



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!

**"A coach is someone who can give correction without causing resentment"**

*John Wooden*

## 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](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](http://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](http://www.solearn.ca), click on Volunteers then our province to find our Volunteer Orientation Course. More details on page 4

## 3 Tips for Delivering a Clear Message

As a coach, it's essential for you to talk about you and your team's aspirations and values. Athletes and those who support them need frequent reminders about why they are working so hard or struggling to resolve a difficult problem.

There are a variety of situations you will experience as a coach where the most appropriate leadership action is to get your message across:

- **You need to name an issue that will continue to prevent your athletes from achieving their goals unless it's resolved.**
- **You want to challenge a decision or prevailing point of view that you believe is based on faulty assumptions**
- **You want to correct a situation that is putting your athletes at a disadvantage**
- **You want to reinforce the important contributions being made by the volunteers who organize competitions.**

*Elf others are to understand your point of view, you need to deliver a clear message - one where there's no doubt about what you mean. Delivering a clear message is about:*

1. **WHAT to say;**  
*I See:* telling other the issue you want to talk about  
*I Think:* Add your opinion to the message  
*I Feel:* State your feeling about the situation  
*I NEED:* be clear about what you want to happen
2. **HOW to say it;**  
*tone of voice / slow down / avoid up-notes*
3. **NON-VERBAL cues an BODY LANGUAGE**  
*Eye contact*  
*Check emotions / facial expression*  
*Communicate as a leader - Stand tall*  
*Eliminate distractions*

## Nutrition - Cold Weather Tips

### Special Considerations

Special attention to adequate fuel and fluids is imperative in cold weather sports. Some of the issues that are unique to these sports include.

- **Cold temperatures** increase the risk of hypothermia and can reduce the desire to eat and drink;
- **Shivering** increases energy expenditure through the use of carbohydrate (glycogen) in the muscle, making the athletes more prone to fatigue;
- **Location of training and competition** can limit access to food and fluid, making the athletes more likely to neglect to fuel and hydrate adequately.

**Hydration:** Athlete participating in sports involving multiple training or competition runs (skiing, snowshoeing etc.) need to make a special effort to hydrate. Since fluids are not usually taken in actual competition, pre-hydration is important, and care should be taken to hydrate between events or training runs.

To ensure optional hydration, athletes should be encouraged to:

Wear or carry a water bottle on a belt or in a backpack during warm-up;  
Carry a water bottle in a bag during training  
Wrap bottles in clothing to keep them off the group and prevent freezing in sub-zero temps  
Pack a warm drink or soup in insulated containers to reduce the risk of hypothermia  
Use non-breakable bottle that can be opened without having to remove gloves

**Fueling:** Since cold weather suppresses appetite, it can be east for athletes to not eat enough until meal breaks or the end of training. To help ensure optional performance and prevent physical and mental fatigue, athletes should be encouraged to:

Bring carb-based snacks that are cold-tolerant, east to digest, & can be handled with gloves.  
Use unbreakable, easy-to-open containers  
Take a few bites of carb-based snack after each run.

To learn more visit <https://www.coach.ca/nutrition-for-cold-weather-sports-p154658>



National  
Coaching  
Certification  
Program

## SO Golf Coaching Course

**WHEN:** April 21<sup>st</sup>, 9-5pm

**WHERE:** Fraser Rd. United Church, Gander

**WHO:** Any club with an existing Golf program or looking to start one during the 2018 or 2019 season!

We will cover the cost of travel (1 Vehicle), accommodations (1 Room), Meals and course fees for 2 coaches per club!

Contact Mike Daly [miked@sonl.ca](mailto:miked@sonl.ca) for registration details.



**GOLF**  
Special Olympics Coaching Guide



Special Olympics  
August 2003



## NCCP

National Coaching Certification Program

In Class Schedule

**WINTER/SPRING 2018**

Central and Labrador Dates TBA

**Competition-Introduction**

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

**Sunday, March 4<sup>th</sup>**

**9-10:30am** Nutrition

**11-5pm** Teach and Learn

**Competition-Development**

**Saturday, March 3<sup>rd</sup> 9-5pm** Prevention and Recovery

**Thursday, May 10<sup>th</sup> 6-10pm** Manage a Sport Program

**Saturday, May 26<sup>th</sup>-27<sup>th</sup> 9-5pm** Performance Planning

**Saturday June 9<sup>th</sup> 9-4pm** Advanced Practice Planning

**SO Competitive Coaching Course**

**March 17<sup>th</sup> and 18<sup>th</sup>**

**Host: Exploits Hurricanes**

**Location:** Sprucewood Academy GFW Side Entrance

**Contact Mike Daly [miked@sonl.ca](mailto: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](http://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](http://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](http://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](mailto: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](http://www.protectchildren.ca)



CANADIAN CENTRE for CHILD PROTECTION™

Helping families. Protecting children.