



COACHES ASSOCIATION

Newsletter

January 2007

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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."

Happy New Year!

Another busy year is in the books, and a very exciting year for coaching is underway.

The Saskatchewan Government with assistance from Sask Sport Inc. and other partners submitted a bilateral funding proposal to the federal government. 2 significant coaching projects are going to be supported as a result of this additional funding. The first one is direct financial support for all sports who are involved in the NCCP transition to help offset extra costs as a result of the transition such as Learning Facilitator and Master Learning Facilitator Training. The second program is the Aboriginal Coaches and Officials Program. A full-time coordinator will be hired to oversee the program with a goal to increased quantity and quality of Aboriginal coaches and officials. The Coaches Association of Saskatchewan is the agency overseeing the administration of both of these very significant programs.

With the Canada Winter Games looming, I wish all coaches and teams the best of luck in the upcoming Games.

Yours in coaching,

John Neufeld

Coaches Association of Saskatchewan

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Introducing Coach Amanda

Confused about what kind of training you need to become a coach?

The Coaching Association of Canada (CAC) has developed a tool to help coaches identify which coaching context is right for you and which workshops you need to be identified as “Trained” or “Certified” in your sport. CAC is pleased to introduce ‘Coach Amanda’. Amanda is an online coach designed to help coaches navigate the new NCCP. By answering a few simple questions, the tool will generate the coaching context that best suits their needs as a coach and the needs of their participants. It will also provide coaches with the list of all requirements to become a “Trained” or “Certified” coach in their sport.

To date, information about five NCCP sports has been entered into the tool: diving, basketball, lacrosse, football and baseball. If your sport is not listed in the tool, please contact your CAC consultant as soon as possible. We would like to ensure that coaches can access information on all NCCP sports.

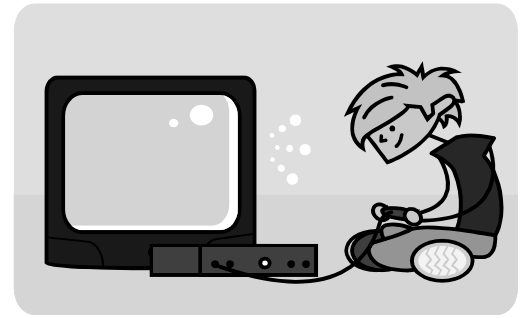
To visit Coach Amanda, visit the Training and Certification section of the CAC website and click on NCCP for Coaches (http://www.coach.ca/eng/certification/nccp_for_coaches/index.cfm).

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



Coach Potatoes

Before video games, television and computers, children were more active. Not only were they more physically active, but they were more mentally active. Riding bikes and setting up pretend villages; running around the yard playing tag or building pretend homes. Kids allowed their imagination to run wild. Now, it is nearly impossible for them to break away from sedentary activities.

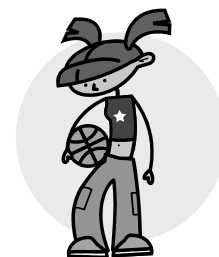


Fitness should be full of fun! It should allow kids to develop fundamental skills such as running, jumping, skipping, hopping, balancing and twisting. There are many ways to incorporate those skills into recreational activities. As parents and coaches, there are many things that you can do to ensure that children are involved in developing a healthy lifestyle.

1. Be a role-model. Children look up to their parents and coaches. You live healthy, and they will follow your example.
2. Keep healthy living in the home. Stock the refrigerator with healthy foods. Cook healthy meals.
3. Educate. Begin teaching children at a young age the benefits of being active. If you don't know how to communicate this information to a child, there are books available to assist you. At an early age, children will typically learn from the family's daily living habits.
4. Let your kids have friends over. Have a variety of activities set up using jump ropes, balls and hula hoops. Run relays or play tag. Have other parents get involved. That way it's a social event for you and alleviates some of the work.
5. Bring the kids to a park. A park will provide an ideal environment for your kids to ride their bikes or rollerblade.
6. It's a jungle out there. Jungle gyms are a great way for children under the age of 8 to develop strength. If you can't purchase one, take your child to the park. If there are no parks, climbing trees are also a good way to build strength. Just be sure that the tree is sturdy and the child only climbs with supervision.
7. Enroll your child in classes or sports. Dance, soccer, basketball...there are clinics available in all communities. Allow the options to be available and give the children choices.

