



COACHES ASSOCIATION **Newsletter**

DECEMBER 2003

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JOURNEY TO OLYMPIC
GOLD

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APPROACH

POWERSKATING
COMES OF AGE

The Coaches Association of Saskatchewan is "an association which strives to improve and recognize committed coaches and to promote coaching development through education and communication."

Seasons Greetings!!

The 2003 Coaches Conference held in Saskatoon at the end of September was a success! Al Morrow, Olympic Women's Rowing Coach gave a keynote presentation which was extremely well received by everyone in attendance. Al also shared anecdotes and ideas to assist coaches in team preparation and team cohesiveness. Greg Henhawk presented the brand new Aboriginal Coaching Manual to participants. A panel of Canadian Sport Centre athletes presented on how coaches have influenced their performances, careers, and life – this was very well received and appreciated by the coaches in attendance. In addition, a panel of NCI students presented on their coaching and career path which was also well received.

As many of you know, the NCCP program is in a state of transition. This has been mentioned in previous newsletters and more information is enclosed in this newsletter. The current Theory, Technical, and Practical components are being replaced by streams dependent upon the context in which you coach. For detailed information about the transition, please go to the Coaches Association of Canada's website at: **www.coach.ca/e/nccp/index.htm**. If you have specific questions how the transition may affect you, please contact either your sport, or me at 975-0898.

Have a great holiday season.

Yours in coaching,

John Neufeld

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The Coaches Association of Saskatchewan does not necessarily endorse or recommend the articles that are contained within this newsletter.



**Excerpt from “A Golden Tear”
Danièle Sauvageau’s Journey
to Olympic Gold**

Finally, her vision would have a humanist’s touch. There are technical, tactical and training sides to building a team. Danièle’s vision encompassed a fourth dimension. She knew that, over time and with patience, all of the parts would come together if the human side was well looked after. The lens she looked through to see her team brought into focus twenty individuals with different strengths, needs and wants. Each would have a role to play in working toward the common goal: bringing home gold. When Sauvageau tapped a number on the back of a sweater, the player hopping over the boards had to believe in herself and believe in her teammates. When it counted most out on the ice, players had to take responsibilities for themselves and their game. In her vision, team building was just as critical as stops and starts and a polished breakout.

Danièle knew the CHA had Olympic gold in mind when it hired her. This didn’t alter her way of thinking. For her, the journey was key, not the destination. She made this clear from the outset. “Life is too short to live for one moment,” she said. “We are working on a process that will get us to Salt Lake City. It will lead us toward there, but we are taking it step by step.” Gaetan Robitaille, the CHA’s general manager of the women’s high performance program and on-board with women’s ice hockey since 1998, echoed her sentiments. “If we pay attention to the process, the outcome will be there.” It took three months, but with Davidson and Kozak in tow, the team of three drew up the blueprint for 2002.

By Sally Manning

A Golden Tear can be ordered online through the Coaching Association of Canada website at www.coach.ca. The cost is \$19.95 plus GST and the proceeds from books sold by the CAC go towards the Women in Coaching Program.

Reused Water Bottles Carry Dangerous Bacteria

Reused water bottles can lead to serious stomach infections if they're not washed properly say health authorities.

Dr. Gerry Predy, Edmonton's medical officer of health, has sent out a public warning to keep the bottles clean. "You do get germs from your mouth on it and there's bits of protein on saliva that organisms can thrive and grow on," says Predy.

Predy is responding to a University of Calgary study. Researchers tested the water in children's reused bottles at an elementary school. Dangerous levels of bacteria were found in nearly three out of four samples.

"If these levels of bacteria were in a public water supply, then the public water supply would be shut down or a boil water advisory would be issued," says Cathy Ryan, one of the researchers.

Many people believe that their bottles are free from dangerous bacteria because they're the only ones using it.

"If I have my individual one, I don't see the point (of washing it)," says Lindsay Parsons, a hockey player. Parsons says his bottle is never washed.

"I never got anything from it (and) I don't let anyone else use it," says Dan Gladwin, Parson's team mate.

