



**COACHES**  
ASSOCIATION OF  
SASKATCHEWAN

# Coaches Digest

*A View From the Sideline*

Fall 2008

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## What's New at CAS

### Garry Armstrong elected Chair of Coaches Association of Saskatchewan

The Coaches Association of Saskatchewan held their AGM on Saturday, May 24th in Regina. Garry Armstrong was elected as the new Chairperson of the Association. David Boan, the Physical Education Representative, was elected Vice-Chair. Also nominated to the board as new members were Jerry Orban, University Representative and Karen Fahlman, NCI-Sask Representative.

## CAS Board of Directors

2008 - 2009

Garry Armstrong, Saskatoon  
Chair

David Boan, Regina  
Vice President  
Physical Education Representative

David Burchill, Saskatoon  
Treasurer

Bill Summers, Canora  
Member at Large

Jason Johnson, Hanley  
Member at Large

Dennis Beerling, Saskatoon  
Learning Facilitator Representative

Janice Morin, Prince Albert  
Aboriginal Representative

Jason Grieve, Regina  
PSGB Representative

Jerry Orban, Regina  
University Representative

Karen Fahlman, Regina  
NCI-SK Representative



### New NCCP Competition - Development Multi-sport Modules (replaces Level 3 Theory)

- **Developing Athletic Abilities**  
October 18 & 19, 2008
- **Prevention & Recovery**  
October 25, 2008
- **Managing Conflict**  
November 1, 2008
- **Psychology of Performance**  
November 7 & 8, 2008
- **Coaching & Leading Effectively**  
November 8 & 9, 2008
- **Leading Drug Free Sport  
(formerly Doping Prevention)**  
November 15, 2008

**Location:** University of Regina - Centre  
for Kinesiology, Health & Sport (CKHS)

**Cost:** \$150 (for all six modules); or \$35  
(per module)

If you have any questions, please call  
Mark Bracken at (306) 780-9313.

**To register online, please visit**  
[www.saskcoach.ca](http://www.saskcoach.ca)



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1870 Lorne Street  
Regina, SK S4P 2L7  
Phone: (306) 780-9313  
Fax: (306) 781-6021  
[www.saskcoach.ca](http://www.saskcoach.ca)

## CAS Membership Benefits

### Why become a member of CAS?

The Coaches Association of Saskatchewan is a leader in coaching development and recognition, providing quality programs and services to Saskatchewan coaches of all sports at all levels.

### A membership in CAS entitles you to the following benefits:

- ◆ Subscription to the CAS newsletter with information about coaching and coaching education opportunities;
- ◆ Access to coaches' upgrading grants (after 1 year of paid membership);
- ◆ Lower registration fees for Coaches Association sponsored conferences, workshops, and sports science & medicine seminars;
- ◆ Regular updates of the Saskatchewan NCCP Theory course schedule;
- ◆ Access to the Coaching Association of Canada database concerning your certification status in the National Coaching Certification Program;
- ◆ Voting privileges at the Coaches Association Annual General Meeting;
- ◆ A voice in the development of coaching through the opportunity to sit on the Coaches Association Board of Directors and Association Committees;
- ◆ Access to the database concerning your certification status in the National Coaching Certification Program;
- ◆ A voice in the development of coaching and educational programs for coaches in Saskatchewan;
- ◆ Access to coaching resources through the Coaches Association resource library.

To join visit [www.saskcoach.ca](http://www.saskcoach.ca) and complete the online membership form under the membership tab.

## Coaching Awards added to the Saskatchewan Sport Awards Program

Three coaching awards have been added to the Saskatchewan Sport Awards program.

At the Sport Awards Dinner in Saskatoon on March 18<sup>th</sup>, 2009, three Saskatchewan coaches will be recognized for their outstanding achievements and significant contributions to their athletes and their sport through coaching in Saskatchewan. The selection of recipients is based on the coach's exceptional contribution to sport through the continued development of their athletes.

The "Coach of the Year" award will recognize one coach for their outstanding event performances or a series of performances with his/her Saskatchewan athlete(s) or team(s) within the given year (January – December).

The "Coaching Dedication Awards" will be given to one female and one male coach to recognize & honour the outstanding accomplishments and contributions they have made to their sport, athletes, and community over a number of years. This award is dedicated to recognizing history and dedication to coaching. Nominations for these awards must come from active members of Sask Sport Inc.

