

## Special Olympics Alberta Coach Development Workshops

This Coach Development program will focus on providing sport science education, support and services to identified Special Olympic coaches in Alberta. A series of workshops will be held in both Calgary and Edmonton for the coaches to attend; providing them with an interactive learning environment. A sport science professional will facilitate the workshop and provide an open dialogue for all of the coaches to advance their understanding on each topic. The 5<sup>th</sup> and final workshop, will provide each coach with an opportunity to share with their colleague's what they have learned and how this will affect their coaching in the future.

The program will be delivered in both Edmonton and Calgary, so coaches may travel to either location that is most convenient for them. The sessions will be held from 7:30 pm – 9:00 pm each night at the following locations:

Calgary Region  
Mount Royal University (Recreation)  
U281 (Physical Literacy Lab)  
4825 Mount Royal Gate SW  
7:30 pm – 9:00 pm  
Contact: Reid Bilben  
403-700-6574

Capital Region (Edmonton)  
University of Alberta (Saville Sport Centre)  
Tennis Side Room  
11610 65 Ave NW  
7:30 pm – 9:00 pm  
Contact: Michael Cook  
780-903-7011

### **Tuesday, September 24<sup>th</sup>, 2019**

#### **Personal Communication – effective verbal and nonverbal communication**

*This session will focus on learning how effective both forms of communication can be when interacting with athletes, parents and other coaches. Coaches will leave this session able to recognize and identify different situations or contexts in which to use these powerful forms of communication. Coaches will also have an opportunity to practice the skills and strategies discussed in this workshop.*

### **Tuesday, October 29<sup>th</sup>, 2019**

#### **How to Build an Effective Coaching Staff**

*Participants in this workshop will discuss what steps are needed to build a coaching staff that can lead, work together and ultimately support athletes in their athletic ambitions. Elements of this workshop will include building robust relationships among staff, selecting appropriate assistant coaches based on experience, individual personalities and creating a supportive team culture.*

### **Tuesday, November 26<sup>th</sup>, 2019**

#### **Training Athletic Abilities in all of our Athletes**

*The focus of this session will discuss how to identify and evaluate your athlete's athletic abilities, prescribe appropriate training prescription and how to establish basic principles of monitoring training loads.*

### **Tuesday, January 28<sup>th</sup>, 2020**

#### **Understanding the Impact Mental Skills has on Performance**

*Participants will learn from a Mental Performance Consultant how an athletes (or coach) mental skills can positively or negatively impact their performance. Coaches will learn how to use skills such as positive self-talk, visualization and goal setting to help them reach their coaching objectives. Coaches will also learn how to incorporate mental skill training into their technical training sessions so that athletes are able to expand their mental skills which may lead to greater performances.*

### **Tuesday, February 25<sup>th</sup>, 2020**

#### **Coach Presentations**

*This session allows coaches to share what they have learned over the past 4 workshops and how it will affect their coaching philosophy, program delivery and ultimately how they lead their athletes in competition. Each coach will have 5 -10 mins to share their new learnings with their colleagues.*

**Coaches can register through the following link: <https://forms.gle/CDAdB6Sa4opjzpD47>**