Researchers say that's the wrong way to go about it. Ryan says germs grow on the saliva that backwashed into the bottles and that can cause severe stomach infections.

"Most people...feel it's something they themselves have been using (so) they are not too worried about it, but it's just like any other dish or utensil – they should be washed every day," says Predy.

Predy says all bottles need to be washed with soap and warm water daily and left to dry.

*Excerpt taken from "BC Coaches Perspective"
Spring 2003 - Issue 1*

Anti-Inflammatories - The Painful Truth

Non-steroidal anti-inflammatory drugs (NSAIDs) are widely used medications taken by athletes of every ability. Although NSAIDs are commonplace in sports medicine, their role is not well understood. Despite the marketing finesse of pharmaceutical companies, it is often difficult to exercise participants to discriminate among the various over-the-counter products available. In the case of stronger prescription NSAIDs, the athlete or athletic trainer may not anticipate the serious side effects of these drugs. It is the latter situation that is most often studied by NSAID researchers because although comparative efficacy has not been definitively studied, a growing body of research documents substantial differences in toxicity among these drugs.

NSAIDs are helpful in alleviating the inflammation that results from common injuries experienced by exercise participants. Although it is impossible to state conclusively that certain NSAIDs are "better" than others, it is worth remembering that despite their popularity, they are often powerful drugs and should be used only after more conservative (and possibly more physiological) non-drug therapies such as rest, ice, compression and elevation (RICE) have been attempted. Simply having plenty of drugs to choose from should not be a predisposing factor in choosing an NSAID therapy. For further information and recent research studies on this topic check out the following website: www.uoregon.edu/~iishp/Berger2.html.

-Taken from BC Coaches Perspective, Fall 2003

NCCP COURSES 2004

ZONE 1 Angela Lees SOUTH EAST SASK ASSOCIATION for Culture, Recreation & Sport
Phone: 429-2205 / Fax: 429-2260
Email: zone1@sasktel.net

- § INTRODUCTION TO COMPETITION - Part A
Call for dates
 - § INTRODUCTION TO COMPETITION - Part B
Call for dates
-

ZONE 2 Michele Ellingsen REGINA SPORT COUNCIL
Phone: 780-9274 / Fax: 781-6021
Email: reginasportscouncil@sasktel.net

- § INTRODUCTION TO COMPETITION - Part A
Regina December 12 -13
 - § INTRODUCTION TO COMPETITION - Part B
Call for dates
-

ZONE 3 Dwinell Stevenson Phone: 297-3217 / Fax: 297-3218
Email: zone3@sasktel.net

- § INTRODUCTION TO COMPETITION - Part A
Call for dates
 - § INTRODUCTION TO COMPETITION - Part B
Call for dates
-

ZONE 4 Crystal Gellner Phone: 786-6585 / Fax: 782-0474
Email: zone4@sasktel.net

- § INTRODUCTION TO COMPETITION - Part A
Call for dates
 - § INTRODUCTION TO COMPETITION - Part B
Call for dates
-

ZONE 5 Paul Litzenberger Phone: 554-2414 / Fax: 554-2412
Email: zone5@sasktel.net

- § INTRODUCTION TO COMPETITION - Part A
Call for dates
- § INTRODUCTION TO COMPETITION - Part B
Call for dates

NCCP COURSES 2004

ZONE 6 Lorelei Ehman SASKATOON SPORTS COUNCIL
 Phone: 975-0830 / Fax: 242-8007
 Email: saskatoonsportscouncil@shaw.ca

§ INTRODUCTION TO COMPETITION - Part A

Saskatoon January 16-17, 2004

Saskatoon February 6-7, 2004

§ INTRODUCTION TO COMPETITION - Part B

Saskatoon January 22-25, 2004

Saskatoon March 20-21, 2004

ZONE 7 Tonia Logan Phone: 446-6770 / Fax: 446-7172
 Email: zone7@sasktel.net

§ INTRODUCTION TO COMPETITION - Part A

Meadow Lake January 10-11 2004

Island Lake First Nation January (call for dates)

