



**BOXING • BOXE  
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**Level 4/5 - Boxing Coaching Program**

December 2009



**CANADIAN AMATEUR BOXING ASSOCIATION  
L'ASSOCIATION CANADIENNE DE BOXE AMATEUR**



## **Level 4/5 - Boxing Coaching Program**

Levels 4 and 5 of the National Coaching Certification Program (NCCP) represent the highest components of coach education available in Canada. The goal of the NCCP at these levels is to provide coaches with advanced applied training opportunities that meet the highest education and evaluation standards.

### **Admission**

Coaches are not automatically eligible to enroll in boxing Level 4 certification program upon completion of all Level 3 certification requirements. To be eligible for the program, all coaches must also meet additional requirements:

- Fully certified Level 3.
- Coached an athlete who competed at the Senior National Championships within the last four (4) years.
- Provincial/Territorial and National Association endorsement.
- Letters of reference from a recognized Level 4/5 boxing coach.
- Be a member in good standing with Boxing Canada.
- Pay the required Level 4/5 inscription fee (\$100.00)

***Note:** Boxing Canada Technical Committee has the power to admit candidates on an individual basis after studying each case.*

### **The Task System**

To be certified at Level 4 or Level 5 of the NCCP, coaches must complete a series of "Tasks" or "modules." Twenty (20) Tasks form the core of the Level 4/5 curriculums. Tasks address specialized subject or topic areas. For simplicity, they can be grouped in the following categories: training methods and applied exercise physiology, sport psychology, sport-specific performance factors, technical, tactical, practical, and managerial aspects of high performance coaching, biomechanics, optimal planning and sequencing of high performance programs and activities, growth and maturation/athlete long-term development, leadership, self-awareness and personal management, the Canadian sport system.

Boxing Canada's Level 4 program consists of completing twelve (12) of the twenty (20) of the available Level 4/5 Tasks. Completion of the remaining eight (8) Tasks are required for a coach to be certified at Level 5.

Of the available twenty (20) tasks, the following eight (8) tasks are required for successful completion of the Level 4 program:

- Task 1 - Energy Systems
- Task 6 - Recovery and Regeneration
- Task 7 - Psychological Preparation for Coaches
- Task 8 - Psychological Preparation for Elite Athletes
- Task 9 - Practical Coaching: Advanced Skill Training \*
- Task 11 - Practical Coaching: Advanced Strategy and Tactics \*
- Task 12 - Planning and Periodization
- Task 14 - Practical Coaching: Training Camps \*

Four (4) tasks are chosen from the remaining twelve (12) optional Tasks for Level 4 Certification:

- Task 2 - Strength Training for Elite Athletes
- Task 3 - Sport-Specific Performance Factors \*
- Task 4 - Nutrition for Optimal Performance
- Task 5 - Environmental Factors and Performance
- Task 10 - Biomechanical Analysis of Advanced Skills \*
- Task 13 - Analyzing Performance Factors \*
- Task 15 - Practical Coaching: International Competition \*
- Task 16 - Athlete Long-Term Development
- Task 17 - Leadership Skills
- Task 18 - Self-Awareness and Personal Management
- Task 19 - The Canadian Sport System
- Task 20 - The National Team Program \*

The remaining eight (8) tasks need to be completed for Level 5 certification.

\* Boxing Specific tasks

### **The National Coaching Institutes**

The majority of the tasks for Boxing Canada's Level 4 program are delivered through Canada's National Coaching Institutes (NCI's). Canada's NCI's offer highly interactive practical courses, for national sport federation-approved Level 4 candidates. The NCI programs integrate classroom with a highly qualified Mentor Coach.

The NCI's offer opportunities for both full and part-time study. NCI programs are available in the following regions: **Victoria, Vancouver, Calgary, Saskatoon, Manitoba, Toronto, Montreal,** and **Halifax.**

## **The Mentor Coach**

Once a candidate has received Provincial and National Association endorsement, a Mentor Coach is identified for them by Boxing Canada. The candidate will be paired with this Mentor Coach for the entire Level 4 experience. The Mentor Coach will act as mentor and tutor for the candidate through the practicum portion of their education and training and make sure their education and training is relevant to their boxing context.

Observation of the Level 4 candidate in competition and practices by the Mentor Coach will be a critical part of the educational process and is a major requirement for the completion of Tasks #9, #11, and #14. As well, tutorials will be conducted to review the Mentor Coach's approach to athlete preparation.

## **LEVEL IV/V TASKS**

1. **Energy Systems** - plan, conduct and evaluate a training program to meet the energy demands of high performance boxers.
2. **Strength Training for Elite Athletes** - plan, conduct and evaluate a strength training program for high performance boxers.
3. **Sport-Specific Performance Factors \*** - plan, conduct and evaluate a training program for additional performance factors specific to high performance boxers (as determined by the CABA).
4. **Nutrition for Optimal Performance** - plan and manage nutritional requirements for high performance boxers.
5. **Environmental Factors and Performance** - adapt training programs for high performance boxers according to the influence environment has on both training and performance.
6. **Recovery and Regeneration** - plan, conduct and evaluate a recovery program for high performance boxers.
7. **Psychological Preparation for Coaches** - psychological preparation for boxing coaches.
8. **Psychological Preparation for Elite Athletes** - plan, conduct and evaluate a psychological preparation program for high performance boxers.