## THE RESOURCE CENTRE



FOR SPORT, CULTURE & RECREATION

## Coaching Resources now being managed by The Resource Center for Sport, Culture and Recreation

Over the years the Coaches Association of Saskatchewan has established a valuable collection of books and resources on various coaching related topics. Recently a partnership was established with The Resource Center to manage the collection. To access coaching resources or to view the on-line catalogue visit [www.spra.sk.ca](http://www.spra.sk.ca), call toll free at 1-800-563-2555 or email [resourcecentre@spra.sk.ca](mailto:resourcecentre@spra.sk.ca).

# Congratulations Saskatchewan Coaches!

**Sarah Howland**, from Regina, head coach of the U of R Cougar Women's Hockey team has been named Head Coach of Canada's Under 22 national team.

**Todd Hines**, from Saskatoon a Wrestling Coach at the U of S has been named to the coaching contingent for the World University Wrestling Championships in Greece.

**Carla Nicholls**, from Regina, a Head Track Coach at the U of R attended the 2008 Summer Olympics in Beijing as a member of Team Canada.

**Cory Niefer**, from Saskatoon attended the 2008 Summer Olympics in Beijing as a Shooting Coach with Team Canada.

**Don Bates**, from Saskatoon attended the 2008 Summer Olympics in Beijing as an Assistant Softball Coach with Team Canada.

**Jeff Toth**, from Regina, Head Coach of the Regina Optimist Dolphins Swim Club attended the 2008 Paralympic Games in Beijing as a coach with the swim team.



*Cory Niefer at the 2008 Summer Olympics in Beijing*

## Sask Coaches that coached medal winning results at Nationals/Canada Games in 2007. (Names provided by PSGB's)

Markos Baikas, Gymnastics

David Beitel, Speed Skating

Ray Bender, Broomball

Dean Bertoia, Athletics

John Brunning, Fencing

Adam Burwell, Wakeboard

Ryan Campbell, Speed Skating

Steve Carroll, Diving

Bill Christ, Speed Skating

Mark Dauvin, Softball

Marcel Dubroy, Gymnastics

Ross Ann Edwards, Triathlon

Kelly Erhardt, Broomball

Larry Fast, Speed Skating

Frank Fiacco, Boxing

Gene Friesen, Curling

Annette Gaetz, Broomball

Marcel Garnier, Ringette

Steve Gersten, Athletics

Gord Getz, Broomball

Natalie Good, Synchronized Swimming

Andre Gronowicz, Canoe/Kayak

Joanne Guppy, Special Olympics Figure Skating

Trent Hack, Ringette

Barent Haggard, Broomball

Brad Hudey, Speed Skating

Doug Hynne, Speed Skating

Maureen Johnson, Baton Twirling

Jason Johnson, Softball

Todd Johnston, Athletics

Alex Johnstone, Athletics

Cindy LaBrash, Baton Twirling

Larry Longmore, Athletics

Ian Manderscheid, Broomball

Murray McCormick, Athletics

Nadia Mihaylova, Gymnastics

Sandra Nase, Speed Skating

Carla Nicholls, Athletics

Cory Niefer, Rifle

Tina Parker, Broomball

Rick Petrucha, Athletics

Susanne Petrucha, Athletics

Bob Polischuk, Athletics

Kelly Prins, Athletics

Rick Reelie, Athletics

Chad Schneider, Broomball

Claude Seguin, Fencing

Alger Seon, Athletics

Julian Slywka, Athletics

Tim Sweeney, Canoe/Kayak

Larry Thiel, Speed Skating

Dale Upton, Athletics

Chris Vuksic, Athletics

Laurie Wachs, Synchronized Swimming

Shana Wandler, Ringette

Brian Zulkoskey, Fencing

## NCCP Statistics: Way to go Saskatchewan!

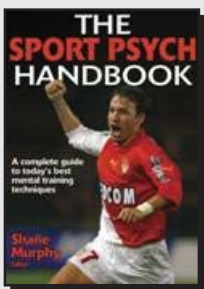
Total number of NCCP clinics offered in Canada between April 1, 2007 & March 31, 2008 was 6,478. This provided training to 61,984 coaches in 1,414 different communities. **Saskatchewan ranked 5<sup>th</sup> in Canada in the number of NCCP courses offered and the total number of coaches trained.** 352 courses were offered in 87 Saskatchewan communities training 3,208 coaches. Considering Saskatchewan has approximately 3% of the Canadian population offering 5.5% of the courses in Canada bodes well for coach education in the province. Hats off to the Provincial Sport Organizations, the Coaches Association of Saskatchewan, the Zone/District Councils and all of the Learning Facilitators for their efforts in promoting and delivering the NCCP in Saskatchewan.



