

Youth Coach in Training (YCIT) Development Checklist

Training & Certification

Done	Task	Date	Notes
■	NCCP Coach Initiation in Sport		
■	NCCP Safe Sport Module		
■	NCCP Making Headway in Sport		
■	Respect in Sport for Activity Leaders		

Team Participation

Done	Task	Date	Notes
■	Attend team practices regularly		
■	Attend games as a supportive bench staff member		
■	Assist with warm-ups and basic drills		
■	Help with team routines (e.g., equipment setup, water bottles)		
■	Demonstrate positive sportsmanship and behavior		
■	Observe mentor coach during practices and games		

Mentorship & Feedback

Done	Task	Date	Notes
■	Meet with mentor coach at least once per month		
■	Discuss goals and progress during mentorship meetings		
■	Receive and reflect on mentor feedback		
■	Participate in optional peer feedback (from younger players)		

Skill Development Goals

Done	Task	Date	Notes
■	Leadership: Demonstrates initiative and responsibility		
■	Communication: Uses clear, positive, and age-appropriate language		
■	Team Dynamics: Understands roles, teamwork, and inclusivity		
■	Safe Sport: Applies safe sport principles in practice		

■	Coaching Basics: Can lead warm-ups and simple drills confidently		
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Self-Reflection & Evaluation

Done	Task	Date	Notes
■	Pre-Season Program Reflection		
■	Ongoing Reflections (minimum of 1)		
■	Mid-season self-reflection submitted		
■	End-of-season self-reflection submitted		
■	Identify 2–3 personal strengths as a coach		
■	Identify 2–3 areas for growth		
■	Set 1–2 goals for future coaching development		

Program Completion

Done	Task	Date	Notes
■	All training modules completed		
■	Active participation in team practices/games		
■	Mentor feedback received		
■	Self-reflection journal completed		
■	Season debrief meeting attended		
■	Final evaluation completed		
■	Attended Ringette BC YCIT Season Debrief Meeting		