



Rope Skipping Canada

Saut à la Corde Canada

2023 RSC Coaching Committee

The RSC Coaching Development Committee is working to develop a comprehensive plan to drive growth of the sport of rope skipping/jump rope in Canada. The goal is an increase in participation of athletes, coaches, clubs and volunteers.

We need your help! There is a lot of work to be done on this project and a variety of expertise will be needed (i.e. sport experience, coaching experience, knowledge of long term athlete development (LTAD) and physical literacy, cognitive development, sport psychology, human movement and biomechanics, etc.). You don't need to be an expert in all of these areas, we are looking for people who are willing to learn and who want to have a lasting impact on the growth of the sport.

The RSC Coaching development committee is working to develop coaches training and certification programs and implementation strategy. Here is what we have done:

- Connected with the Coaching Association of Ontario who suggested coaching programs in sports to us as a model.
- Compiled an abundance of jump rope coaching resources from a variety of sources
- Reviewed our LTAD model and developed a foundation for the program
- Sorted the resources into different coaching streams
- Working through NCCP Multi-Sport Modules to determine additional modules to include in the program
- Meet with Allysa Ciancio who is a certified Safe Sport Officer with the Olympic Committee to discuss working together to include Safe Sport Training at all levels of coaching certification

Our vision is a combination of online learning modules and in-person workshops broken into the following streams:

- **Community Stream 1 - Active Start and Fundamentals**
 - We have a significant start on the main document for this stage and can potentially have a draft ready by the end of the year.
 - Although our current LTAD model does not go into activities to build physical literacy in the Active Start stage, our committee has identified that there may be opportunities in this area. We are looking to other Active Start programs to see how we can modify to include foundational jump rope skills. Our goal is to design jump rope programming for ages 3-5.

This manual is almost complete and will be ready for committee review by early in the 2023-24 season. We will then move on to developing a learning/course strategy to start getting the information out to our current and potential clubs.

- **Community Stream 2 - Active for Life**

- We do not have an official start to this manual but we can adapt many of the concepts from Community Stream 1 to fit the needs of the Active for Life Stage.

- **Competitive Stream 1 - Learn to Train and Train to Train**
 - We have a good start to this document but there are sections that need to be built
 - This will be the next section that we work on once the Community Stream 1 is ready.

- **Competitive Stream 2 - Train to Compete and Train to Win**
 - We have a lot of resources to build this manual
 - It will require some research and expert review to ensure that our methods fit the goals of the stage