§ INTRODUCTION TO COMPETITION - Part B

Cut Knife January (call for dates)

ZONE 8 Lyle Campbell Phone: 953-1623 / Fax: 953-1624
 Email: zone.8@sasktel.net

§ INTRODUCTION TO COMPETITION - Part A

Call for dates

§ INTRODUCTION TO COMPETITION - Part B

Call for dates

ZONE 9 Michelle Hewison Northern Recreation Coordinating Committee
 Phone: 425-3127 / Fax: 425-4036
 Email: mhewison@nrcc.sk.ca

§ INTRODUCTION TO COMPETITION - Part A

St. Georges Hill December 12-13

Beauval December 13-14

§ INTRODUCTION TO COMPETITION - Part B

Call for dates

LEVEL 3 – REGINA

TBA - Course is held over two weekends

For information, contact Don Clark @ 586-8227 or don.clark@sasktel.net

LEVEL 3 – SASKATOON

TBA - Course held over two weekends

For information, contact Michelle Androsoff @ 665-1869 or androsoff@sasktel.net

The NEW Approach to NCCP

Following an extensive evaluation of the effectiveness of the NCCP, the National Coaching Certification Council determined the need for a change and approved the transition from the existing knowledge and course-based program with five consecutive levels of certification, to a competency-based education and training (CBET) approach, in which coaches are trained and may achieve certification of competency to coach in a specific coaching environment. The transition to this new approach is ongoing, as each sport participating in the NCCP revises its coach training and certification.

The New Structure of the NCCP:

Training and certification will be based on coaching streams and contexts that reflect the different types of coaches in the Canadian sport system:

Streams >	Community Sport	Competitive Sport	Instruction
Contexts >	Initiation to sport	Introduction to Competition	For Beginners
	Ongoing Participation	Development Competition	For Intermediate Performers
	High Performance	For Advanced Performers	

Community Sport Stream:

The Community sport stream is focused on coaches who are working with grassroots athletes (ie: Mom and Dad coaches who want to coach their children, but may have little background in the sport and need to know the basic rules and positions of the sport as well as how to run a practice). Resources for this stream are in the initial stages of development.

The Initiation to Sport context currently consists of one module offered as an 8 hour workshop. It will integrate some theory and technical aspects and will be offered by provincial sport organizations (PSO's). The Initiation to Sport workshop is being piloted by some sports and is almost ready for delivery.

The number of modules, the material and length of workshops for the Ongoing Participation context has yet to be determined and finalized.

Competitive Sport Stream:

Of the three streams (Community, Competitive, and Instruction) the contexts for the Competitive stream are most similar to the existing NCCP Theory-Technical-Practical model. Contexts include Introduction to Competition (similar to Levels 1-2), Developmental Competition (similar to Levels 2-3), and High Performance (similar to levels 4-5).

The Introduction to Competition context is for coaches who are working with young athletes whose skills are beyond beginner (grassroots) athletes. These athletes are beginning to compete more often and at higher levels than those athletes involved with Community Sport.

The NEW Approach To NCCP

The Introduction to Competition context will consist of a number of modules. Some of these modules are categorized as multi-sport learning modules (generic) and will be offered by host agencies, similar to the current NCCP theory delivery. Other modules will be sport specific and offered by provincial sport organizations.

The multi-sport learning modules consist of (hours are tentative):

Planning a Practice	(7 hours)
Designing a Basic Program	(3 hours)
Providing Basic Nutritional Advice	(45 minutes)
Ethical Coaching	(3 hours)
Teaching / Learning Sport Skills	(6-7 hours)
Teaching Basic Mental Skills	(3 hours)

The Developmental context focuses on coaches working with athletes who are competing at the Canada Games (or equivalent) level.

The High Performance context focuses on coaches working with athletes who compete at a high performance level (elite and National team).

The Developmental and High Performance Stream modules are presently being developed by the Coaching Association of Canada, the National Sport Organizations and the Provincial Sport Organizations.

