



**Karate Alberta**

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*"Promoting the growth, development and excellence of karate in Alberta."*

### Coach Terms of Reference

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### **Purpose**

To develop and maintain a strong competitive Karate program within Karate Alberta by recruiting, developing and working with Athletes and the Head Coach. Karate Alberta is looking for Coaches to be retained for a 1 year term (July 1, 2017 – June 30, 2018). Renewal subject to performance review based on Key Performance Indicators, as well as on Karate Alberta's.

### **Description**

#### **1. General**

Working in collaboration with other Karate Alberta coaches, the Coaches shall be responsible for:

- helping the head coach with planning sessions for provincial team trainings
- supervising athletes during provincial training sessions
- providing coaching support to athletes and fellow coaches
- collaborative team leadership and mission accomplishment
- collaborative team logistical support with team managers
- working to benefit the entire Karate Alberta provincial team in Kata and Kumite
- a thorough understanding of the overall strategic direction and initiatives
- to be minimum NCCP trained in Comp-Intro Pathway, and working towards or completed the Comp-Dev certification
- complying with the Karate Alberta codes of conduct
- Coaches are required to attend 75% of the term trainings

#### **2. Roles and Responsibilities**

- In collaboration with the other Karate Alberta coaches work to develop, implement and evaluate an event action plan and team mission for the recognized Karate Alberta sanctioned events.
- Provide assistance to the provincial team athletes at events to ensure the high performance or developmental mission and goals for events are being implemented and achieved.

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- Provide assistance to ensure that excellent athlete in competition support is provided at target events. This may include but not be limited to: assisting with athletes in the warm-up area; assisting with athlete marshalling; monitoring athlete pre-competition nutrition, monitoring athlete per-event mental and physical activation levels; providing in-event technical and tactical coaching; providing technical and tactical debriefs between rounds / matches or after division completion; providing emotional support to athletes as required; facilitating the capture of video footage as required.
  - Provide assistance to ensure that team leadership and supervisory duties for events are being implemented. This may include but not be limited to: constant messaging of inspirational and motivational feedback to athletes; reviewing of individual and team goals and mission; cultivating a "champions' attitude" as collectively defined for events; instilling individual and national belief in knowledge, skills and abilities; monitoring for and addressing issues associated with safety, culture shock and environmental illness; and the reporting of infractions of the Karate Alberta code of conduct.
- 3. Assist coaches and athletes as requested by the Coaching Committee or the Karate Alberta Board of Directors (BOD)**
  - 4. Assist and perform other duties or tasks as requested by the Karate Alberta BOD.**

### **Key Performance Indicators**

- Collaborative accomplishment of defined Provincial Team mission and goals set for events
- Positive feedback from Provincial Team athletes based on athlete support, team leadership/supervisory and logistical elements defined above
- Positive feedback from fellow coaches on athlete support, team leadership/supervisory and logistical elements.

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