Many community and fitness centers offer classes for children. This way you can be sure the children are learning the proper form of the fundamental skills, and they are meeting new children.

Make the effort to change a child's life forever. You can give them a chance to live a healthier, more prosperous life.



NCCP COURSES 2007

ZONE 1 South East Saskatchewan Association for Culture, Recreation & Sport

Contact: Angela Englot Phone: 429-2205 Fax: 429-2260
Email: zone1@sasktel.net Website: www.sesacrs.com

- Introduction to Competition - Part A
Call for dates
 - Introduction to Competition - Part B
Call for dates
-

ZONE 2 Regina Sport Council

Contact: Darlene MacQuarrie Phone: 780-9274 Fax: 781-6021
Email: reginasportscouncil@sasktel.net Website: www.reginasportscouncil.com

- Introduction to Competition - Part A
Regina Jan 30, 31 & Feb 6 & 7
Regina March 17-18
Regina April 21-22
Regina May 26-27
Regina June 23-24
 - Introduction to Competition - Part B
Regina Feb 24-25
Regina April 14-15
Regina June 16-17
-

ZONE 3 Dwinell Stevenson Phone: 297-3217 Fax: 297-3218

Email: zone3@sasktel.net Website: www.zone3sportscouncil.com

- Introduction to Competition - Part A
Call for dates
 - Introduction to Competition - Part B
Call for dates
-

ZONE 4 Dan Gallagher Phone: 786-6585 Fax: 782-0474

Email: zone4@sasktel.net Website: www.zone4sports.com

- Introduction to Competition - Part A
Call for dates
 - Introduction to Competition - Part B
Call for dates
-

ZONE 5 Stephanie Cuddington Phone: 554-2414 Fax: 554-2412

Email: zone5@sasktel.net Website: www.zone5sportscouncil.com

- Introduction to Competition - Part A
Humboldt Mar 23-24
- Introduction to Competition - Part B
Call for dates

NCCP COURSES 2007

ZONE 6 Saskatoon Sports Council

Contact: Shelley MacNeill Phone: 975-0830 Fax: 242-8007

Email: saskatoonsportscouncil@shaw.ca Website: www.saskatoonsportscouncil.ca

- Introduction to Competition - Part A

Saskatoon	Feb 2-3
Saskatoon	March 2-3
Saskatoon	March 16-17
Saskatoon	April 20-21
Saskatoon	May 25-26
Saskatoon	June 1-2
Saskatoon	June 22-23

Introduction to Competition - Part B

Saskatoon Jan 27-28

Saskatoon Mar 10-11

Saskatoon June 9-10

ZONE 7 Lyndsey Bowman Phone: 446-6770 Fax: 446-7172

Email: zone7@sasktel.net Website: www.zone7sportcouncil.com

- Introduction to Competition - Part A
Call for dates
 - Introduction to Competition - Part B
Call for dates
-

ZONE 8 Lyle Campbell Phone: 953-1623 Fax: 953-1624

Email: zone.8@sasktel.net Website: www.sasksport.sk.ca/zone8.html

- Introduction to Competition - Part A
Call for dates
 - Introduction to Competition Part B:
Call for dates
-

ZONE 9 Northern Sport, Culture and Recreation District

Contact: Kerry Bailey Phone: 425-3127 Fax: 425-4036

Email: kbailey@nscrd.com Website: www.nscrd.com

- Introduction to Competition - Part A
Call for dates
 - Introduction to Competition - Part B
Call for dates
-

LEVEL 3 THEORY – Regina

Contact Don Clark @ 586-8227 or email
don.clark@sasktel.net.

LEVEL 3 THEORY – Saskatoon

Contact Michelle Androsoff @665-1869 or email
androsoff@sasktel.net

Teens and Steroids

Steroid use disqualifies many professional and Olympic athletes, but it is quietly attracting teens who want to boost their strength, speed, or stamina. Parents and coaches often are not aware of the lure and availability of supplements for high school -- and even middle school -- students.

