



COACHES
ASSOCIATION OF
SASKATCHEWAN

Coaches Digest

A View From the Sideline

Fall 2009

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2009 Canada Summer Games Apprentice Coach Programs

Women in Coaching Apprenticeship Program

Congratulations to Astrid Baecker (Soccer) and Stephanie Robertson (Canoe Kayak) for their successful participation in the 09 Canada Summer Games Women in Coaching Apprenticeship Program. Both these fine young coaches were a great asset to their sport in lead up and during the Canada Summer Games in PEI.

Aboriginal Apprentice Coach Program

Congratulations to Corey Matthews (Basketball) and Jonathon Smith (Wrestling) for their successful participation in the 09 Canada Summer Games Aboriginal Apprentice Coach Program. Both Corey & Jonathon found this to be an excellent coaching experience and are excited about sharing what they learned with the aboriginal athletes they work with as well as other aboriginal coaches.



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1870 Lorne Street
Regina, SK S4P 2L7
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Fax: (306) 781-6021
www.saskcoach.ca

MARK YOUR CALENDARS!

Saskatchewan Coaches Conference

Saturday, May 29, 2010
Saskatoon, Saskatchewan



The conference will provide quality coach education for grassroots coaches as well as those working with high performance athletes.

The keynote speaker and agenda details are being worked on....keep checking the CAS website for updates www.saskcoach.ca.

Coaches Association of Saskatchewan Board of Directors 2009 - 2010

Garry Armstrong, Saskatoon
Chair

David Boan, Regina
Vice President
Physical Education Representative

David Burchill, Saskatoon
Treasurer

Dan McGee, Regina
Member at Large

Jason Johnston, Hanley
Member at Large

Dennis Beerling, Saskatoon
Learning Facilitator Representative

Sheldon Watson, Ochapowace First Nation
Aboriginal Representative

Jason Grieve, Regina
PSGB Representative

Jerry Orban, Regina
University Representative

Karen Fahlman, Regina
NCI-SK Representative

Are you a member of the Coaching Association of Saskatchewan (CAS)?

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


To find out about the benefits of membership visit:

www.saskcoach.ca/whyMember.php

Watson & McGee Join CAS Board

Sheldon Watson a coach and Recreation Director from the Ochapowace First Nation and Dan McGee a Regina based wrestling coach were elected to the CAS board at the AGM on May 30 in Saskatoon. Both Watson & McGee have a wealth of coaching experience and are a welcome addition to the board. Garry Armstrong, returns for his second year as Chair of the board along with Vice-chair David Boan, Treasurer, David Burchill, PSGB rep – Jason Grieve, University rep – Jerry Orban, NCI rep – Karen Fahlman, multi-sport Learning Facilitator rep – Dennis Beerling and members at large – Jason (JJ) Johnston.

A thank you goes out to long-time board member and past board Chair Bill Summers of Kamsack and Aboriginal representative Janice Morin from Prince Albert for their dedicated years of service to CAS.



The NCCP Fundamental Movement Skills (FMS) workshop introduces participants to the value of solid fundamental movement skills. It is designed to teach leaders of youth how to analyze and improve a child's movement pattern along a development continuum. This workshop has been tailored for delivery in three distinct settings:

- FMS Coach Professional Development**
Designed for already trained NCCP coaches and instructors, this 3-hour professional development session focuses solely on the identification and improvement of the fundamental movement skills that are the foundation of solid sport specific skills.
- FMS High School Leadership**
Learning activities are designed to aid high school students in the development of tangible skills that can be applied in a workplace environment. This 8-hour workshop, built in 45-minute modules, is designed for easy adaptation into a secondary school curriculum.
- FMS Community Leader**
This one-day workshop integrates core themes such as fair play, safety, responsibility, and communication with an innovative skill development process. It is specifically designed for all leaders of youth physical activity and recreation programs.

Every move counts! Register now!

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CAS Member Profile

Name: Reg Leidl

Community: Esterhazy

Occupation:

Principal/Physical
Education Teacher
P.J. Gillen Elementary
School K-5



Sports I Coach:

9A Side Tackle Football
PeeWee, Junior and Senior HS Level
Hockey (Goaltending Specifically Beginner to Midget level)
Fastball Minor Level
Track and Field Elementary Level

NCCP LEVELS: Football Level 3, Hockey Level 1,
Track and Field Level 1, Gymnastics Level 2
(I just completed the new Competition-Development
Multi-sport modules last spring)

Education:

Master's Degree in Elementary Education: Minot
State University Thesis Topic: Mental Imagery
Training and Motor Sports Performance

What I like the best about coaching is the
opportunity to let all of the team have an
opportunity to play and use their new found skills
in game situations.

