

C2C Parasport Mentorship Program

Ontario Parasport Collective Report
April 2023

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FOUNDATION

DELIVERED BY
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PROGRAM OVERVIEW

SCOPE

A mentorship program (i.e. providing mentor-coach matches, community of practice, professional development opportunities) to provide greater supports to coaches in parasport. A wide range of coaching contexts were targeted for the program cohorts (Grassroots to Provincial Level) with the experience of apprentice coaches in coaching parasport ranging from 0-5 years. 3 cohorts have completed the program since 2020.

OBJECTIVES

- ✓ Provide 50 parasport coaches with mentorship support
- ✓ Train apprentices in NCCP Coaching Athletes with a Disability
- ✓ Train mentors/apprentices and broader coach audience in leadership series

KEY LINKS TO OPC STRATEGY

- Support strategies including peer coaching, professional development and other tools are created
- Contribute to 70 Coach Apprentices
- Contribute to 220 Parasport Coaches Trained

KPIs at a Glance

62

Apprentice Coaches
Recruited

54

Apprentice Coaches
Trained in Mentorship
Program (87%
Completion Rate)

19

Mentor Coaches
Recruited/Trained in
Mentorship Program

362

#Coaches Trained

Key Challenges

Building a community of practice around the mentorship program.

in 2021-2022 we started utilizing a digital platform to develop community of practice. Due to the COVID-19 pandemic in-person events were not possible during first 2 cohorts and coaches were still hesitant to return to in-person activities in 2022-2023.

"Coaches desired a greater sense of community among members of the program outside their mentoring relationship."

(Alexander & Bloom, 2023)



Budget Summary

	2020-2021	2021-2022	2022-2023
<u>Revenues</u>			
OPC/OTF FUNDS	\$33,500	\$27,750	\$28,250
<u>Expenses</u>			
ADMINISTRATION	\$15,000	\$15,000	\$15,000
RESEARCH PARTNER	\$5,650	\$0	\$0
APPRENTICE SUPPORT	\$3,750	\$1,500	\$4,500
MENTOR HONORARIUMS	\$4,650	\$1,500	\$4,250
COACH TRAINING AND PD	\$5,840	\$2,966	\$5,139
MISC (SHIPPING, YEAR END SOCIAL, ETC)	\$2,279	\$2,485	\$2,272
TOTAL EXPENSES	\$37,169	\$23,451	\$31,161

\$91,781 Total Investment

Evaluation and Measurement



● Success Stories

"The new coach has made some serious progress and will be introducing a para rowing program in the Ottawa Community" - Mentor Coach

"I always thought that it's so important for everyone to be treated equal, no matter if they have a disability or not. But now with everything, with all these webinars and courses I've done, I think so much differently now. So my word is now inclusive like "you're not being inclusive". - Apprentice Coach

“ I believe that the Mentorship program, has had a positive impact, in helping coaches expand their knowledge and skills, to facilitate coaching para athletics ”

● External Evaluation

Alexander, D. & Bloom, G. A. (2023). Exploring coaches' experiences and perceptions of a virtual parasport coach mentorship program. *Psychology of Sport and Exercise*, 64, 102303.

● Sustainability

Cohort 4 in 2023-2024 will be the final cohort with OTF support. Coach2Coach Parasport Mentorship legacy to continue program established within the Targeted Mentorship programs support through Government of Ontario

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