefits Of LTAD

LTAD provides the following benefits:

- Establishes a foundation and philosophy for football development and a vehicle for change
- Establishes an athlete-centered focus from a child's first involvement in sport to the transition to lifelong physical activity or other sport related activities
- Integrates the needs of athletes with a disability into the design and delivery of sport programs
- Provides a framework for reviewing current practices, developing new initiatives, and standardizing programs
- Provides a clear development pathway from playground to stadium and on to being active for life
- Identifies the gaps in football's sport system and provides guidelines for problem solving
- Provides guidelines for planning for optimal performance for all stages of athlete development
- Provides parents with a clear understanding of football's programs and activities
- Provides key partners with a coordinated structure and plan for change
- Identifies and engages key stakeholders in delivering change
- Provides an aligned and integrated model for the three disciplines of football, tackle, flag and touch including:
 - o LTAD — physical, technical, tactical, mental and life
 - o Long-term coaching development
 - o Long-term officiating development
 - o Sport and physical activity programs and services in NSO's, PSO's, recreational organizations, clubs, and schools



The 10 Key Factors Of LTAD

Ten key factors influencing optimal athlete development have been identified:

- **The 10-Year Rule:** Research has concluded it takes a minimum of 10 years and 10,000 hours of training for a talented athlete to reach elite levels. There are no short-cuts.
- **The FUNdamentals:** Basic physical literacy is the foundation for later athletic success. All athletes, regardless of their sport, are more likely to succeed if early in life they developed a wide range of movement, balance and object control skills.
- **Specialization:** Broad-based skills and abilities must be developed first. Premature specialization (prior to age 14-16) may contribute to lack of essential skill development, overuse injuries, early burnout and early retirement from sport.
- **Developmental Age:** Young athletes may be early, average or late maturers in a range of physical, mental, cognitive and emotional qualities. It is essential to base athletic training on developmental age, not on chronological age. All too often, early maturers are identified for special attention and development, while it is the late maturers who may have the greater potential to become top athletes. It is also important to recognize that the early physical maturer may not be mentally or emotionally prepared for the challenges they appear ready to take on.
- **Trainability:** Trainability is the responsiveness of individuals to training at different stages of growth and maturation. Optimal windows of trainability for the “S’s” of Stamina, Strength, Speed, Skill and Suppleness occur at different times- for example, stamina and strength trainability is linked to developmental age, while speed, skill and suppleness (flexibility) are linked to chronological age.
- **Physical, Cognitive, Mental and Emotional Development:** A holistic approach to athlete development, considering all of these factors, is required for the best results. In addition to the five “S’s” of physical development, five additional “S’s” including Structure/stature (body type and growth), Psychology, Sustenance (adequate nutrition and rest), Schooling (and stress), and Socio-cultural factors must be considered. At any stage, over-emphasis on physical training and winning may not equip the athlete for the all challenges of high performance or for life outside sport. Developing the whole athlete, including character, ethics, and so on, will be the objective of every program.
- **Periodization:** Periodization is the organization of a training program by manipulating type, volume, intensity and frequency of training over long-term (multi-year) and annual time frames. LTAD, with its focus on lifelong development, gives a context and direction for a sound, periodized training program.
- **Competition Calendar Planning:** Optimal sport-specific competition calendars are required for all stages of LTAD. Too much competition, especially at younger ages, can detract from development of skills and fitness. Modifying the competition calendar to meet athlete development needs, while it may create logistic challenges, is essential to LTAD.



- **System Alignment and Integration:** The best results can only be achieved when all organizations and individuals involved in sport are working together in an integrated, coordinated way to support athlete development and success. The LTAD plan must become the focus of all Football leaders and organizations.
- **Continuous Improvement:** Sport is continuously evolving. Our plans and our organizations must adapt continuously to innovations, research and changes in the sport environment. New research and practical experience will constantly enrich our understanding and approach to LTAD.

A Word About Physical Literacy

Physical Literacy refers to competency in fundamental movement and fundamental sport skills.

Physical Literacy should be developed before the onset of the adolescent growth spurt. It is developed during the first three stages of Football's LTAD, meaning the time from birth to the start of adolescence; approximately age 11 for girls and 12 for boys. There is additional important information in the publication NO ACCIDENTAL CHAMPIONS regarding this very important developmental stage for athletes with a disability.

To become physically literate, children need to master fundamental movement and fundamental sport skills. However, this mastery does not come all at once and we need to remember that children are not just "adults in miniature". For almost every skill the developing child needs to go through a series of developmental stages before achieving the well developed skill. The goal should be to help each child move to the next most mature version of the skill they are learning rather than pushing them to the skill the way an adult would.

Getting the Sequence Right

For children to have success in sport either as in recreation or competitive environment, it is important that they master the fundamental movement skills before learning the fundamental sport skills. AND it is important that they master the fundamental sport skills before being introduced to specific techniques.



The Otters Identity

COACHING PHILOSOPHY

Using an holistic coaching style by listening to the needs of the athletes, in order to build relationships on a path towards long term development. Developing an inclusive environment and positive mind-set culture for all athletes.

NCCP Philosophy

- Honesty
- Forward Looking (Vision)
- Inspiring
- Competent

Following guidelines set by the Coaching Association of Canada, NCCP and Football Canada, we will laydown a research based foundation in order to build a long lasting High Performance model for football in the province of Ontario.

NCCP CODE OF ETHICS

- Physical safety and health of athletes (E.A.P & Return to train models)
- Coaching responsibly
- Integrity in relations with others
- Respect of Athletes
- Honouring the sport

MISSION STATEMENT

Establish a path of growth through sport (football) that supports the athlete, connects them to the tools they need for success, and communicate effectively, from Coach to Player, to ensure quality assurance along this path towards the success of all athletes.