**The most important attribute a coach can
have** is the ability to understand his or her players
and to provide them with the knowledge and skills
to be a better player and person.

**My most memorable moment as a coach has
been** having graduating players returning home
to help coach other younger players. Seeing their
enthusiasm for the sport is very rewarding.

The Coach I admire most: I admire the work
Coach Ken Miller is doing with the SK Roughriders.
He is always positive, very knowledgeable, and
seems to have a strong belief in his players. He has
also surrounded himself with a very strong
supporting cast of assistants as well.

I am a member of the CAS because they have
provided me with some of the greatest
professional development I have ever taken in the
coaching field. Their support of athletic and sport
initiatives in the province has been very admirable
and it is making a difference in the quality of
coaching and player development in
Saskatchewan. Their extensive resource list is also a
big benefit of being a member.

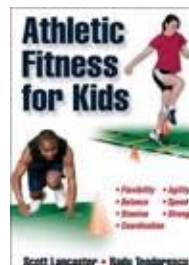


Chunky Most Valuable Coach Contest

The Coaching Association of Canada and *Chunky Soup*, in association with TSN, will recognize the contributions of Canadian coaches with the launch of the second year of the *Chunky MVC: Most Valuable Coach* contest. This program encourages the millions of Canadians involved in community, amateur and competitive sports to visit coach.ca/chunky to nominate a coach who has made a real difference in their lives and the lives of others by reflecting and promoting the values of leadership, activeness and community.

This year's winner of *Chunky MVC* will receive a prize package valued at \$25,000 for his or her athletes and community.

If you know a coach that deserves recognition for the outstanding work they do, then go to coach.ca/chunky and nominate that coach to be the *Chunky MVC*!



October Book of the Month

Order now and get your Members-only "Book of the Month" discount from Human Kinetics (25% Off!).

Order online and save 25% by entering code X718 at checkout.

National Coaching Certification Program (NCCP)



Making Ethical Decisions Online Evaluation

Coaches need to be aware or reminded that once they complete the MED workshop they still must go online to complete the MED evaluation to receive their "trained" status in that module. Coaches will need a user name and password to access the MED online evaluation.

To request this information email coach@coach.ca or by phone, Monday through Friday, from 8:30 to 4:30 (ET) at 613-235-5000. The direct web link to the online evaluation is: <http://nccpeval.coach.ca/production/med/e/index.asp?Language=English>

There are currently no fees associated with the online evaluation.

Do you have a user account in the new NCCP database?

All coaches are strongly encouraged to set up an account in the new NCCP database. Coaches with an NCCP Account can view/update personal information, access coaching records and a printable transcript. This will allow you to keep your record current (e.g. change address, email, phone number, etc.) as well as view and print your education transcript at any time and track your progress.

To set up an account contact CAC by email at coach@coach.ca, or by phone, Monday through Friday, from 8:30 to 4:30 (ET) at 613-235-5000.

"Every Athlete Deserves a NCCP Certified Coach"

Checking your NCCP education transcript online

Did you know that you can check your NCCP education transcript online to track your progress in the NCCP database? To view or print your transcript visit www.coach.ca, then click on Check Certification which appears in the top menu bar... when the NCCP database page appears click on it. On the next page go the Access Coach Education Transcript section and simply type in your CC# and last name and hit submit....your transcript will appear. If you do not know your CC# contact the CAS office at 306-780-9313 or email coach@sasksport.sk.ca.

Upcoming NCCP Multi-sport Courses

Competition – Introduction Part A & B

(replacements for the old Level 1 & 2 Theory)

Modules include: Making Ethical Decisions, Planning a Practice, Nutrition, Teaching & Learning, Designing a Basic Sport Program & Basic Mental Skills.

Click [HERE](#) for list of fall workshops scheduled throughout the province.

Competition – Development

(replacement for Level 3 Theory)

Modules include: Coaching & Leading Effectively, Developing Athletic Abilities, Psychology of Performance, Prevention & Recovery, Managing Conflict & Leading Drug Free Sport.

