

**Level 2 coaches' practical report card**

Coachs' name: \_\_\_\_\_

CC passport no. \_\_\_\_\_

Required competency	A	B	C	Master coach name & signature**
Submit an seasonal training plan (club training plan)				
Submit a developed microcycle for each of the following phases as well as a developed session from each of these cycles. a- General phase b- Specific phase c- Competitive phase				
Disassemble and reassemble a biathlon rifle (1427 or 1827)				
Change a firing pin on a 1427 or 1827 biathlon rifle				
Adjust the trigger weight on a 1427-1827 biathlon rifle				
Submit a written report on the annual activities which the coach took part in including a minimum of 60 hours of supervised training at the club level or higher (the report must signed of by the club president)			Completed	
Shoot 100/200 points on a 2 position precision test				
Demonstrate the following ski skills: a- all 3 skate techniques b- diagonal stride				
Attend and coach at a provincial camp				
Attend and coach at provincial level race				
Demonstrate the ability to complete a race day ski base preparation for competition				
Complete the take home exam from the technical course				

\*\*The master coach must be a certified level-3 coach or division head coach.

A = The coach surpassed the required level of competency

B = The coach displayed an acceptable level of competency

C = The coach must increase her/his performance in this competency in order to meet certification requirements

**Recommendation for certification**

This coach has demonstrated an acceptable level of performance in all I required competencies and has met all other conditions for certification. The coach is therefore recommended for full certification at level 2.

\_\_\_\_\_  
 Master coach or divisional head coach

\_\_\_\_\_  
 Division president or representative