

# Nakkertok LTS Youth Coaches

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Nakkertok is looking for keen youth members who would like to be coaches with the Learn-to-Ski program (in particular the Jackrabbit Level 3 and Level 4 teams). We value the technical skills that Nakkertok Youth bring to the program and hope you enjoy the opportunity to develop your leadership skills and see if you have what it takes to be a coach. To sign up to coach, or for more information, please contact the LTS Director at [its.director@nakkertok.ca](mailto:its.director@nakkertok.ca).

## When and Where

Lessons start the first weekend after New Year's, and run for 9 weekends. For 2014 that means lessons will run from January 3/4 to February 28/March 1. There are three potential timeslots (pick one or more!):

- Saturdays from 10:00am to 12:00pm (a.k.a. Sat AM)
- Saturdays from 1:30pm to 3:30pm (a.k.a. Sat PM)
- Sundays from 1:30pm to 3:30pm (a.k.a. Sun PM)

Lessons run out of Nakkertok South, besides one trip to North for the Birkebeiner (during the Eastern Championships).

## Commitment

Ideally, we need youth coaches to commit to one or more timeslots for most of the lessons (e.g., 7 out of 9 lessons for Sat PM). If you would like to guest volunteer instruct for a lesson or two we would however also be interested in hearing from you. Youth Coaches between the ages of 14 and under 16 can be volunteer assistants (with hours counting toward high school volunteer hours), whereas coaches between the ages of 16 and 20 can be leads with an honorarium.

Nakkertok takes coach development seriously. We highly encourage you to start taking coaching courses to develop your knowledge of coaching theory and practice (the first course, Introduction to Community Coaching, can be taken as early as 14 years of age). If you are coaching for LTS, we will reimburse you for all coaching courses. This season's courses can be found at:

<http://nakkertok.ca/other-programs/coaching-courses/>

## Honorarium

Nakkertok members aged between 16 and 20, that are comfortable teaching both classic and skate techniques, are eligible for an honorarium based on coaching credentials:

- Youth Coaches that have completed Introduction to Community Coaching (ICC) in cross-country skiing will receive an honorarium of \$30 per lesson (for one timeslot of 9 lessons, that would be  $9 \times 30 = \$270$  for the season).
- Youth Coaches that have completed Community Coaching (CC) in cross-country skiing will receive an honorarium of \$36 per lesson (for one timeslot of 9 lessons that would be \$324 for

the season).

- Or you can choose to volunteer and have the hours count towards high school volunteer hours.

## **Police Records Check**

As per club policy, all coaches require a Policy Records Check. Nakkertok endeavors to provide a safe and fun environment for kids, with great mentors in the form of coaches and other volunteer positions. In Ontario the police records check is valid for three years and can be used for other volunteer activities; in Quebec the police records check is specific to each volunteer activity.

Please follow one of the following approaches as soon as possible:

### ***Have previously provided Nakkertok with a Police Records Check that is still valid***

Confirm with the Nakkertok Administrator at [admin@nakkertok.ca](mailto:admin@nakkertok.ca) that a copy of your valid Policy Records Check is on file. If so, please email [lts.director@nakkertok.ca](mailto:lts.director@nakkertok.ca) to let the LTS Director know.

### ***Already have a valid Police Records Check (other activity)***

Email a scanned copy of the Policy Records Check to the Nakkertok Administrator at [admin@nakkertok.ca](mailto:admin@nakkertok.ca) or mail a photocopy (not the original) to:

Nakkertok Nordic, PO Box 4476, STN E, Ottawa ON, K1S 5B4

### ***Residence of Ontario, and do not currently have a valid Police Records Check***

To ensure the police records check is free, print a copy of our program's Police Records Check Volunteer Letter, available at:

<http://nakkertok.ca/learn-to-ski/documents/>

Complete the Police Records Check Form available at:

<http://www.ottawapolice.ca/en/contact-us/request-a-background-check-or-police-report.asp>

Visit your nearest police station and bring the above completed documents along with two valid pieces of identification. Do not pay extra to speed up the process. Both pieces of identification must have your name and date of birth, and at least one piece of identification must include a photo.

Email the Nakkertok Administrator at [admin@nakkertok.ca](mailto:admin@nakkertok.ca) when you have a receipt of your submission. Record Checks are processed in 3-5 weeks (but may take longer). When you have your check completed, please either email a scanned copy to [admin@nakkertok.ca](mailto:admin@nakkertok.ca) or mail a photocopy (not the original) to the Nakkertok Administrator at:

Nakkertok Nordic, PO Box 4476, STN E, Ottawa ON, K1S 5B4

### ***Residence of Quebec, and do not currently have a valid Police Records Check***

Contact the Nakkertok Administrator at [admin@nakkertok.ca](mailto:admin@nakkertok.ca) who can act as a point person for Quebec residents with the police (2 photocopied pieces of ID required).