



National
Coaching
Certification
Program

2007-2008 NCCP LEVEL 4/5 COACHING TASKS

These courses are open to all competitive coaches.

Level 4 Task 6: Recovery and Regeneration

Review common skating injuries and mechanisms for healing and recovery; non-adaptive responses to training/stress; neurological fatigue and recovery; physical therapies to aid recovery; techniques to aid relaxation. The course assignment will be completed in class.

Presenter: **Barry Bartlett**

Date: Dec. 9 (19:00-22:00) & Dec. 10 (09:00-17:00)

Location: Toronto, ON Marriott Toronto Airport 901 Dixon Rd.

Level 3 Technical/Level 4 Task 9: Advanced Skills Training in Singles

Plan, conduct and evaluate a variety of practical coaching sessions (planning a practice, analyzing performance) of skills training for competitive figure skaters in singles.

Presenter: **Doug Leigh**

Date: Monday, January 21 (9:00–16:00)

Location: Burnaby, BC Burnaby 8 Rinks 6501 Sprott St.

Level 4 Task 8: Psychological Preparation of the Athlete

Develop, implement and refine a mental training program/performance plan for competitive figure skaters to mentally prepare for training in the pre-competitive, competitive and post-competitive phases.

Presenter: **Dr. Penny Werthner**

Date: Sunday, February 3 (8:30-16:30)

Location: Ottawa, ON Westin Hotel, 11 Colonel By Dr.

For more information contact Shannon Youmelle, Coaching Administrator at
syoumelle@skatecanada.ca or 1-888-747-2372 ext. 2572

***Registration form is attached.*



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**NCCP LEVEL 4/5 COACHING TASKS
REGISTRATION FORM**

| | |
|-------------------------|-----------------------|
| Name: _____ | SC #: _____ |
| Address: _____ _____ | CAC Passport #: _____ |
| Postal Code: _____ | Phone #: _____ |
| Email: _____ | Fax #: _____ |

NCCP Level of certification: _____

Please indicate (✓) selected task or tasks.

| | | | | | |
|---------------------------------|-------------------------------------|--------------|-----------------|-------|--------------------|
| <input type="checkbox"/> Task 6 | Recovery and Regeneration | Dec. 9&10/07 | Mississauga, ON | \$150 | |
| <input type="checkbox"/> Task 9 | Advanced Skills Training in Singles | Jan. 21/08 | Vancouver, BC | \$125 | |
| <input type="checkbox"/> Task 8 | Mental Prep for the Athlete | Feb. 3/08 | Ottawa, ON | \$100 | |
| | | | | | _____ Total |

Cheque enclosed payable to Skate Canada **or** pay by credit card.

Name of cardholder: _____ **Credit Card:** Visa **or** MasterCard

Card #: _____ **Expiry date:** _____

Signature: _____

Send to: Skate Canada Coaching Department
865 Shefford Rd. Ottawa, Ontario K1J 1H9
Toll Free: 1-888-747-2372 ext. 2572, Toll Free Fax: 1-877-211-2372
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