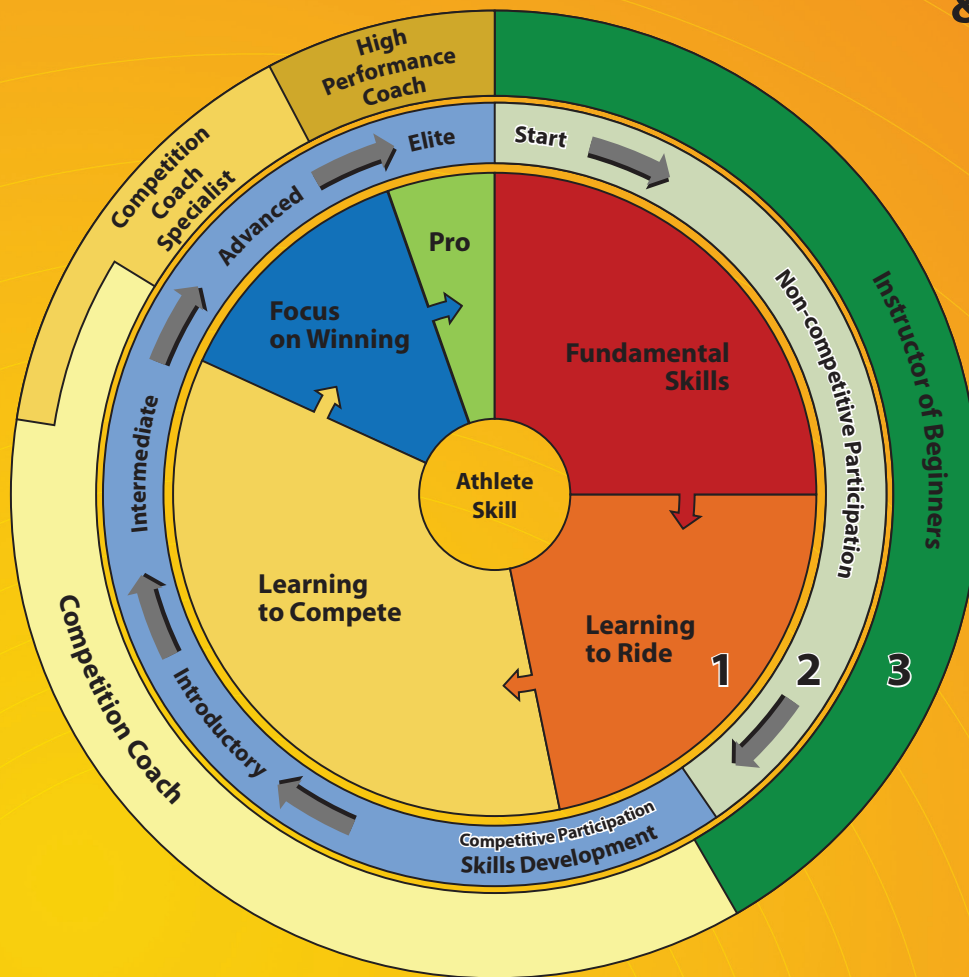


# Participant Involvement & Coach Selection



1. Identify your skill level in the inner circle.
2. Next, select your degree of competitive involvement.
3. Select the coach type that most fits your stage and context.
4. Find a current coach or instructor on the EC and provincial websites.

## Athletes Progress, Coaches Specialize

**Athlete Centred** = As participant skill increases, the coaching context and degree of competitive involvement change. Choose a coach that specializes in the requirements of your context.

**Coaching Certifications: Equal but Different.** While competitive coaches do have to have prior experience as an athlete in their certification context, coaches seek certification that best describes the majority of their clients, not their own skills as an athlete. Coaching certificate type is not a hierarchy. The certificate type does not necessarily indicate a coach or instructors' years of experience, degree of expertise, or prior personal competitive experience.