

COACH EDUCATION NIGHT – TUESDAYS

COURSE TITLE	COURSE DATE	COURSE TIME	COURSE FEE	COURSE DESCRIPTION	WHO SHOULD TAKE THIS COURSE	FACILITATOR(S)	LOCATION
Podium Series	October 19th	6:30pm - 9:30pm	Free			T.B.A.	Swiler's Complex Multi-purpose Room
Making Ethical Decisions	October 26 th	6:30pm - 9:30pm	Free	Become informed with the NCCP Code of Ethics and how to make ethical decisions based on the NCCP decision making framework.	Coaches looking to complete the Part A of the Introduction to Competition Stream. Those who teach children or adolescents basic sport skills to prepare them for a local or regional competition.	Roger McGrath	Swiler's Complex Multi-purpose Room
Nutrition for the Athlete	November 2nd	6:30pm - 9:30pm	Free	Learn proper athlete nutrition for before, during, or after practice and competition. Assess common food choices to promote the best options for optimal sport nutrition.	Coaches looking to complete the Part A of the Introduction to Competition Stream. Those who teach children or adolescents basic sport skills to prepare them for a local or regional competition.	Kathy Murphy	Swiler's Complex Multi-purpose Room
Practice Planning: Part I (two night session)	November 9th	6:30pm - 9:30pm	Free	After completing both part I and II of this session, you will have the skills necessary to organize a structured practice for your athletes. Coaches will be able to design a plan appropriate for the skill level, age, and goals of their athletes.	Coaches looking to complete the Part A of the Introduction to Competition Stream. Those who teach children or adolescents basic sport skills to prepare them for a local or regional competition.	Kathy Murphy	Swiler's Complex Multi-purpose Room

Practice Planning: Part II (two night session)	November 16 th	6:30pm - 9:30pm	Free	After completing both part I and II of this session, you will have the skills necessary to organize a structured practice for your athletes. Coaches will be able to design a plan appropriate for the skill level, age, and goals of their athletes.	Coaches looking to complete the Part A of the Introduction to Competition Stream. Those who teach children or adolescents basic sport skills to prepare them for a local or regional competition.	Kathy Murphy	Swiler's Complex Multi-purpose Room
Podium Series	November 23 rd	6:30pm - 9:30pm	Free			T.B.A.	Swiler's Complex Multi-purpose Room
Fundamental Movement Skills	November 30 th	6:30pm - 9:30pm	Free	Designed for current NCCP – Learning facilitators	Learning facilitators, coaches, parents, and youth leaders who work with children ages 3-10 in a sporting environment.	Jill Brewer and Natalie Godden	Swiler's Complex Multi-purpose Room
School Sport Module – “Coaching in NL Schools”	December 7 th	6:30pm - 9:30pm	Free	This module focuses on coaching sports and athletics within the school setting, specifically in Newfoundland and Labrador.	Coaches, teachers, and volunteers involved in sport within the school setting in Newfoundland and Labrador. Those looking to further their skill development in regards to school sport in our province.	Karen Richard	Swiler's Complex Multi-purpose Room
Competition Development – Leading Drug Free Sport	December 14 th	6:30pm - 9:30pm	Free	Become aware of policies and rules regarding doping within sport. Learn how to obey these guidelines and build a community for your athletes that is doping-free.	Coaches looking to complete the Competition Development Stream. Those who work with athletes to refine and develop advanced skills as well as prepare them for Canada Games, provincial, and national competition.	Patti Thorne	Swiler's Complex Multi-purpose Room

INTRODUCTION TO COMPETITION

PART A - COURSES

COURSE TITLE	COURSE DATE	COURSE TIME	COURSE FEE	COURSE DESCRIPTION	WHO SHOULD TAKE THIS COURSE	FACILITATOR(S)	LOCATION
Part A - Introduction to Competition: Making Ethical Decisions, Nutrition for the Athlete, and Practice Planning.	October 16 th and 17 th	Oct. 16 th : 6:30pm-9:30pm Oct. 17 th : 9:00am-5:00pm	Free	<p><u>Making Ethical Decisions:</u> Become informed with the NCCP Code of Ethics and how to make ethical decisions based on the NCCP decision making framework.</p> <p><u>Nutrition for the Athlete</u> Learn proper athlete nutrition for before, during, or after practice and competition. Assess common food choices to promote the best options for optimal sport nutrition.</p> <p><u>Practice Planning:</u> After completing both part I and II of this session, you will have the skills necessary to organize a structured practice for your athletes. Coaches will be able to design a plan appropriate for the skill level, age, and goals of their athletes.</p>	Coaches looking to complete the Part A of the Introduction to Competition Stream. Those who teach children or adolescents basic sport skills to prepare them for a local or regional competition.	Kathy Murphy Roger McGrath Dave Feener	St. John's (Swiler's Complex – MUN)