Click [HERE](#) for list of fall modules hosted in Saskatoon & Regina.

Sport Specific NCCP clinics

For a list of upcoming NCCP sport specific clinics contact your Provincial Sport Organization office or visit their website.

www.saskcoach.ca

NCCP Learning Facilitator Profile



Name: Laura Novocosky

Community: Lanigan, Saskatchewan

Occupation: Librarian at Lanigan Elementary School since 1986.

My Sport Background:

I got involved in sport the way many parents do - through my children's involvement. I am a certified Level 3 (in the old system) coach in the sport of Table Tennis as well as Level 1 in volleyball. I am also an international White Badge umpire in Table Tennis. I have coached table tennis locally, provincially, at the Canada Games, as well as at North American competitions. I also have officiated locally, provincially, internationally including the Paralympic Games in Atlanta and the Francophone Games in Ottawa.

The NCCP Courses I facilitate:

I am a Learning Facilitator for the NCCP Competition - Introduction Part A and Part B, as well as being a technical facilitator for Table Tennis. I started to facilitate courses in 1997.

Why are you involved in coach education?

I strongly believe that every athlete deserves a certified coach and that all coaches should have equal opportunity to become the best they can be. I believe the best way to do this is through the NCCP certification process.

What do you enjoy most about your involvement in coach education?

I enjoy the interaction I have with coaches in other sports through facilitating these courses. In rural areas, one can feel isolated, so these courses give the rural coaches an opportunity to interact with other coaches, to learn from each other, and to make networking opportunities with each other.



Sport Nutrition Workshops

Providing valuable nutrition information to sport teams, high school groups and local clubs in Saskatchewan.

FREE workshops are available for athletes and active individuals between 12 to 18 years of age.

To book your workshop contact:

Heather Hynes

1.888.350.5558 - ext. #5

heather.hynes@sasktel.net

There are a limited number of workshops available, so book early!

The SMSCS acknowledges the financial support of the Dairy Farmers of Saskatchewan

Making Dreams Possible



Community & HP Coaching Grants

GM and the Coaching Association of Canada (CAC) know that preparation is the key to medal-winning performances. Athletes can't win international medals without adequate funding and top-level coaching.

Application deadline for the GM High Performance Coaching Grant is **January 18, 2010**.

www.coach.ca/makingdreamspossible

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).

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.

The following coaching grant programs are funded by the Canadian Sport Centre Saskatchewan and administered by CAS.

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.

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).

Women in Coaching Professional Development Grant

The Women in Coaching Professional Development Grant supports Saskatchewan female coaches who are interested in a career in coaching. With the grant funding, coaches will be able to enhance their skills through education, training, and certification. The grant also provides the opportunity to mentor with a Master Coach, consult a sport expert, and upgrade NCCP certification.

High Performance Coach Development Grant

The High Performance Coach Development Grant supports Saskatchewan coaches who work with high performance athletes in the Long-term Athlete Development stages of Training to Compete and Training to Win. The grant is designed for coaches committed to upgrading their skills and abilities through education, training and certification.

For more information on any of the coaching grants available please contact Mark Bracken at (306) 780-9313 or by email mbracken@sasksport.sk.ca or visit the CAS website at www.saskcoach.ca.



Community Coaching Conferences

The Coaching Association of Canada (CAC), through the sponsorship of Investors Group Inc., is pleased to provide financial assistance to communities and organizations interested in hosting a Community Coaching Conference. They are intended to both promote and supplement the National Coaching Certification Program.

For further information about financial and program assistance for Investors Group Community Coaching Conferences and the Investors Group Volunteer Sport Administrator Award visit: www.coach.ca/ig/e/ccc/about.htm

Do you Coach Athletes with a Disability?



"No-Accidental Champions" Workshop

October 22, 2009

9:00 am to 1:00 pm

Delta Regina Hotel -
Campania Room,
1919 Saskatchewan Drive

Lunch will be provided.

To register email:
registration@saskinmotion.ca
with "NAC" in subject line.

For more information visit:
www.sasksport.sk.ca/CS4L

Coaching Tips

Communication

One of the most important qualities a coach can possess is the ability to communicate effectively. In order to improve communication skills, it is important to practice them...(just like a physical skill!)..so here are some helpful tips!

