

2009 International Coaching School - Survey

Following the 2009 International Coaching School an online survey was conducted to get feedback from coaches who attended. There were a number of positive comments as well as suggestions for improvement (See Below). Thirty percent of coaches who attended the 2009 ICS completed the survey, with an even split attending Competition Development and High Performance streams and 40% attending their first ICS. All respondents indicated that they would attend another ICS and would recommend this school to other coaches. Learning outcomes were highly rated where coaches perceived the workshops helped them to:

1. Implement the information presented at the ICS workshops in their day to day coaching
2. Develop plans or strategies that they could use in their day to day coaching
3. Analyze my sport to make better coaching decisions

Coaches were asked to identify challenges and benefits of the ICS. The top three challenges included: scheduling of workshops, dates of ICS (late August), and accommodation. Conversely the top 3 benefits included: quality of presenters and learning facilitators, variety of workshops and scheduling of workshops.

Future ICS

The plans for the future of the ICS will enable enhanced delivery of coach education which include changes in the NCCP and access to ongoing professional development opportunities. Recommendations for future International Coaching Schools may include:

Elements to remain the same:

1. Accessing Canada's top coach educators to deliver workshops
2. Delivering of variety of workshops that enhance the professional development of coaches.
3. Providing more value added programming targeting guest speakers and practical demonstrations
4. Providing state of the art sport science facilities at the Pacific Institute for Sport Excellence.
5. Providing a one-stop-shop for NCCP accreditation
6. Integrating sport specific workshops in partnership with National and Provincial Sport Organizations

Elements that will likely change:

1. Moving date of ICS from August to May starting in 2011 to better accommodate coach availability and competition schedules
2. Providing a residency component of NCI Advanced Coaching Diploma.
3. Implementing a new NCI diploma curriculum phasing out delivery of Level 4 tasks (For more information on the new NCI diploma click [here](#))
4. Providing greater flexibility in scheduling to increase accessibility for coaches, ensure networking opportunities and enhance value added events.
5. Enhancing opportunities for coaches to access affordable and convenient accommodation

The International Coaching School has been a significant coach education opportunity for coaches in British Columbia and those from across Canada and internationally. It is a cornerstone of the National Coaching Institute – BC and will continue to provide the best quality in coaching education.

The National Coaching Institute is dedicated to the development of world-leading coaches at all stages of the Canadian Sport for Life framework to positively impact athlete performance. This mission is mandated by the Coaching Association of Canada to ensure:

1. Enhancement and professional development for existing high performance coaches; and
2. The implementation of a diploma in advanced coaching targeting the Competition Development context and replacing the current 4 programming

The National Coaching Institute would like to thank you for your continued commitment and support for advanced coach education in British Columbia and across the country.

Survey Results

Respondents

TOTAL: 18 (30% of total Coaches)

Table 1: Characteristics of respondents indicating, first International Coach School attend, stream of participation, average number of workshops attended in ICS, whether they would attend again, and if they would recommend to another coach.

	First ICS	Stream Attended			Avg # of workshops	Attend Again	Recommend to others
		Swimming	Comp-Dev	High Perf			
# of Coaches (n=18)	8	3	9	9	4.1	18	18
% of Respondents	44%	17%	50%	50%		100%	100%

Learning

Respondents were asked to rate on a five point scale their perceptions of the following statements

1. I feel confident in implementing the information presented at the ICS workshops in my day to day coaching
2. Overall the ICS helped me to develop plans or strategies that I can use in my day to day coaching
3. Overall, the workshops helped me to analyze my sport to make better coaching decisions

Table 2: Perceived response to value of ICS to coach learning.