<p>Part A - Introduction to Competition: Making Ethical Decisions, Nutrition for the Athlete, and Practice Planning.</p>	<p>October 23rd & 24th</p>	<p>Oct. 23rd: 9:00am – 5:00pm</p> <p>Oct. 24th: 9:00am- 12:00pm</p>	<p>Free</p>	<p><u>Making Ethical Decisions:</u> Become informed with the NCCP Code of Ethics and how to make ethical decisions based on the NCCP decision making framework.</p> <p><u>Nutrition for the Athlete</u> Learn proper athlete nutrition for before, during, or after practice and competition. Assess common food choices to promote the best options for optimal sport nutrition.</p> <p><u>Practice Planning:</u> After completing both part I and II of this session, you will have the skills necessary to organize a structured practice for your athletes. Coaches will be able to design a plan appropriate for the skill level, age, and goals of their athletes.</p>	<p>Coaches looking to complete the Part A of the Introduction to Competition Stream. Those who teach children or adolescents basic sport skills to prepare them for a local or regional competition.</p>	<p>Jean Blackie</p>	<p>Gander – Gander Community Centre</p>
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<p>Part A - Introduction to Competition: Making Ethical Decisions, Nutrition for the Athlete, and Practice Planning.</p>	<p>TBA</p>		<p>Free</p>	<p><u>Making Ethical Decisions:</u> Become informed with the NCCP Code of Ethics and how to make ethical decisions based on the NCCP decision making framework. <u>Nutrition for the Athlete</u> Learn proper athlete nutrition for before, during, or after practice and competition. Assess common food choices to promote the best options for optimal sport nutrition. <u>Practice Planning:</u> After completing both part I and II of this session, you will have the skills necessary to organize a structured practice for your athletes. Coaches will be able to design a plan appropriate for the skill level, age, and goals of their athletes.</p>	<p>Coaches looking to complete the Part A of the Introduction to Competition Stream. Those who teach children or adolescents basic sport skills to prepare them for a local or regional competition.</p>	<p>Dave Carroll</p>	<p>Corner Brook YM/YWCA</p>
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**INTRODUCTION TO COMPETITION
PART B - COURSES**

COURSE TITLE	COURSE DATE	COURSE TIME	COURSE FEE	COURSE DESCRIPTION	WHO SHOULD TAKE THIS COURSE	FACILITATOR(S)	LOCATION
Part B – Introduction to Competition: Mental Preparation, Teaching and Learning, and Designing a Basic Sport Program.	October 29 th & 30 th	Oct. 29 th : 6:30pm-9:30pm Oct. 30 th : 9:00am-5:00pm	Free	<u>Mental Preparation:</u> Learn how to effectively mentally prepare your athletes. <u>Teaching and Learning:</u> Learn about your teaching beliefs while creating positive learning atmospheres using various methods. <u>Designing a Basic Sport Program:</u> Learn to design a training and practice program focused on training and competition along with the long-term athlete development plan.	Coaches looking to complete the Part B of the Introduction to Competition Stream .Those who teach children or adolescents basic sport skills to prepare them for a local or regional competition.	Dave Carroll	Corner Brook – YM/YWCA

<p>Part B – Introduction to Competition: Mental Preparation, Teaching and Learning, and Designing a Basic Sport Program.</p>	<p>October 30th & 31st</p>	<p>Oct. 30th: 9:00am-5:00pm Oct. 31st: 9:00am-12:00pm</p>	<p>Free</p>	<p><u>Mental Preparation:</u> Learn how to effectively mentally prepare your athletes. <u>Teaching and Learning:</u> Learn about your teaching beliefs while creating positive learning atmospheres using various methods. <u>Designing a Basic Sport Program:</u> Learn to design a training and practice program focused on training and competition along with the long-term athlete development plan.</p>	<p>Mental Preparation, Teaching and Learning, Designing a Basic Sport Program.</p>	<p>Jean Blackie</p>	<p>Gander – Gander Community Centre</p>
<p>Part B – Introduction to Competition: Mental Preparation, Teaching and Learning, and Designing a Basic Sport Program.</p>	<p>November 5th & 6th</p>	<p>Nov. 5th: 6:30pm-9:30pm Nov. 6th: 9:00am-5:00pm</p>	<p>Free</p>	<p><u>Mental Preparation:</u> Learn how to effectively mentally prepare your athletes. <u>Teaching and Learning:</u> Learn about your teaching</p>	<p>Coaches looking to complete the Part B portion of the Introduction to Competition Stream. Those who teach children or adolescents basic sport skills to prepare them for a local or regional</p>	<p>Tom Godden Kathy Murphy Mike Kay</p>	<p>St. John’s – Swiler’s Complex - MUN</p>