Nonverbal Behaviours of Communication

To deliver the full impact of a message, use nonverbal behaviours to raise the channel of interpersonal communication:

- **Eye contact:** People who make eye contact open the flow of communication and convey interest, concern, warmth, and credibility.
- **Facial Expressions:** Smiling is a powerful cue that transmits happiness, friendliness, warmth, and liking.
- **Gestures:** A lively speaking style captures the listener's attention, makes the conversation more interesting, and facilitates understanding.
- **Posture and body orientation:** Standing tall and leaning forward communicates to listeners that you are approachable, receptive and friendly. Interpersonal closeness results when you and the listener face each other.
- **Proximity:** Cultural norms dictate a comfortable distance for interaction with others.
- **Vocal:** Speaking can signal nonverbal communication when you include such vocal elements as: tone, pitch, rhythm, timbre, loudness, and inflection. For maximum teaching effectiveness, learn to vary these six elements of your voice.

Active Listening

Active listening involves listening with a purpose. Here are some tips on how to be a good "active listener"

- Spend more time listening than talking.
- Do not finish the sentences of others.
- Do not answer questions with questions.
- Be aware of biases. We all have them. We need to control them.
- Never daydream or become preoccupied with your own thoughts when others talk.
- Let the other speakers talk. Do not dominate the conversations.
- Plan responses after the others have finished speaking, NOT while they are speaking.
- Provide feedback, but do not interrupt incessantly.
- Analyze by looking at all the relevant factors and by asking open-ended questions. Walk others through by summarizing.
- Keep conversations on what others say, NOT on what interests them.
- Take brief notes. This forces them to concentrate on what is being said.

Verbal / Speaking

- When speaking or trying to explain something, ask the listeners if they are following you.
- Ensure the receiver has a chance to comment or ask questions.
- Try to put yourself in the other person's shoes - consider the feelings of the receiver.
- Be clear about what you say.
- Look at the receiver.
- Make sure your words match your tone and body language (Nonverbal Behaviours).
- Vary your tone and pace.
- Do not be vague, but on the other hand, do not complicate what you are saying with too much detail.
- Do not ignore signs of confusion

Article provided by Brie Ellard-Jedlic, Mental Trainer, Sport Medicine and Science Council of Saskatchewan

Visit the
**COACHES
ASSOCIATION OF
SASKATCHEWAN**
website for up to date
coaching information
www.saskcoach.ca

Saskatchewan Lotteries is the fundraiser for more than 12,000 sport, culture, recreation and community groups in Saskatchewan.

www.sasklotteries.ca



TRUE SPORT

LIVES HERE

Principles for Sport

Go For It

Always rise to the challenge.
Discover how good you can be.

Play Fair

Play honestly and obey the rules.
Winning is only real when competition is fair.

Respect Others

Respect teammates, competitors and
officials both on the field and off.
Win with dignity and lose with grace.

Keep it Fun

Have a good time.
Keep a positive attitude and contribute to a
positive atmosphere.

Stay Healthy

Respect your body. Keep in shape.
Avoid unsafe activities.

Give Back

Do something that helps your community.

Coaches Association of Saskatchewan declares itself a True Sport Organization

Although CAS has been following the True Sport principles since its inception, at a meeting on September 29th the Board of Directors adopted a motion to formally declare itself as a "True Sport Organization". True Sport is a social movement powered by people who believe that sport can transform lives and communities - if we do it right. True Sport members across Canada are committed to community sport that's healthy, fair, inclusive, and fun. True Sport members stand together against cheating, bullying, aggressive parental behaviour, and win-at-all-costs thinking.

True Sport Foundation Announces \$25,000 and \$5,000 Grants for Community Sport Programs

The True Sport Foundation is now accepting applications for the True Sport Community Fund. Grants in the amount of \$5,000 or \$25,000 are available for innovative sport programs that create access, and promote inclusion for children and youth from Aboriginal, low-income, and new Canadian families. Although open to all provinces and territories, the True Sport Community Fund focuses on Yukon, Northwest Territories, Nunavut, Saskatchewan, Manitoba, New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador.

Application deadline: October 31, 2009

www.truesport.ca



November 12-15, 2009

PETRO-CANADA SPORT LEADERSHIP SPORTIF
NOVEMBER 12-15, 2009 • DU 12 AU 15 NOVEMBRE 2009 • SHERATON VANCOUVER WALL CENTRE

VANCOUVER 2009

To register visit:

www.coach.ca/sportleadershipsportif/2009/e/index.cfm

