

For those who have qualified to be assessed for their Competition Development Certified status, this year's Junior and Senior National events will be used as an evaluation site for this purpose.

The procedures to be followed for the Competition Development evaluation are as follows:

- Candidates must be working with an athlete they have been actively coaching for the last 12 months in preparation for the championships where they will be evaluated. These athletes must have achieved the minimum qualifying standard permitting them to participate in the Weightlifting Senior or Junior National Championships.
- The Candidate must advise its provincial association (Technical Director or President) of his/her intention of being evaluated at the Senior or Junior Canadian Weightlifting Championships. The Provincial director must fill and sign the WCH NCCP Competition Development Evaluation form and return it to tcottrell@cwfhc.ca 30 days prior to the event.
- A \$150 fee will be charged to the candidate by the PSO to cover evaluations costs. The PSO will then transfer the money to the PSO of the province hosting the event to reimburse the Coach Evaluator.
- The host PSO for the event will be responsible for scheduling and reimbursing the Coach Evaluator.

Candidates' prerequisites to be evaluated:

- Competition introduction certified
- Trained competition development
 - Must have completed the Competition Development Weightlifting workshop
 - Must have completed all multisport NCCP modules
 - Must have completed the three online evaluations
 - Leading Drug-free Sport Online Evaluation.
 - Managing Conflict Online Evaluation.
 - Make Ethical Decisions Online Evaluation (If evaluated in competition Introduction context then does not need to be re-evaluated)

Portfolio:

Candidates must fill out and submit a coach portfolio, **30 days prior to the scheduled event** by e-mail to tcottrell@cwfhc.ca. (See Evaluation Request Form)

- Each part of the portfolio must be duly completed using the guidelines set out by WCH at <https://weightliftingcanada.ca/programs/the-national-coaching-certification-program/>
 - The portfolio must contain a detailed description of the six weeks before the competition.
 - The portfolio must contain a one-year plan to contain the following:

- Projected dates of competition, location, and projected lifts
- A one-week detailed plan of the general conditioning period that is done in the early part of the training cycle.
- Last six weeks of training prior to the Canadian Championships. Included in those six weeks are a) the last week of the last preparation phase of the yearly cycle, b) one week of transition and c) 4 weeks of competition phase.
- All phases of the yearly planning program require the following: frequency of training, detailed loading in percentages, name of exercises and order in which they will be performed, total reps for each workout.

Practical evaluation:

- Candidates must coach his or her athlete in preparation for the Canadian Junior or Senior championships
- The candidate must coach his or her athlete for the entire yearly plan submitted.
- The candidate must coach his or her athlete who has reached the Senior or Junior Canadian standard specific to his/her weight class prior to the end of the qualification period.