				<p>beliefs while creating positive learning atmospheres using various methods.</p> <p><u>Designing a Basic Sport Program:</u> Learn to design a training and practice program focused on training and competition along with the long-term athlete development plan.</p>	competition.		
<p>Part B – Introduction to Competition: Mental Preparation, Teaching and Learning, and Designing a Basic Sport Program.</p>	TBA		Free	<p><u>Mental Preparation:</u> Learn how to effectively mentally prepare your athletes.</p> <p><u>Teaching and Learning:</u> Learn about your teaching beliefs while creating positive learning atmospheres using various methods.</p> <p><u>Designing a Basic Sport Program:</u> Learn to design a training and</p>	Coaches looking to complete the Part B of the Introduction to Competition Stream. Those who teach children or adolescents basic sport skills to prepare them for a local or regional competition.	Lou Byrne	Happy Valley-Goose Bay

				practice program focused on training and competition along with the long-term athlete development plan.			
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COMPETITION DEVELOPMENT

COURSE TITLE	COURSE DATE	COURSE TIME	COURSE FEE	COURSE DESCRIPTION	WHO SHOULD TAKE THIS COURSE	FACILITATOR(S)	LOCATION
Psychology of Performance	October 9 th	9:00am – 4:00pm	Free	This module will outline important psychological aspects in sport and teach you how to choose plans and guide athletes in developing these critical skills.	Coaches looking to complete the Competition Development Stream. Those who work with athletes to refine and develop advanced skills as well as prepare them for Canada Games, provincial, and national competition.	Jill Brewer	Swiler's Complex
Coaching and Leading Effectively	October 16 th	9:00am – 5:00pm	Free	Develop and build upon your leadership and coaching skills. Learn a number of skills to help strengthen your team and interventions to help reach athletes' goals.	Coaches looking to complete the Competition Development Stream. Those who work with athletes to refine and develop advanced skills as well as prepare them for Canada Games, provincial, and national competition.	Jill Brewer	Swiler's Complex
Prevention and Recovery	October 23 rd	9:00am – 5:00pm	Free	Enhance athletes' performance by learning how to design a Prevention Action Plan while learning about how to help prevent common sporting injuries.	Coaches looking to complete the Competition Development Stream. Those who work with athletes to refine and develop advanced skills as well as prepare them for Canada Games, provincial, and national competition.	Patti Thorne	Swiler's Complex
Developing Athletic Abilities	October 30 th	9:00am –	Free	Learn how to execute	Coaches looking to complete the	Patti Thorne	Swiler's Complex

		5:00pm		methods of training and adapt them to the athletes' stage of development, sport, and gender in order to develop athletic abilities.	Competition Development Stream. Those who work with athletes to refine and develop advanced skills as well as prepare them for Canada Games, provincial, and national competition.		
Conflict Management	November 13 th	9:00am – 1:00pm	Free	After completing this seminar, you will be able to recognize common areas for conflict to arise in a sport atmosphere and the five approaches to managing conflict.	Coaches looking to complete the Competition Development Stream. Those who work with athletes to refine and develop advanced skills as well as prepare them for Canada Games, provincial, and national competition.	Patti Thorne	Swiler's Complex

FUNDAMENTAL MOVEMENT SKILLS (FMS)							
COURSE/SESSION TITLE	COURSE /SESSION DATE	COURSE/SESSION TIME	COURSE/SESSION FEE	COURSE /SESSION DESCRIPTION	WHO SHOULD TAKE THIS COURSE	FACILITATOR(S)	LOCATION
Learning Facilitator Training (FMS)	November 5 th & 6 th	Nov. 5 th : 6:30pm – 9:00pm Nov. 6 th : 9:00am – 5:00pm	Free		Invited Facilitators	Jill Brewer and Natalie Godden	MUN