9. **Practical Coaching: Skill Training \*** - plan, conduct and evaluate a variety of practical coaching sessions involving skill training appropriate to high performance boxers.
11. **Practical Coaching: Strategy & Tactics \*** - plan, conduct and evaluate a variety of strategy and tactics appropriate to high performance boxers.
10. **Biomechanical Analysis of Advanced Skills \*** - analyze biomechanically the theories of advanced technical boxing skills.
12. **Planning & Periodization** - integrate physiological, psychological, technical and tactical factors into an annual periodized training program for high performance boxers.
13. **Analyzing Performance Factors \*** - exhibit the technical expertise regarding the execution of all boxing movements, and to be able to effectively relate appropriate information to senior high performance boxers regarding execution.
14. **Practical Coaching: Training Camps \*** - demonstrate the ability to function as a technical administrator regarding the organization, development and implementation of an international, training camp and related technical projects in which the international coach is responsible.
15. **Practical Coaching: International Competition \*** - demonstrate the ability to function as a technical administrator regarding the organization, development and implementation of an international competition and related technical projects in which the international coach is responsible.
16. **Athlete Long-Term Development** - to exhibit effective talent identification skills and provide appropriate recommendations for the development of training programs for identified future high performance senior boxers.
17. **Leadership Skills** - demonstrate coaching leadership skills (as determined by the Coaching Certification Committee).

**18. Self-awareness and Personal Management** - enhance coaching performance:

- Exhibit the ability to communicate effectively to the individual high performance boxer in order to maximize and effect the greatest change possible in the shortest period of time;
- To exhibit the ability to prepare and maximize a boxer's talent on a socio-psychological basis;
- To exhibit the ability to evaluate the state of health of each individual boxer and show the ability to develop and administer a program of readiness with the help of related para-medical staff throughout the boxer's career.

**19. Canadian Sport System** - understand the current Canadian Sport System.

**20. National Team Program \*** - plan, implement and evaluate the development of the National Team Program.

**Note:**

\* Boxing Canada specific tasks.

Others tasks are taken through the NCI.



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Level 4/5 Application Form

PERSONEL			
<b>Name</b> ( <i>Last, First, M.I.</i> ):		<input type="checkbox"/> M <input type="checkbox"/> F	<b>DOB:</b>
<b>Address:</b>			
<b>Province:</b>			
<b>Phone:</b>			
<b>Cell:</b>			
<b>Email:</b>			
<b>Boxing Club:</b>			
<b>NCCP #:</b>			
<b>Boxing Canada Registration #:</b>			
<b>Languages spoken:</b>			
EDUCATION			
University or College	Program Name	From To	Degree(s)
ADVANCED COACH EDUCATION AND ATHLETIC EXPERIENCE			
From To	Discipline	Task or Level	Year
ATHLETE'S WHO HAVE COMPETED AT THE SENIOR NATIONAL CHAMPIONSHIPS IN THE LAST FOUR YEARS			
Name	Weight Categories	Location	Year



**CANADIAN AMATEUR BOXING ASSOCIATION  
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Date: \_\_\_\_\_

Location: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Hi,

With this letter, I have enclosed an application form that demonstrates my experiences and commitments to sport and particularly to boxing.

I would be pleased if you would forward my name as a candidate. Please contact me if you require further information or have any questions about my application.

Application check list :

**Cover letter**

- **Completed Application Form**
- **Resume of your coaching experience and achievements**
- **Transcript of NCCP Certification Status**
- **(2) Letters of reference (One from a recognized Level 4/5 boxing coach and one from the Provincial Association)**
- **Completed Admission Fee Form**

**Note:**

**When you are accepted in the Level 4/5 program you will receive a letter of endorsement by Boxing Canada.**

**Declaration**

**I hereby certify that the information I have provided with this application is true and complete.**

\_\_\_\_\_  
Signature



**CANADIAN AMATEUR BOXING ASSOCIATION  
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**Level 4/5 Inscription Service Fee**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

NCCP#: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Level 4/5 Service Payment Form**

Please complete and return with payment of \$100.00 to Boxing Canada 888 Belfast Road, Ottawa, Ontario, K1G 0Z6 or by fax to (613) 238-1600.

**Payment by Cheque**

\_\_\_ I have enclosed a cheque for the Level 4/5 inscription service fee.  
(Payable to Boxing Canada)

**Credit Card Payment**

I prefer to pay the Level 4/5 inscription service fee by credit card

\_\_\_ Visa                      \_\_\_ MasterCard

Name on card: \_\_\_\_\_

Card#: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_