

International Coaching School SPORT PERFORMANCE COACHING CERTIFICATE

May 24th to June 3rd – Canadian Sport Institute Online Delivery

PURPOSE: A 9 day event providing coaches the opportunity to complete NCCP Multi-Sport Comp-Dev modules on line

Canadian Sport Institute Pacific is pleased to present the suite of NCCP Competition Development modules in an on-line format allowing coach's to complete a number of modules as part of the International Coaching School

Modules

**Advanced Practice Planning
Coaching and Leading Effectively
Developing Athletic Abilities
Manage A Sport Program
Managing Conflict
Performance Planning
Prevention and Recovery
Psychology of Performance**

CSI Pacific offers a bundled price for all 8 modules of \$900.00

Registration link: <https://thelocker.coach.ca/event/registration/7158>

Registration for individual modules is now open with an early bird discount of 10% until May 13th.

2022 International Coaching School

Sport Performance Coaching Certificate NCCP Modules

MANAGING CONFLICT

Early Bird \$135.00

Full cost \$150.00

Friday 3rd June 8.00am to 5.30pm

This module will allow coaches to:

- Identify common sources of conflict in sport.
- Determine which individuals or groups are most likely to find themselves in situations involving conflict.
- Learn important skills that will help coaches prevent and solve conflict resulting from misinformation, miscommunication, or misunderstanding.
- Develop skills that will empower you to listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials, and other coaches.

COACHING AND LEADING EFFECTIVELY

Early Bird \$171

Full cost \$190

May 25th, 26th, 27th and 30th 11.30am-2.00pm

This module gives coaches the skills needed to:

- Promote a positive image of sport, and model it to athletes and those supporting their performance.
- Deliver clear messages and explanations when communicating with athletes and their supporters.
- Identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.

PERFORMANCE PLANNING

Early Bird \$180

Full cost \$200

May 27th, 30th, 31st, June 1st and 2nd 8.00am-10.30am

In order to achieve peak performance, an athlete's training program needs to be periodized according to the demands of their sport as well as their individual development needs. The Performance Planning module allows coaches to reflect on the structure of a yearly plan and appropriately sequence training and development priorities so as to achieve peak performance.

After completing this module, coaches will be able to:

- Perform a thorough analysis of the demands of their athletes' sport at the elite (high performance) level.
- Outline a program structure based on training and competition opportunities.
- Identify appropriate measures for promoting athlete development within their own program.
- Integrate yearly training priorities into their own program.
- Organize and sequence training priorities and objectives on a weekly basis to optimize adaptations.
- Evaluate the ability of their athletes/team to perform up to their potential in competition.

**Includes two-hour online pre-workshop session.*

DEVELOPING ATHLETIC ABILITIES

Early Bird \$184.50

Full cost \$205

Tuesday 24th May 8.00am-5.30pm

After completing this module, coaches will:

- Be able to implement general and sport-specific training protocols and methods to effectively develop or maintain the athletic abilities necessary for their sport.
- Know how to apply training principles and variables to training methods that build fitness, endurance, strength, speed, and sport-specific conditioning.
- Be able to select and adapt testing and training protocols.

Includes two-hour online pre-workshop session.*ADVANCED PRACTICE PLANNING**

TIME

Early Bird \$135

Full cost \$150

Thursday 2nd June 11.30am to 5.30pm

For individual training sessions to effectively contribute to the overall objectives of an annual training plan, a coach must understand the outcome of each training session and how their cumulative effects will contribute to athletic development. The Advanced Practice Planning module examines the impact of daily training sequencing and the manipulations that can affect training outcomes.

After completing this module, coaches will be able to:

- Identify the factors that affect practice planning.
- Ensure that practice plans are consistent with the microcycles and phases of which they are part.
- Sequence exercises in a practice so that their order is consistent with the research on sequencing.
- Develop a plan for training athletic abilities over a microcycle.
- Develop a plan for training technical and tactical abilities over a microcycle.
- Develop a plan for a microcycle that helps athletes taper before a competition.

MANAGE A SPORT PROGRAM

Early Bird \$135

Full cost \$150

May 25th and 26th 8.00am to 10.30am

As coaches begin to take on more responsibility, they are expected to plan and execute tasks that go beyond the delivery of daily training and the management of the daily training environment. The Manage a Sport Program module provides coaches with the opportunity to plan and interact with program budgeting, setting staff and team expectations, arranging team travel, building athlete agreements, and reporting on athlete/team progress. This module is perfect for any club head coach, provincial team coach, aspiring team manager, or technical administrator.

After completing this module, coaches will be able to:

- Manage administrative aspects of the program and oversee logistics.
- Manage staff's roles and responsibilities.
- Manage camp and tournament finances and travel.
- Report on athlete progress throughout program.

PSYCHOLOGY OF PERFORMANCE

Early Bird \$162

Full cost \$180

May 25th, 26th and 27th 3.00pm to 5.30pm

Completing this workshop will allow coaches to:

- Help athletes learn to manage distractions and use visualization techniques to prepare themselves technically and tactically for training and competition.
- Learn how to work with athletes or teams to identify performance and process goals related to their ability to focus on performance.
- Learn debriefing skills that can be used to help athletes assess their performance in both training and competition.

PREVENTION AND RECOVERY

TIME

Early Bird \$162

Full cost \$180

May 30th, 31st and June 1st 3.00pm to 5.30pm

After taking this workshop, coaches will have the knowledge needed to:

- Identify common injuries in their sport and develop appropriate prevention and recovery strategies to keep their athletes injury-free during training and competition.
- Offer valuable information and guidance on hydration, nutrition, and sleep as they relate to injury prevention.
- Choose skills and drills that help athletes perform appropriate warm-ups and cool-downs.
- Develop functional evaluations for an athlete's return to play.
- Implement recovery and regeneration techniques to help an athlete maintain or return to optimal performance post-injury.

International Coaching School 2022 Schedule									
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
	24-May	25-May	26-May	27-May	30-May	31-May	1-Jun	2-Jun	3-Jun
8.00am to 10.30am	Developing Athletic Abilities Marc Bowles	Managing A Sport Program Candice Drouin		Performance Planning Candice Drouin/Conan Cooper				Managing Conflict Gail Donohue	
Break									
11.30am to 2.00pm	Developing Athletic Abilities Marc Bowles	Coaching and Leading Effectively Gail Donohue				No modules scheduled		Advanced Practice Planning Conan Cooper	Managing Conflict Gail Donohue
Break									
3.00pm to 5.30pm	Developing Athletic Abilities Marc Bowles	Psychology of Performance Candice Drouin			Prevention and Recovery Conan Cooper			Advanced Practice Planning Conan Cooper	Managing Conflict Gail Donohue