



AB | NT | NU



Skate Canada

**2023 NATIONAL COACH APPRENTICESHIP PROGRAM (NCAP)
February 19 - 20, 2023**

Skate AB | NT | NU in partnership with Skate Canada are pleased to offer the NCAP in conjunction with the 2023 Novice Canadian Figure Skating Championships/2023 Canada Cup on February 19 and 20, 2023.

Twenty coaches with the criteria outlined below will have an opportunity to attend the NCAP and learn from some of the best Canadian and International coaches, officials, and various sport leaders. Cynthia Ullmark, International Coach and Team Leader will be the Head Facilitator.

This educational opportunity will be a combination of live, headset observation and classroom learning.

Venue: Winsport Arena at Canada Olympic Park – Calgary, Alberta

Criteria: To be considered, NCAP participants must:

- Be Regional Certified or higher.
- Actively coach or team-coach athletes at Sectional level or higher.
- Aspire to coach at the Provincial, Challenge and National Championship level.

Selection:

All applications are due by January 10th, 2023.

Skate AB | NT | NU and Skate Canada will review the applicants and invite the list of selected NCAP participants by January 24th, 2023.

Program Outline:

February 19th

- Arrivals and Practice observations.
- Welcome meet and greet with Cynthia Ullmark and Carolyn Allwright

February 20th

- Competition performance analysis, coach wellness, LTD, the Three PCs, GOEs, technical leadership, sport science, responsible and ethical music selection and choreography, national competition readiness, national trends, etc.
- Wrap and debrief.

Cost: \$75

Accepted coaches will be charged \$75 to attend the NCAP and are responsible for all associated travel and living expenses. Accepted coaches will also receive Professional Development (PD) points in their Locker for participating in the NCAP.

Click on the following link to apply: [2023 National Coach Apprenticeship Program \(wufoo.com\)](https://wufoo.com)