Instruction Stream:

The instructional stream consists of three contexts, directed at individuals who are instructing or teaching others how to "do" a specific sport such as Golf, Swimming or Tennis. Instructors will not prepare athletes for competition.

Beginners
Intermediate Performers
Advanced Performers

Modules for the three contexts are not yet developed.

Interesting Statistics....

*A recent study looking at what motivates sport coaches to volunteer listed **helping the community ahead of helping others, social interaction and recognition**. This study was done in Saskatchewan and the average age of respondents was 42.*

E news, Coaches Association of Ontario
Vol.1, Issue 3

COACHING UPGRADING GRANTS

POWER SKATING COMES OF AGE

In early July, the first *International Hockey Skating Summit* was held in hockey town itself, Detroit, Michigan. The Summit was put together by Sean Skinner (video series “Stick Handling Beyond Belief”) with help from Peter Twist (strength and conditioning coach for the Vancouver Canucks). Sean had a vision to bring together many of hockey’s top skating and strength/conditioning coaches along with some biomechanists/ hockey scientists to provide a well rounded and informative weekend. The list of presenters included skating and skills specialists Robby Glantz, Laura Stamm, Barb Aidelbaum, Marianne Watkins, Sean Skinner, Bjorn Kinding; strength and conditioning coaches Lorne Goldenberg, Peter Twist, and Jack Blatherwick amongst others. The conference was well attended by about 120 coaches from various backgrounds in Canada, the US and Europe.

The emphasis of the weekend centered around the idea that there is more to *hockey skating* (rather than *power skating*) than teaching the basics of the forward stride. A skating instructor must be able to make the connection between the technical aspects of skating skills and hockey game specificity. Specifically, they need to take the basic skills and go one step further to incorporate puck handling/protection, one-on-one competition and explosiveness. With some creativity and the help of a physical therapist or athletic trainer, skating instruction can be a valuable strength (building balance and core strength) and endurance training tool, through the use of interval training, resistance tubing and plyometrics.

It was also reassuring to see that the higher levels of hockey training were endorsing the latest science where stretching and flexibility training are concerned. Both Peter Twist and Lorne Goldenberg (strength and conditioning coaches for NHL teams) are promoting that static stretching be done at the END of a training session or game. The pre-game warm up off and on the ice should be as game specific as possible so that the different systems of the body get primed for the event. Static stretching is much more effective to increase flexibility and thereby decrease injury rates if done post-event. This principle is starting to be promoted at the provincial level and needs further exposure to our minor league coaches.

All in all, the *International Hockey Skating Summit* was a great experience. I’ve been able to incorporate many of the off-ice training tips into my professional practice as a physiotherapist. I look forward to the start of the hockey season when I can give *hockey skating* instruction a new twist!

Thank you to the Coaches Association of Saskatchewan for the opportunity to attend the International Hockey Summit.

Linda Boryski

*Linda is an Intermediate Hockey Coach,
Hockey Skating Instructor and a physiotherapist in Saskatoon.*



Coaches Tool -

Sample Practice Session Planning Checklist

- | | |
|---|--|
| <ul style="list-style-type: none"> L The practice session is organized and well structured (introduction; warm-up; main part; cool-down; conclusion). L The duration of the practice session is appropriate for the age and ability level of the participants/athletes. L The practice session starts on time, and the time allocated for the practice session is respected. L Facilities and equipment are used properly and judiciously. L The activities designed for the practice session have well-defined goals. L The instructions given to the participants/athletes are clear, brief and simple. L The chosen activities are appropriate for the ability and proficiency of the participants/athletes, and they present exciting and reasonable challenges to them. L The practice session includes a variety of activities. L Appropriate safety measures are implemented that consider the age and proficiency of the participants/athletes, as well as the nature of the activities. | <ul style="list-style-type: none"> L An Emergency Action Plan is ready in the event of an emergency. L Time is not wasted during an activity, or in transition from one activity to the next. L Participants/athletes are actively involved throughout the majority of the practice session. L Participants/athletes perform the prescribed tasks to the best of their abilities. L Participants/athletes are having fun and are demonstrating genuine interest in the activities. L The overall tone of the practice session is positive. |
|---|--|

*Excerpt from BC Coaches Perspective,
Coaches Association of BC
Summer 2003 Issue 2*



“At the beginning of the season we went on a team hike. It was a challenging walk and gave us a chance to work together in a setting out of the gym. At the end of the hike we had a team talk about the challenges, negatives and positives of the hike. The discussion progressed to thoughts about the season. It was a really nice project and it set the tone of our year together.

