



Performance Coach Training Unit 1 - Plan

Training Course Report

(Completed By Course Director)

Candidate Name	Pete Edwards		
Candidate Registration No	137838		
Course Provider	Mountain Training UK and Ireland	Code	10007
Completion Date	05/09/2023		

Valley base(s)

05/09/2023 - The classroom, the gym and the wall

Weather

05/09/2023 - Weather : N/A, Wind Direction : N/A, Wind Speed : N/A, Ground : N/A, Visibility : N/A, Avalanche : N/A, Freezing : N/A

Training venues

05/09/2023 - Rock Over Climbing

Syllabus notes

05/09/2023 - 09-09:30 1) Introduction Outline the contents and rationale of the Performance Coach Core training Aligning the philosophy of: the scheme; this course; and our coaching Introduction to the philosophy and an understanding of the level of the Performance Coach Award What does it take to help good coaches become great? (explore, question, challenge, experiment, etc.) The what, how and why of performance coaching: Start with Why. 09:30 to 10:30 2) "Do No Harm" Athlete welfare & the foundation pillar that underpins everything else Understanding our remit, parameters and limitations as coaches An update on the current landscape for athlete welfare & safeguarding. Whole sport responses to the Whyte Report, etc – and how climbing coaches can comply with (and evolution of) best/safe practice. Benefit v risk assessment of intervention 10:30 to 11:00 3) Know your self Understanding how your philosophy will affect your behaviours and approach Consider your: role; your place (in the sector); your place (in a climber's development); your strengths, weaknesses and limitations as a coach. Case study: Mel Marshall – Adam Peaty's coach 11:00 to 11:15 Working coffee Continue discussion 11:15 to 11:45 4a) Know your athletes Understanding a "climber centred" approach 4b) Know your sport! Know what it takes to achieve key goals Explore the different types of climbers/clients we work with and how they differ. How do we adapt our delivery to suit their needs? Explore what they WANT vs what they NEED 11:45 to 12:30 5) Introduction to profiling Understand/explore why we do it Focus on process, not tools (climber centred) Understand success at assessment (goal is to develop your own tools + experience to apply them) Building the whole athlete – a fundamental and holistic starting point for high performance Explore the aims of profiling: • A benchmark/starting point • To identify opportunities to improve • To prioritise & tailor interventions and time • Feedback quality & objectivity • To measure progress & identify success 12:30 to 13:15 Lunch Take a break! 13:15 to 14:00 6) The Profiling Process Understand and explore the "What it takes to . . ." model Profile the task (and build description of "what it takes, to . . .") before you profile the climber. Case study: what it takes to win Three questions: 1. What is the minimum standard required? 2. What gets that person to the start? 3. What makes the difference? 14:00 to 16:00 7) Explore & experiment An exploration and knowledge share of various profiling tools and how/when/who we might use them A group of practical/workshop sessions based upon "not everything that can be measured, matters; and not everything that matters, can be measured." Be careful what you measure (& beware any unintended consequences). An in-depth understanding of Tech:Tac profiling and how the two relate Technical:tactical profiling in climbing (as well as other sports, e.g. sailing) Plan selection vs plan execution An exploration of Physical profiling (and how it relates to content in the PT2 module)? There is more to physical profiling than finger strength! Exploration of hip flexibility, shoulder function and stability; health vs performance metrics An introduction to gathering Psych metrics and how it builds on knowledge from Mental Skills Training. Psychological profiling Better questions deliver better results Understanding climber motivation 16-16:30 8) Back to "The bigger picture" How we ensure long term health of our climbers. Developing the whole climber, within the constraints of (climbing has to fit within) their real lives. Nutrition and lifestyle profiling – common sense advice vs risky triggers . . . 16:30 to 17:00 Briefing and clarity on the assignments: to be completed between this and the next module Encouraging divergence, creativity, critical review and experimentation Focus on "what I learnt" not "what I did" . . . for review Profiling assignment 1 – building a holistic evidence based profile of two climbers Profiling assignment 2 – completing a self-audit of coaching strengths and weaknesses against the full breadth of the profile tools.

Comments

Signed (Course Director)

Date

Martin Chester

20/09/2023