## Canada Games Aboriginal Apprentice Coach Program

Congratulations to **Corey Mathews**, Basketball & **Jonathan Smith**, Wrestling for being selected to attend the 2009 Canada Summer Games under the Aboriginal Apprentice Coach Program pilot project. Corey & Jonathan will work with the Canada Games athletes in lead up and during the Games under the mentorship of Nathan Schellenberg, Basketball & Shane Bradley and Dan McGee, Wrestling.

This program is intended to enhance coaching capacity within the Aboriginal community & provide a domestic multi-sport games experience for up to two aboriginal coaches in each Province & Territory in Canada. CAS is proud to be able to support these promising young coaches!



### September Book of the Month

Athletes' physiques and conditioning levels have advanced significantly in the past decade. Now, it's time for their mental prowess to catch up.

**Order online and save 25% by entering code X511 at checkout.**

## Don Clark named Director of National Coaching Institute (NCI) Saskatchewan

The Canadian Sport Centre Saskatchewan is proud to announce Dr. Don Clark as the new Director of the National Coaching Institute Saskatchewan. Dr. Clark brings a wealth of knowledge & experience to the position. Until his retirement, he served as a professor in the Faculty of Physical Activity Studies at the University of Regina (U of R), and at different times was the Assistant Dean of his faculty, the Director of Athletics, the Head Coach of the U of R Cougars wrestling team, and coordinator at the Dr. Paul Schwann Applied Health and Research Centre.



*Dr. Don Clark*

Don has developed and delivered coach education provincially, nationally and internationally. He has been a NCCP Master Learning Facilitator, Learning Facilitator and Evaluator for many years both in the sport specific and multi-sport context.

Don has coached and managed at numerous high-profile athletic events including the Olympic Games (Atlantic 1996, Los Angeles 1984, Montreal 1976), the Pan American Games (Winnipeg 1999), the Commonwealth Games (Edmonton 1978), the World Student Games – FISU (Sophia, Bulgaria 1977 and Edmonton 1991), the Canada Games (1967, 1971, 2005), and the 1987 Western Canada Summer Games.

As the Director of the National Coaching Institute Saskatchewan, Don will be responsible for the development, promotion, delivery, and evaluation of regular and customized programs aimed at improving the quality of coaches who work with high performance athletes. He will also contribute to the retooling of national coaching programs and standards as a member of the Coaching Association of Canada high performance coaching team.

#### Contact Information:

Dr. Don Clark, NCI-SK Director  
Centre for Kinesiology Health and Sport  
Room 164.18, University of Regina  
Regina, SK S4S 0A2  
Phone: (306) 585-4911  
Email: don.clark@uregina.ca

# CAS Member Coach Profile



**Savannah Taylor**

Community: Saskatoon

Sport: Rowing

NCCP Certification Level:  
Level One, one component left for Level Two

How long I've been coaching: 3 years

Most memorable coaching moment:  
When a crew that I had been working with had a personal best finish at the first regatta of the year. They had been working hard the entire indoor winter season and training this particular boat. They came third in the race and came into the dock with the biggest smiles on their faces, going on non-stop about how great the race was that the boat felt completely amazing.

What I like best about coaching:  
The best thing about coaching is each time a novice rower has that "moment" when the technique all makes sense and you can see it in their eyes that they finally feel it.

The coach I admire most and why:  
The coach I most admire would be Siobhan McLaughlin. She has been very instrumental in helping me develop my coaching style over the past few years and I has been there to answer any questions I may have had. I admire her coaching methods and strategies and have been a part of her coaching as an athlete and a fellow coach.

Why I'm a member of CAS:  
It is a great way to stay informed and involved on the happenings in the different sports and coaching development opportunities around the province.

# NCCP Learning Facilitator Profile



**Julius Park**

Community: Air Ronge

Occupation:  
First Nation & Metis Education Consultant -  
Northern Lights School Division

NCCP Courses I facilitate:  
Competition – Introduction (Part A & B)

How long have I been an LF?  
For about 10 years now, doing most of my courses in Northern Saskatchewan.

