



Engineered Bodies — 9 April 2025

Date	9 April 2025
Format	Video call
CF3	Simon Damborg, President
Engineered Bodies	Anthony Agtarap

WHY WE MET

CF3 wants functional fitness coaches to have a recognised coaching pathway, the way coaches in other sports do. Anthony Agtarap of Engineered Bodies has been helping shape what that pathway should look like.

WHAT WE TALKED ABOUT

How a functional fitness coaching pathway could sit within Coach.ca's "Locker" system, with CF3 as the national body able to approve professional-development credit. What makes coaching this sport different, with multi-modality programming and managing an athlete on competition day identified as things the curriculum must cover. A three-level structure (provincial, national, international), and where Sport Canada and viaSport accreditation fit in the sport's longer-term development. How to get this work done through a committee with defined roles rather than in whole-board meetings.

WHAT IT MEANS FOR MEMBERS

A coaching credential that means something, built with input from the people it is for. Members will be asked what they value in a coach-development pathway before it is designed.

WHAT HAPPENS NEXT

CF3 is formalising a Coaching Committee through the board, surveying members, and writing the national documentation first so that provincial bodies can adopt it rather than start from scratch.