



## **SG-Coach Full Integration Level 2 Canoe Sprint Coaching Course**

### Overall Schedule

<b>Activity</b>	<b>Expected Duration</b>
e-Learning & Pre-reading	18 hours
Theory & Practical (Face-to-face)	36 hours
Coaching Mentorship Attachment	Min. 3 Sessions
Assessments (Season Plan Submission & Viva)	1 hour
Examinations (ISS)	1 hour

### Modules

Module 1: Coaching Effectiveness

Module 2: Coach As Leader

Module 3: Coach As Teacher

Module 4: Coach As Strategic Planner

Module 5: Coach As Expert

Module 6: Coach As Scientist

Final Season Plan & Viva Assessment

Upon successful completion of Modules 1-6 and required assignments and examinations, the participants will:

- Receive the SG-Coach Level 2 Full Integration Canoe Sprint Coaching Certificate
- Be involved in a community of Canoe Sprint coaches where there will be shared coaching resources, courses, discussions and Communities of Practice (CoP) facilitated by coach developers

Note: For participants requiring re-assessment post-course, an additional fee will be incurred.



Detailed Course Schedule

Date (2026)	Time	Topic
23 May to 3 Jun	-	Registration
Prior to 4 Jun	-	<ul style="list-style-type: none"><li>- Completion of E-learning modules</li><li>- Completion of YC Online 1</li></ul>
4 Jun (Thu)	1200 - 1300h	Online Briefing
	Assignments <ul style="list-style-type: none"><li>- Prepare own kneepad</li><li>- Bring feedback form (if any)</li><li>- Complete e-learning and YC Online 1</li></ul>	
27 Jun (Sat)	0930 - 1100h	Practical Session (Fitness/Strength & Conditioning [S&C] Testing)
	1100 - 1200h	Lunch
	1200 - 1400h	Introduction, Module 1: Coaching Effectiveness, Preparation of 360 feedback (Part 1)
	Assignments <ul style="list-style-type: none"><li>- Prepare own kneepad</li><li>- Prepare and conduct own 360 feedback with at least 10 people (mix of athletes, administrators, parents, colleagues/peers)</li><li>- Plan own S&amp;C programme to prepare for next testing in 1 month's time</li></ul>	
28 Jun (Sun)	0730 - 0930h	Practical Session (Canoe)
	1000 - 1100h	Brunch
	1100 - 1500h	Introduction, Module 1: Coaching Effectiveness, Preparation of 360 feedback (Part 2)
	1500 - 1700h	Module 2: Coach As Leader



4 Jul (Sat)	0930 - 1100h	Practical Session (Canoe Polo)
	1100 - 1200h	Lunch
11 Jul (Sat)	1200 - 1400h	Module 3: Coach As Teacher (Part 1)
	Assignments - Individual Envisioning Reflection - Design Team Culture Development Plan - Come ready to teach a novel skill (decide what that will be)	
11 Jul (Sat)	0930 - 1100h	Practical Session (S&C)
	1100 - 1200h	Lunch
18 Jul (Sat)	1200 - 1400h	Module 3: Coach As Teacher (Part 2)
	Assignments - Personal reflection: What skills do beginning athletes need? - Plan and conduct an engaging and fun activity to teach one of those skills - Reflect on the activity and how it was coached	
18 Jul (Sat)	0930 - 1100h	Practical Session (Team Boats)
	1100 - 1200h	Lunch
18 Jul (Sat)	1200 - 1400h	Module 5: Coach As Expert
	Assignments - Each coach to envision and conduct a session coaching specific skills/concepts they would like to work on and engage a peer in the observation of that session (Video or situated) - Peer-support post-observation: Apply the GRIP reflection framework together  Using <b>G.R.I.P.</b> , reflect through the session together:  G – What were our session goals and did we achieve them? R – What were some of our reflections? What was done well and what could be improved? I – Any additional Inputs or suggestions? P – Plans moving forward. What are some things you would do differently and try next time?	



1 Aug (Sat)	0930 - 1130h	Practical Session (Fitness Testing)
	1130 - 1230h	Lunch
	1230 - 1400h	Module 6: Coach As Scientist
<b>Assignments</b> <ul style="list-style-type: none"> <li>- Evaluate own S&amp;C programme design and process: What worked? What didn't? What are our learnings?</li> <li>- Design an S&amp;C programme for a season leading up to a competition for your selected profile of athletes</li> </ul>		
8 Aug (Sat)	0930 - 1100h	Practical Session (Canoe Testing)
	1100 - 1200h	Lunch
	1200 - 1500h	Module 4: Coach As Strategic Planner, Preparation for Viva Assessment
	1530 - 1730h	Final Sharing
	1730 - 1800h	Wrap Up
<b>Assignments</b> <ul style="list-style-type: none"> <li>- Using your season plan, design a S&amp;C programme for a season (Preparatory, Transition, Competition Season) leading up to a competition for your selected profile of athletes</li> <li>- Consult a group mate and challenge each other on why these programmes were chosen and provide suggestions and ideas how they can be further enhanced</li> <li>- Prepare final Season Plan Presentation and Viva for assessment</li> <li>- Start sessions with Support Coaches (at least 3 sessions)</li> <li>- Make-a-ripple Project for future Coaches</li> </ul>		
29 Aug (Sat)	0800 - 0900h	Seasonal Plan Presentation and Viva Assessment
	0900 - 1000h	
	1000 - 1100h	
	1100 - 1200h	
	1230 - 1330h	
	1330 - 1430h	
	1430 - 1530h	
	1530 - 1630h	
Own Time	-	Support Coach Sessions: Clock at least 3 training sessions with assigned support coach
	-	Intermediate Sport Science (ISS) Examination (\$60 to be paid to RP)