

SONL SUPER COACH WEEKEND SCHEDULE



Canada

sportNL

coachingNL

WHEN: NOVEMBER 2-4th, 2018

LOCATION: Lavrock Camp & Conference Centre

TIME: 5:30PM Friday November 2nd, 2018FRIDAY NOV 2nd, 2018

ROOM 1

ROOM 2

Make Ethical Decisions (MED) & Nutrition <i>Facilitator: Simon Blanks</i> 6:00-10:00PM	*Athletes with ASD & Challenging Behaviors <i>Facilitator: Kim McDonald-Wilkes</i> 6:00-10:00PM	
---	---	--

SATURDAY NOV 3rd, 2018

ROOM 1

ROOM 2

ROOM 3

Teaching & Learning <i>Facilitator: Tom Godden</i> 8:00-12:00PM	Prevention & Recovery <i>Facilitator: Laura Pottle</i> 9:00-5:00PM	SO Competition Coaching Course <i>Facilitator: Mike Daly</i> 8:00-5:00PM
Planning a Practice <i>Facilitator: Tom Godden</i> 1:00-5:00PM		

SUNDAY NOV 4th, 2018

ROOM 1

ROOM 2

ROOM 3

Design a Basic Sports Program <i>Facilitator: Mike Kay</i> 8:00-12:00PM	*Athletes with ASD & Challenging Behaviors <i>Facilitator: Kim McDonald-Wilkes</i> 8:00-12:00PM	SO Competition Coaching Course <i>Facilitator: Mike Daly</i> 8:00-12:00PM
--	---	--

***ATHLETES WITH CHALLENGING BEHAVIOURS - Professional Development**

* This is not an NCCP module, this will be an interactive information session for any volunteer interested in receiving information, tips and tricks when coaching athletes of this nature. Participants will receive PD credits from NCCP for completion of this session.

MAKE ETHICAL DECISIONS (MED) - Competition Introduction Level

- * analyze a challenging situation and determine if it has moral, legal or ethical implications;
- * apply the NCCP Ethical Decision-Making Model to properly respond to each situation in a way that is consistent with the NCCP Code of Ethics.
- * be fully equipped to handle virtually any ethical situation with confidence and surety

NUTRITION - Competition Introduction Level

- * determine if foods and beverages consumed by your athletes before, during and after training are
- * offer suggestions for more suitable food and beverage alternatives when necessary;
- * gain a better understanding of the best way to promote healthy food choices that are consistent with basic

TEACHING AND LEARNING - Competition Introduction Level

- * assess your own beliefs regarding effective teaching;
- * analyze certain coaching situations to determine if they promote learning;
- * create conditions that promote learning and self-esteem through:
 - ~ appropriate consideration of the effective, cognitive and motor dimensions of learning;
 - ~ the use of words and methods that relate to an athlete's preferred learning style;
 - ~ a sound organization;
 - ~ active supervision; and
 - ~ the use of well-formulated feedback offered at the right time and with the right frequency.
- * use teaching assessment grids to gather objective information on teaching effectiveness, and use

PLANNING A PRACTICE - Competition Introduction Level

- *organize a well-structured practice plan with safe, age-appropriate activities you've designed to match the proficiency level of participants;
- *identify potential risk factors that could impact the sport and practice activities;
- *create an emergency action plan; and
- *identify practice goals and design activities that offer the best training benefits for the athletic skills re

SO COMPETITIVE COACHING COURSE

* have knowledge in various associated disabilities, basic delivery of sport skills, sport-specific and competition-based fitness, & safety.

DESIGN A BASIC SPORT PROGRAM - Competition Introduction Level

- * create a sound outline for your sport program that include competition and training event;
- * compare your program to those outlined by the NCCP in terms of long-term athlete development;
- * assess the athletic development opportunities your program offers, and identify ways to remedy any
- * interpret the information in a sample program, identifying training priorities and objectives at certain
- * establish a link between your program's training objectives and the content of practice sessions.

PREVENTION AND RECOVERY - Competition Development Level

- * identify common injuries in your sport and develop appropriate prevention and recover strategies to keep your athletes injury-free during training & competition;
- * offer valuable information & guidance on hydration, nutrition & sleep as they relate to injury prevention;
- * choose skills & drills that help athletes perform appropriate warm-ups & cool-downs;
- * develop functional evaluations for an athlete's return to play;
- * implement recovery & regeneration techniques to help an athlete maintain or return to optimal performance post injury.