Why am I involved in coach education?  
I believe physical activities is one component towards healthy lifestyles for people of all ages and personally. Having a sports background encouraged me to offer my skills and knowledge for people who are interested in coaching. By building capacity for our younger generations through coaching, I think we can engage people to strive for personal, team or community goals for a healthier lifestyles. Through coaching or being active, one can certainly gain confidence, self esteem, respect and team building in which I think can be applied to the work force. I think it is imperative to offer my services to the younger generation and coaches to demonstrate that we can take from the community and later to give back what was offered in return.

## Coaching Grants Available

### Coaches Upgrading Grant

The Coaches Association of Saskatchewan offers a Coaches Upgrading Grant to member coaches who have been a regular member for at least one year and have a minimum of Level 1 Certification (or the new NCCP equivalent). For more information contact Mark Bracken at 780-9313 email [mbracken@sasksport.sk.ca](mailto:mbracken@sasksport.sk.ca) or visit the CAS website at [www.saskcoach.ca](http://www.saskcoach.ca).

### NCCP Transition Grant

The purpose of the NCCP Transition Grant is to assist Provincial Sport Governing Bodies with the expenses related to the NCCP transition as it relates to the training of Master Learning Facilitators, Learning Facilitators and Evaluators. For more information contact Mark Bracken at 780-9313 or email [mbracken@sasksport.sk.ca](mailto:mbracken@sasksport.sk.ca) or visit the CAS website at [www.saskcoach.ca](http://www.saskcoach.ca).

### Coach Visitation Program

The Canadian Sport Centre Saskatchewan Coach Visitation Program is designed to assist Provincial Sport Governing Bodies (PSGB) and High Performance Coaches when National Coaches or experts are planning on being in Saskatchewan for competitions or clinics. For more information visit the CAS website at [www.saskcoach.ca/coachVisitation.php](http://www.saskcoach.ca/coachVisitation.php)

### Apprentice Coach Program

The Apprentice Coach Program will assist coaches financially to work directly with National Team coaches and athletes leading up to and including National Team and Multi-Sport Games. Funding may be used for travel costs not currently supported by other funding sources. Ideally, the Apprentice Coach Program is a partnership between the Apprentice Coach, the Canadian Sport Centre Saskatchewan, and the respective Provincial Sport Governing Bodies (PSGBs) and National Sport Organizations (NSOs). For more information visit the CAS website at [www.saskcoach.ca/apprenticeCoach.php](http://www.saskcoach.ca/apprenticeCoach.php)

For more information on Coaching Grants visit:  
[www.saskcoach.ca](http://www.saskcoach.ca)

## Coaching Tips

### When You Have to Cut Players



Cutting athletes from elite sports teams is an unfortunate reality. No matter how old the player is, being cut is a difficult thing for a player to accept. However, coaches can improve the situation by taking the following steps whenever possible:

- Before a player tries out for the team, make sure that the selection procedures and criteria are outlined and made available to the players well before the decisions are announced.
- Develop communication strategies aimed at parents, clubs, and other stakeholders regarding selection procedures.
- When selection decisions are implemented, make sure that they are consistent with the way that they were publicized.
- Make cuts individually and privately. Instead of the conventional practice of posting a roster on a wall and letting athletes flounder with emotion as they learn their fate, handle each athlete as an individual. If you have the ability to meet with each athlete, do so. Even though it is a significant time commitment, it is a sign of respect for the athlete, and it honors the effort each candidate for the team made in coming to practice during the try-outs. If it is not workable to meet with each youth, call them (get their phone numbers at the beginning of try-outs) and let them know by phone.
- When you give the bad news, be honest and supportive. Provide the non-selected player with a rationale that is consistent with the publicized procedures and criteria. Identify specific aspects of their game that they need to improve. Try to mention something positive about each athlete that you noticed during try-outs. Thank them for taking the time and making the effort to try out. Encourage them to continue playing the sport. Direct them to any quality program with which you are familiar in order they may enhance their physical or technical abilities. If appropriate, explain the possibility of being called up or encourage them to try out again next year.
- Provide a private exit from the meeting. If you have a line-up of players outside your meeting space, it can be pretty painful for an athlete to face them right after learning of being cut. If possible, hold the individual meetings in a room with an alternate exit so the players who have been cut can leave without having to face the crowd that is still waiting.
- Contentious issues resulting from the application of selection procedures and criteria are managed in an open and ethical manner where all parties have an opportunity to express their point of view.