EXPECTATIONS FROM OUR COACHES

We expect:

- All Coaches to consider the wellness and demonstrate respect to all athletes and participants in any Kawartha Football program



- All Coaches to consider the wellness and demonstrate respect to all other Coaches, Staff, Volunteers, and Officials in a Kawartha Football program
- All Coaches to Communicate in the effort to establish stability in building our organization, various programs, relationships with players and parents, relationships with other Coaches, Staff, Volunteers, and Officials, trust and honesty to the community, and proper delegation to maximize efficiency
- All Coaches to be Accountable for their actions, and to understand and promote the importance of Commitment
- All Coaches to be proud ambassadors of Kawartha Football and ANY Football Activity that takes place within the Kawartha Region and under the Ontario Football Alliance
- All Coaches to Have Fun!

Benefits to being an Otters Coach

- Coaches receive Free NCCP certification
- Equal Opportunity for ALL Coaches to grow and further their development as a Coach
- Being a part of our Annual Coaching Summit in the creation of Program specific terminology, establishing a unified language.
- Free Admission to ALL OTTERS COACHES to Annual Kawartha Football Hosted Coaching Clinics

As Kawartha Football and the Peterborough Otters look to maximize their membership with the Ontario Football Alliance, we are excited to invest more in our coaches. Our players that enter any Kawartha Football activity will now be Coached by Nationally Registered Coaches under the Football Canada National Sport Organization. This ensures that players are receiving the best coaching possible in the area, and players also understanding that the Kawartha Football organization will invest in our coaches, as Kawartha Football recognizes Coaches of all sporting activities as mentors to our community athletes, and hold a special privilege in the development towards our community athletes.

What Coaches Give Back

- Volunteering countless hours of Coaching to community athletes
- Offering a higher form of football to the football community
- Undivided attention to all athletes in their athletic development
- Equal opportunity to players in further development to both broad and specific skills
- The ability to create an inclusive environment for our community athletes.

Being a Coach is no easy task, as collaboration with players and other coaches, receiving and giving constructive criticism upon others, preparations for practices and games, organizing agendas, delegating tasks, and holding a sense of pressure in the understanding that we as Coaches are mentors to hundreds of community athletes takes a lot of time and energy away from our lives outside of football. This is why the selection process for all Coaches that apply into our program is thorough, as we want all potential Coaches to understand the kind of commitment they are looking to make as we do recognize Coaches as mentors to our community athletes.

For Otters Football, a traditional Tackle Season would consist of Tryouts, introduction to Team Activities in April, the opening of the Regular Season in May, Playoffs in July, and the Provincial Championship Game. We hold our Coaches to the highest standard possible, and part of that standard is showing the ability to efficiently communicate in any circumstance, and always obtain a willingness to learn.



Requirements To Be An Otters Coach

- An understanding of our philosophy and accountability towards your actions
 - A proposed plan for developing athletes within the program
 - The ability to communicate well and effectively collaborate with others
 - Understands the value of all roles within the Kawartha Football organization and Peterborough Otters Football program (Ex. NCCP Code of Ethics).
 - Obtains a reliable email that is checked daily, and can communicate effectively over email
 - Is reliable for attendance and quality coaching at all practices, games, and special events
 - Will attend 2 mandatory annual coaches meetings in order to support the growth and development of the program (First Meeting: February 27th 2021, Second Meeting: TBA).
 - Can promote the wellness of sport, sportsmanship, diversity, problem-solving, and mission of leading the way for future community athletes
 - The fulfillment of mandatory NCCP Certifications:
 - o Safe Sport
 - o Making Head Way
 - o Safe Contact
 - o Community Sport (Coaching U14: Mandatory)
 - o Coaching Ethics (Coordinators and Head Coaches: Mandatory)
- *All mandatory Certification is Free for Coaches Rostered with the Peterborough Otters*
- *Requirements may change at any point by Football Canada and the OFA*

The requirements to be an Otters Coach are not limited to what is listed above, but are a good base-point into asking yourself if being an Otters Coach is a role that you, the applicant, can effectively execute.

If you believe that you can fulfill these requirements, plus more, then please continue onto the next page so we may start the application process.



2020 Peterborough Otters Coaching Application Form

NAME: _____

ADDRESS: _____

CITY: _____ POSTAL: _____ CELL#: _____

EMAIL: _____

Please State What position(s) you are applying for (Ex. Head Coach, Defensive Coordinator, Linebackers.):

Prior Experience in Football:

Team: _____ Year: _____ Position: _____

Team: _____ Year: _____ Position: _____

NCCP #: _____

Other Coaching Certifications: _____

Please answer the following question to the best of your ability:

Why do YOU want to be a Peterborough Otters Football Coach?



All Applicants must fill out this application form, and email it to KawarthaFootball@gmail.com. From there, we will acknowledge all Applicants that send their application form to KawarthaFootball@gmail.com that we have received their application form within a 24 hour span. All Applicants that move on in the application process must be interviewed. **Application forms are due December 19 for Head Coach and Coordinator Positions**, and January 19 for Positional Positions, as Otters Football must move forward in preparations for the first potential Tackle Season post-pandemic in the Province of Ontario.

For further information, please email KawarthaFootball@gmail.com, or call Sidney Parkes at 705-957-9872.

We very much appreciate your time into looking over this Coaching Module, and we hope to receive your application very soon.

Sidney Parkes, President of Kawartha Football