-Athlete Quote-

**TO COACH or NOT TO COACH:
It's a tough decision, but you should do what is best for your kid**

Am I a Parent or a Coach?

Many coaches are parents, but the two roles should not be confused. Unlike your role as a parent, as a coach you are responsible not only to yourself and your child, but also to the organization, all the players on the team (including your child), and their parents. Because of this additional responsibility, your behavior on the baseball diamond will be different from your behavior at home and your son or daughter may not understand why.

For example, imagine the confusion of a young boy who is the center of his parents' attention at home but is barely noticed by his father/coach in the sport setting. Or consider the mixed signals received by a young girl who skill is constantly evaluated by a



mother/coach who otherwise rarely comments on her daughter's activities. You need to explain to your son or daughter your new responsibilities and how they will affect your relationship when coaching. Take the following steps to avoid such problems in coaching your child:

- Ask your child if he or she wants you to coach the team
- Explain why you wish to be involved with the team
- Discuss with your child how your interactions will change when you take on the role of coach at practices or games
- Avoid parenting during practice or game situations, to keep your role clear in your child's mind
- Reaffirm your love for your child, irrespective of his or her performance on the field of play.

Good parent/coach relationships create a positive environment for the athlete, and everyone benefits.

"Children learn to feel good about themselves through accomplishments. The crucial element of self-worth is not consistent success, but the experience of progressing, becoming better, succeeding where you've failed."
(Zimmerman & Reavill, Raising our Athletic Daughters, 1998)



NEXT "Lunch and Learn" Series

will focus on "NUTRITION"

REGINA – January 7, 21 & Feb 4 - Thomas Hamilton
SASKATOON – January 14, 28 & Feb. 11 - Heather Hines

To register email mdezell@sasksport.sk.ca

*Bring your own bag lunch

*All costs covered by the Canadian Sport Centre, Saskatchewan

Coaches Association of Saskatchewan
-- WHAT CAN WE DO FOR YOU? --

It is the mandate of the Coaches Association of Saskatchewan to promote the development of coaching and to provide support services to the coaches in this province. The CAS also provides a voice for coaches in influencing the policies and programs of the provincial and municipal governments, Sask Sport and other provincial and national sport-related agencies.

The benefits you will receive as an *Associate Member* are:

- » A quarterly newsletter with information about coaching and coaching education opportunities throughout Canada
- » Lower registration fees for CAS sponsored seminars and sport science workshops
- » Regular updates of the Saskatchewan NCCP Theory course schedule
- » Access to the Coaching Association of Canada database concerning their certification status in the NCCP
- » A voice in the development of coaching and educational programs for coaches

The additional benefits you will receive as a *Regular Member* are:

- » Access to coaches' upgrading grants
- » Voting privileges at the Coaches Association – Annual General Meeting
- » The right to sit on the Coaches Association Board of Directors

.....detach and mail in.....

Coaches Association of Saskatchewan
MEMBERSHIP APPLICATION
(Memberships valid for one year from date of purchase)

<p>£ Regular Membership \$20.00 <i>(must be Certified)</i></p>	<p>£ Associate Member \$10.00 <i>(any interested individual)</i></p>
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NAME: _____

ADDRESS: _____

PHONE NO.: _____ Postal Code: _____

NCCP PASSPORT NO.: _____ CERTIFICATION LEVEL: _____

EMAIL: _____

SPORT: _____

SIGNATURE: _____ DATE: _____

Please include a cheque payable to: Coaches Association of Saskatchewan, 510 Cynthia Street, Saskatoon, SK S7L 7K7