# North American Indigenous Games - August 3 - 10, 2008

As a send off to the 2008 North American Indigenous Games approximately 300 athletes, coaches and mission staff gathered at the Whitecap Dakota First Nation just south of Saskatoon for a barbeque and pep rally. The evening was filled with several guests who were invited to participate in giving words of



**CAS Board Member  
Jason Johnson**

encouragement to the athletes and coaches that would be attending the North American Indigenous Games (NAIG) in the Cowichan Valley on Vancouver Island. CAS board member Jason Johnson spoke a few words to the coaches thanking them for their contributions and commitment to the teams.

The MC for the evening was Cal Arcand who did an amazing job in keeping the evening rolling along without a hitch. In addition he provided some great entertainment.

The main guest speaker of the evening was Billy Mills an Olympic athlete who won the gold medal in the 10000 meter race at the 1964 Olympics. Mr. Mills is from Pine Ridge South Dakota and is an Oglala Lakota man. Mr. Mills talked of the hardships he had to endure on the road to his eventual success in the Olympics. He passed some of this on to the athletes in a way that captured the audience's attention.

The night ended with the presentation of blankets to NAIG supporters and sponsors.



## Congratulations Team Saskatchewan

The Coaches Association of Saskatchewan congratulates the coaches and athletes from Team Saskatchewan who for the 6th time in 7 NAIG games captured the North American Indigenous Games title in Cowichan, British Columbia. The team captured a total of 243 medals; 100 more than Team Ontario who was in 2nd. A dominant performance!



## Upcoming NCCP Courses in Saskatchewan

Southeast Connection  
Sport, Culture and  
Recreation District

### Introduction to Competition

#### Part A:

Kipling October 6 - 8, 2008

### Introduction to Competition

#### Part B:

Whitewood October 17-18, 2008

Call Bob King at

(306) 842-2188

[www.southeastconnection.ca](http://www.southeastconnection.ca)

ReginaSport District Inc.

### Introduction to Competition

#### Part A:

Regina October 4-5, 2008

Regina November 8-9, 2008

Regina December 13-14, 2008

### Introduction to Competition

#### Part B:

Regina October 18-19, 2008

Regina December 6-7, 2008

Call Darlene MacQuarrie at

(306) 780-9274

[www.reginasport.ca](http://www.reginasport.ca)

South West District for  
Culture, Recreation and  
Sport

### Introduction to Competition

#### Part A:

Swift Current October 3-4, 2008

Dwinell Stevenson at

(306) 297-3217

[www.zone3sports council.com](http://www.zone3sports council.com)

Parkland Valley Sport,  
Culture and Recreation  
District

Call for dates

Dan Gallagher at

(306) 786-6585

[www.zone4sports.com](http://www.zone4sports.com)

Prairie Central Sport,  
Culture and Recreation  
District

Call for dates

Call Stephanie Cuddington at

(306) 554-2414

[www.zone5sports council.com](http://www.zone5sports council.com)

Saskatoon District Sports  
Council

### Introduction to Competition

#### Part A:

Saskatoon October 3-4, 2008

Saskatoon November 28-29, 2008

Saskatoon January 23-24, 2009

Saskatoon March 6-7, 2009

Saskatoon April 24-25, 2009

Saskatoon June 5-6, 2009

### Introduction to Competition

#### Part B:

Saskatoon December 6-7, 2008

Saskatoon Feb 28 & March 1, 2009

Saskatoon May 9-10, 2009

Call Cindy Labrash at

(306) 975-0830

[www.saskatoonsports council.ca](http://www.saskatoonsports council.ca)

Rivers West District for  
Sport, Culture and  
Recreation

### Introduction to Competition

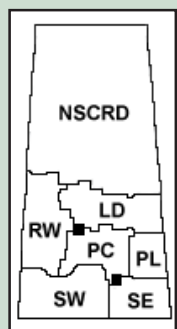
#### Part A:

North Battleford October 3-4, 2008

Lyndsey Bowman at

(306) 446-6770

[www.zone7sport council.com](http://www.zone7sport council.com)



Lakeland District for Sport,  
Culture and Recreation

### Introduction to Competition

#### Part A:

Prince Albert October 17-18, 2008

Prince Albert November 14-15, 2008

### Introduction to Competition

#### Part B:

Prince Albert October 24-25, 2008

Lyle Campbell at

(306) 953-1623

Northern Sport, Culture  
and Recreation District

### Introduction to Competition

#### Part A:

Montreal Lake October 25-26, 2008

Nicole Beauregard at

(306) 425-3127 ext 4

[www.nscr.com](http://www.nscr.com)