Teens who have dreams of athletic stardom may be tempted to use supplements known as “prohormones” or “steroid precursors” to burn fat or to build muscle. They may admire sports figures who have used steroid precursors – such as Mark McGwire, who confessed to using the prohormone androstenedine (“andro” during his record-breaking homerun season in 1998. Other teens may see pumped-up wrestlers or bodybuilders on TV and want to reshape their own bodies to look like these icons. But should kids use these diet supplements to beef up or slim down? Are these substances safe or legal? The answer to both is NO!

Steroids and Steroid Precursors

Congress banned anabolic steroids- compounds that mimic the action of the male sex hormone testosterone-under the Anabolic Steroid Control Act of 1990 due to their harmful side effects. In 2004, the law was updated to include a list of banned anabolic steroids called prohormones, prosteroids or steroid precursors. Like anabolic steroids they mimic, steroid precursors have harmful side effects. Children and teens are particularly at risk because their bodies are still growing. Steroid precursors can cause:

- Acne
- Stunted growth
- Male pattern baldness, facial hair, and other male traits in girls
- Enlarged breasts and other female traits in boys
- Blood clots
- Migraines
- Shrunken testicles
- Impotence
- Liver disease

The body changes steroid precursors into the muscle-building hormone testosterone. These compounds come in many forms, including sprays, tablets and capsules.

Should You Be Concerned?

Many steroid precursors have been declared controlled substances with the passage of the 2004 Anabolic Steroids Control Act. Some young people may not know about this new law and may try to get steroid precursors through illegal means, such as ordering them from web-sites. They also may not know that steroid precursors can be as harmful as steroids – until the passage of the 2004 law, steroid precursors could be bought at any gym or grocery store. Steroid precursors also have been sold under names that often sound like video games and may seem fun and harmless to teens. In addition, DHEA, a type of steroid precursor, was not banned in the updated 2004 law. This supplement currently is available for legal purchase.

What To Do

To help keep your teen athlete on the right track, you can:

- Talk with your child about the risks of using steroid precursors. Discuss with your teen any pressure he may be feeling to perform well in his sport or any body image issues he may have (e.g., a desire to pack on muscle). Talk about healthy ways to deal with these issues.
- Set rules about the use of illegal drugs, and establish consequences for steroid use (e.g., being removed from the team).
- Get involved in your teen's sports. Attend games and practices, and praise your child for good sportsmanship and fair play. Encourage her to feel good about her sports performance to help her avoid temptation to use steroids.
- Monitor your child's activities to make sure he is not using harmful supplements to build muscle or lose weight.
- Be a good role model by achieving your fitness goals in healthy ways.

Like steroids, prohormones or steroid precursors can be harmful. As with any other substance that alters the body's natural chemistry, be aware, be alert, and stay informed. Remind your teen that exercising, eating a healthy diet, and getting enough sleep are the best ways for young athletes to stay fit, strong, and healthy.

Additional Resources

- U.S. House of Representatives, October 9, 2004. [Sweeney Steroids Bill Clears Final Hurdle; President Bush Expected To Sign Into Law](#), last referenced 12/6/2005.
- The Mayo Clinic, December 22, 2004. [Performance-Enhancing Drugs: Dangerous, Damaging, and Potentially Deadly](#), last referenced 12/6/2005.
- National Institute on Drug Abuse, [Anabolic Steroid Abuse](#), last referenced 12/6/2005.
- Parents. The Anti-Drug, [Keeping Your Teen Athlete Drug Free: A Playbook for Parents](#), last referenced 12/6/2005.



CANADIAN SPORTS TRAINER CERTIFICATION

TO REGISTER: Contact S.E. Sask. Assoc. for Culture,
Recreation & Sport Coordinator Bob King at (306) 842-2188

FIRST AID AND CPR

Feb. 10 & 11, 2007

Cost: \$113.00

SPORT FIRST AID

Feb. 24, 2007

Cost: \$40.00

SPORT TAPING

Feb. 25, 2007

Cost: \$40.00

DEADLINE for Registrations — January 31, 2007

To receive your certification, you must register for all 3 workshops—total cost is only \$100!!

As recognized by the Sports Medicine and Science Council of Saskatchewan and Provincial Sport Governing bodies. All courses will be offered in Weyburn.