



Welcome to SO Coaches Corner! Your monthly update highlighting training opportunities for our valued coaches and program volunteers!

Please be sure to check out all the exciting training and professional development opportunities available!

"It's a time to focus on abilities, not disabilities."

Jason Shawndale Steen

Special Olympics Coaching Resources

Did you know that Special Olympics had a full website dedicated to coaching resources?

Visit

https://resources.specialolympics.org/Taxonomy/Sports_Essentials/_Catalog_of_Sports_Essentials.aspx?source=RR

Each sport has its own resource catalog, packed full of great information including, practice plans, athlete assessment tools, nutrition information specific to each sport and much more!

Each of these sport guides can also be found in the App Store (For both IOS and Android Devices) so you can reference the materials on the move!



Your Online Training Portal

www.solearn.ca This site provides training, certification, professional development and learning resources for registered Athlete, Coaches & Volunteers of Special Olympics Canada!

SONL is proud to offer a FREE VOLUNTEER T-SHIRT to individuals who complete the SONL Volunteer Training section (limited supplies)!

Visit www.solearn.ca, click on Volunteers then our province to find our Volunteer Orientation Course. More details on page 4

5 Effective Leadership Practices

Leadership requires practicing all of these behaviors to various degrees at different times. The 5 leadership practices of exemplary leadership and the 10 leadership commitments that are "the behaviors that serve as a basis for learning to lead" are presented below. Although there are 5 practices, there is no liner sequence in their practice.

1. Model the way

Clarify your values by finding your voice and affirming shared ideals

Set the example by aligning actions with shared values

2. Inspire a shared vision

Envision the future by imagining exciting and ennobling possibilities

Enlist others in a common vision by appealing to shared aspirations

3. Challenge the process

Search for opportunities by seizing the initiative and looking outward

Experiment and take risks by constantly generating small wins and learning from experience

4. Enable other to act

Foster collaboration by building trust and facilitating relationships

Strengthen others by increasing self-determination and developing competence

5. Encourage the heart

Recognize contributions by showing appreciation for individual excellence

Celebrate the values and the victories by creating a spirit of community

Nutrition - Tournament Tips

Fluids and foods for multi-event/multi-training days

On multi-event/multi-training days, nutrition provides:

- Sustained energy;
- Physical comfort; absence of hunger;
- Mental focus for best technique and skill execution

Targets:

- Adequate fluid and electrolyte intake;
- High carbohydrate, adequate protein, and low fat

Why?

- To replace fluid levels, preventing excessive dehydration;
- To prevent excessive changes in electrolyte balance;
- To provide energy before and during training or competition;
- To prevent hunger

- To supply food that is quickly and easily digested;
- To ensure energy and nutrients to recover and prepare for the next training session or competitive event.

Timing and meal/snack size are related. The amount and type of food you consume will vary based on the time you have between the meal/snack and the next competition or training session. Recovery fluid and food intake after one exercise session may be your pre-exercise nutrition for the next event. Think fluid and carbohydrates.

Eat a high-carbohydrate meal or snack, 2 to 4 hours before your event. Allow time for digestion:

- 3-4 hours for a large meal
- 2-3 hours for a smaller meal
- 1-2 hours for a small snack or blender/liquid meal or whatever your own tolerance indicates.

To learn more visit <https://www.coach.ca/tournament-tips-p154659>



National
Coaching
Certification
Program

Curling Coach Course

WHEN: Jan 27th 9-5pm

WHERE: Remax Center, St. John's

WHO: Any club with an existing Curling program or looking to start on during the 2018 or 2019 season!

We will cover the cost of travel, accommodation and course fees for 1 coach per club!

Contact Mike Daly miked@sonl.ca for registration details.