	Confidence to Implement	Develop Plans	Analyze Sport
Strongly Agree	7	10	12
Agree	9	7	4
Neutral	2	1	2
Disagree	0	0	0
Strongly Disagree	0	0	0

Comments Identified:

- Leadership helped me to identify the areas where I was already capable as well as identifying the areas where I can improve with significant benefits
- more confident to experiment with the different ideas.
- We had good opportunities to get feedback on our plans.
- The importance to implement the science: measure all that can be measured. The opportunity to have a former Olympian in the room/attending to pick his brain and really get inside his mind @ times when difficult questions would come up that a coach could not really answer due to the fact of never training/competing @ that elite level of competition.
- Leadership provided the overall context for effective planning and strategy development in a team context.
- Planning a Sport Program was an excellent course. Psychology of performance was great
- The Planning and Periodization workshop was really great and I learned a lot from hearing about other sports
- planning and periodization were very helpful in enhancing my present knowledge and taking another look at tapering
- Personal Effectiveness demonstrated the planning necessary for your coaching career to take the direction you mean to.
- Excellent coaching conversations
- The opportunity to Listen to Jason D. was an unforgettable experience. I would recommend him again. I also enjoyed the lecture/tutorial sessions w/annual periodization & to listen to one of our "peers" Sergei to teach us about how Russia develops their young talent. I really enjoyed the ability to use the gym @ the facility. It would of been nice to of been able to use hot/cold session after a wkt @ least once or twice. Great meeting place for great minds to learn/listen/retain the information shared throughout the week.
- Leadership provided information, tools and resources to assist in making my leadership role intentional. Recovery introduced me to concepts and were previously unknown to me.
- working with other sports within each workshop was a bit of a challenge but the benefits did outweigh challenges. Greater flow of ideas and manners in training.
- Good experience, look forward to more.
- Visualization before games
- Leadership, LTAD, and Planning all contributed to my development significantly.
- Personal Effectiveness should be mandatory for Level 4 coaches.
- Although the topic this year was something that I was familiar with, the presenter was great at making the information sport specific and relevant.
- It is fabulous to work alongside other coaches and to share in their experience and techniques
- The leadership workshop was very useful as were the Energy systems, strength, and recovery and regeneration
- All workshops were excellent, could be more sports specific for myself but we are not a mainstream sport so I understand.
- I thought all of the workshops that I took helped me make better coaching decisions; however, it is hard to recall experiences exactly this many months later. If you administer the survey earlier next year, I think it would help provide more valid responses.

Benefits and Challenges

Respondents were asked to rank order eleven items related to their ICS experience which included

1. Accommodation
2. Catered Lunches
3. Coach breakfast with Jason Dorland
4. Dates of ICS (late August)
5. Facilities
6. Location
7. Online registration
8. Quality of Presenters / Learning Facilitators
9. Resources (reference manuals, workbooks, clothing, gym pass, etc)
10. Scheduling of workshops
11. Variety of workshops

Table 3: Percent of respondent who ranked items related to ICS benefits and Challenges within their TOP 3 Ranking.

BENEFITS		CHALLENGES	
TOP 3	% responded	TOP 3	% responded
Quality of Presenters / Learning Facilitators	78	Scheduling of workshops	61
Variety of workshops	67	Dates of ICS (late August)	44
Scheduling of workshops	39	Accommodation	39

Overall Comments:

- Cover the cost of parking! ie: provide a week parking pass. is that fair to ask/request?
- This was one of my best educational experiences in an over 30 year career of post secondary education and professional development. The added bonus of being able to access the PISE Centre facilities and staff was extremely useful.
- its all good. I always enjoy my courses and never feel like it was a wasted day. Will certainly be coming back.
- More single sport workshops.
- Planning & Periodization Task - great information and presenter, would be useful to have some active learning activities which could be done in class with assistance and input from presenter and other coaches
- It was great to have so many sessions offered in one week, it made it easier to focus and work through the certification requirements instead of a class here and there during the year. Facilities are great, nice to have been given a few free passes to try out the gym. Having catered lunches were very helpful (one less thing to organize for the long days in class)
Thank You
- I thought the ICS was really great. The only thing I might comment on or change would be to add an activity during the day or even a half day break with an optional group activity to break up the classroom time.
- Follow up and tracking of coach development.
- Better access to accomodation
- Continue to offer the tasks and change the presenters frequently so that we get new insights.
- I believe that the presenters are our coaches and mentors and we need them to stay in touch with us to insure our success once we leave the ICS.
- I thought everything was great, but with the change of the NCCP programs, it has created a lot of confusion between coaches and if more information was provided about the new programs and how they fit with the old scheme, I think it would help people understand how everything fits together.