



## Canadian Strength and Conditioning Association

### Canadian Strength and Conditioning Professional (CSCP) Legacy Application

#### OVERVIEW

The Canadian Strength and Conditioning Professional (CSCP) credential is allocated to an individual who has completed all academic and professional experience requirements set forth by the Canadian Strength and Conditioning Association. CSCP coaches have successfully demonstrated coaching and knowledge proficiency and are qualified to design and implement effective and safe strength and conditioning programs for athletes of all levels.

#### CSCP LEGACY DISTINCTION

The CSCP Legacy Distinction recognizes currently practicing strength and conditioning coaches that meet all requirements of the CSCP credential, and due to considerable professional coaching experience, are exempt from the New Professional pathway exam and mentorship requirements.

#### PREREQUISITES

- Applicants will have completed a university degree in Kinesiology, Human Kinetics, Exercise Science, Physical Education, Sports Sciences, Health Sciences, or a closely related field.
- Currently practicing as a strength and conditioning coach in the field of strength and conditioning, sports performance, sports science or other related field.
- Current CSCA General Member
- Current First Aid and CPR certification
- Safe Sport Course completion <https://safesport.coach.ca/participants-training>
- NCCP Make Ethical Decision course completion <https://coach.ca/nccp-make-ethical-decisions>
- 3 year work experience minimum for applicants who are working as a full-time strength and conditioning coach
- Minimum 5,000 cumulative hours for part-time and self-employed coaches

## FEES

<b>Application Fee</b>	<b>\$300.00</b>	
<b>NCCP Make Ethical Decisions Course</b>	<b>\$85.00*</b>	
<b>Safe Sport Training Course</b>	<b>Free</b>	
<b>5 year renewal fee</b>	<b>\$100.00</b>	

*\* A fee of \$85 will apply to those who choose to complete the NCCP Make Ethical Decisions online Evaluation without first taking the NCCP Make Ethical Decisions training. These fees are not managed by the CSCA.*

## Documents Required for Application:

- Professional resume
- Letter of reference 1 (strength coach)
- Letter of reference 2 (supervisor from a strength and conditioning position held)
- Letter of reference 3 (athlete or coach that was trained by you)
- Proof of Safe Sport and Making Ethical Decisions completion
  - Screenshot or pdf of Locker transcript
- Proof of University degree completion
- Verification of hours worked (only applicable to part-time and self-employed applicants)
  - Name of facility
  - Address
  - Contact information
  - Start date
  - End date
  - Average hours/week
  - Total hours
- Verification of employment (only applicable to applicants who have worked full time for 3 years)
  - Letter from employer stating start date, end date, hours per week

## **SAMPLE - CSCP Legacy Strength and Conditioning Coach or Supervisor Reference**

[reference name]

[position, company]

[address]

Dear CSCA Legacy Committee,

Please consider this as my endorsement of [name] for their application for the CSCP Legacy credential offered by the CSCA. I have known [name] for approximately [duration of time] and feel strongly that they meet the standards established for the CSCP Legacy distinction.

I am a [list your job title and company] and have had the opportunity to [work with/supervise] [name] [in what capacity, describe what was observed of candidate over time, describe the impact they had]. In my observations [name] has participated in the coaching of athletes at [identify athlete level] and have demonstrated extensive professionalism in the completion of their duties.

These combined experiences of [name] lead me to conclude that they meet the expectations of the CSCP Legacy distinction.

Thank you for your consideration of this letter.

Sincerely,

[your name]

[email]

[phone]

## **SAMPLE - CSCP Legacy Athlete/Coach Reference**

[reference name]

[position, company]

[address]

Dear CSCA Legacy Committee,

Please consider this as my endorsement of [name] for their application for the CSCP Legacy credential offered by the CSCA. I have known [name] for approximately [duration of time] and feel strongly that they meet the standards established for the CSCP Legacy distinction.

I am a [coach/athlete] for [name team] and have had the opportunity to work with [name, and in what capacity, describe what was observed of candidate over time, describe the impact they had on performance].

These combined experiences of [name] lead me to conclude that they meet the expectations of the CSCP Legacy distinction.

Thank you for your consideration of this letter.

Sincerely,

[your name]

[email]

[phone]