NCCP

National Coaching Certification Program

In Class Schedule

WINTER 2018

Central and Labrador Dates TBA

Competition-Introduction

(All courses to take place at Sport NL Building 129A Kenmount Road)

Thursday, Jan 25th 6-10pm

Planning a Practice

Wednesday, Feb 7th 6-10pm

Design Basic Sport Program

Saturday, Feb 24th 9-12pm

Making Ethical Decisions

1-5pm Basic Mental Skills

Sunday, March 4th 9-10:30am

Nutrition

11-5pm Teach and Learn

Competition-Development

Sunday, Feb 4th 9-5pm

Psychology of Performance

Sunday, Feb 18th 9-5pm

Developing Athletic Abilities

Saturday, March 3rd 9-5pm

Prevention and Recovery

SO Competitive Coaching Course

Feb 3rd and 4th Host: Mt. Pearl

Contact Mike Daly miked@sonl.ca to register.

Registration Info:

<https://thelocker.coach.ca/Account/Login>

Step 1: If you are already a member of the locker please enter you NCCP # or e-mail and password. If you have forgot your password, or never had one it can be retrieved or created instantly.

Step 2: Once you have successfully entered your username and password - click the "Calendar" tab in the top right corner of the web site. Once you are in the event calendar you can sort it accordingly to find the course you wish to attend. You can filter the calendar by sport and province.

Step 3: Once you have clicked on the event you wish to take, the details will come up on the right side - click on "Register for this event"

If you never taken an NCCP course in any course on the Locker home page click on the link that says "[Don't have an account? Create one now!](#)"

Once you have received your NCCP password for the Locker you will be able to register for a course by following steps 2 and 3.

www.coachingnl.ca

SONL VOLUNTEER ORIENTATION



Get Your Free Volunteer T-Shirt! Sign Up!

Free Volunteer T-Shirt

Limited offer! The Newfoundland Volunteer Orientation Online Training is mandatory for all SONL Volunteers!! Sign up today!



COMMIT TO KIDS FOR COACHES ONLINE TRAINING

This online training provides coaches with practical information to help them enhance child and youth safety in sport. The goal of the training is to empower coaches and support the great work they are doing with child and youth athletes.

FAST FACTS

700

SONL has over 700 athletes!

1000

SONL has over 1000 volunteers!

FOR MORE INFORMATION

Go to www.solearn.ca

Click [Log In](#) (Top Right Hand Side)

Log in or create an account

Click on [Special Olympics Newfoundland Volunteer Orientation](#)

www.solearn.ca

Commit to Kids for Coaches Online Training

The Commit to Kids for Coaches online training addresses the importance of understanding boundaries, sexual misconduct and reporting of inappropriate behavior.

Specifically, users will learn about:

- Child sexual abuse
- The grooming process
- How to handle disclosures of child sexual abuse
- The impact of child sexual abuse
- How to create a Child Protection Code of Conduct for your organization
- Policies and procedures to use to protect children in your organization
- The Canadian Centre for Child Protection's Commit to Kids child sexual abuse prevention program for child-serving organizations

How does the training work?

1. The training is delivered through a 2.5 hour online training course divided into 8 separate modules.
2. The training course can be completed in one or multiple sittings from a computer, tablet, or smartphone with access to the internet.
3. Once all 8 modules are completed, users will input their National Coaching Certification Program (NCCP) ID number and birthdate prior to starting the multiple choice knowledge validation test to facilitate the awarding of NCCP professional development (PD) points towards maintenance of certification.
4. In addition to the NCCP PD Points, a certificate of completion is made available for download immediately once the user has successfully completed the knowledge validation test.

How much does the training cost?

The cost of the Commit to Kids for Coaches online training is \$12 per individual with a NCCP ID number. (Contact kimm@sonl.ca if you are unsure of your NCCP number).

Access to the training is terminated when the certificate of completion is issued or after 60 days of the training license registration, whichever is

soonest. Clubs with 10 or more individuals can inquire about a group rate, as well as how to

obtain a free copy of the full Commit to Kids program. The training cost is non-refundable and does not include taxes. Notwithstanding, the Canadian Centre for Child Protection reserves the right to refuse or terminate access to anyone at any time, as its sole discretion.

How do I get started?

Individuals and small groups must [purchase a license](#) to access the training. Clubs with 10 or more individuals can contact 1-800-532-9135 to sign-up their team. You will be required to agree to an end-user license agreement before starting the training.

www.protectchildren.ca



CANADIAN CENTRE for CHILD PROTECTION™

Helping families. Protecting children.