



COACHES
ASSOCIATION OF
SASKATCHEWAN

Coaches Digest

A View From the Sideline

February 2008

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What's New at CAS

New Staff and Office Location

Sask Sport Inc. is pleased to announce that Mark Bracken has assumed the Manager of Coaching Development within the Sport Division of Sask Sport. This position also serves in an Executive Director capacity to the Coaching Association of Saskatchewan (CAS).

Kara Wytrykusz, a Sport Assistant with Sask Sport in Regina, has taken on the administration support role for coaching.

The main office of the Coaches Association of Saskatchewan has moved to 1870 Lorne Street in Regina, however Amy Smith, Aboriginal Coaches and Officials Program Coordinator, will continue to work out of the Saskatoon Administration Center building.

If you have any questions about coaching development programs or services please contact Mark Bracken at mbracken@sasksport.sk.ca or 780-9313, or Amy Smith at asmith@sasksport.sk.ca or 975-0865.

Coaching Association of Saskatchewan

Board of Directors

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Saskatchewan Coaches Conference

May 23 & 24, 2008
Regina Inn, Regina, SK

Keynote Presenter
ISTVAN BALYI

One of the world's leading experts
on periodization (planning) of
athletic development



*Watch for a conference brochure
arriving soon!*



COACHES
ASSOCIATION OF
SASKATCHEWAN

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Regina, SK S4P 2L7
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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.

For a copy of the membership application form contact Kara Wytrykusz at (306) 780-9318 or by email at kwytrykusz@sasksport.sk.ca.

CAC Website Tools

NSO PROGRESS: Find out how National Sport Organizations (NSOs) are progressing through the transition. How many sports have obtained conditional approval for the Community Sport – Initiation context? How many sports are developing materials for the Competition – Introduction context? For the current status of NSOs as they progress through the transition to a competency/outcomes-based NCCP, visit http://coach.ca/eng/certification/nccp_for_partners/tracking.cfm.



ONLINE DATABASE: As a coach, you can update your personal information (name, address, e-mail address etc.), access your coaching records, obtain a printable official transcript (showing your name and address) and more! To check your certification, visit <http://nccpdb.coach.ca/production/loginqui.asp?Language=English>.



COACH AMANDA:

For those not familiar with Coach Amanda, it is an online coach designed to help coaches navigate the new NCCP. Coaches can ask a few simple questions and 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 requirements to become a "Trained" or "Certified" coach in their sport.

Since her introduction to the coaching world, Amanda has continued to increase the number of coaches she can help. In total, Amanda is currently helping coaches in 49 sports. The five newest sports to have Amanda's online help are: Canoe-Kayak, Orienteering, Swimming, Water Polo, and Water Ski and Wakeboard.

To get Amanda's help visit http://www.coach.ca/eng/certification/nccp_for_coaches/context_tool/index.cfm.



Hi! I'm Amanda, your online coach. I'm here to help simplify the NCCP. Not sure which workshop you're supposed to take or which context is right for you? I can help answer your questions.

A Very Successful Beginning for the Aboriginal Coaches and Officials Program (ACOP)

In its inaugural year, over 600 coaches and officials have received training through the program, that's 38% higher than the initial goal of increasing the number of qualified Aboriginal coaches and officials in the province by 20%. That's approximately 456 more trained coaches than anticipated in year one of the program.

ACOP is helping to create and enhance a dynamic, unique sport environment that enables Aboriginal people to experience and enjoy sport. The program consists of: The Introduction to Coaching Workshop, Aboriginal Coaching Modules, and Competition Introduction - Part A and B, NCCP Sport Specific Clinics and ACOACH.

The program continues to organize training and developmental opportunities across the province for Indigenous peoples to become involved in sport as a coach or an official. Right now there is no better time to excel in sport. With upcoming opportunities

for athletes to compete at provincial and national levels, there is a shortage of level 2 coaches and qualified officials in the province. With new funding



available, there's now more opportunity for Aboriginal coaches and officials to advance to the next level.

For more information on The Aboriginal Coaches and Officials Program, contact Amy Smith, Coordinator at 306-975-0865 Toll free at 1-888-319-2267 or by email at asmith@sasksport.sk.ca.

Coach Recognition

The Coaches Association of Saskatchewan is recognizing coach(es) whose athletes or team had a Medal winning performance at:

- 2007 National Championships
- 2007 Canada Winter Games
- 2007 Multi-Sport National Games

The list of coaches will be published in the next issue of the CAS newsletter and the coaches will receive a certificate from the Coaches Association of Saskatchewan recognizing their achievement.

Communication was recently sent to all Provincial Sport Governing Bodies requesting names of any coaches worthy of this recognition. **The deadline for submissions is March 1, 2008.** For more information or for a Coach Recognition Form please contact Kara Wytrykusz at kwytrykusz@sasksport.sk.ca.



National
Coaching
Certification
Program

2007 NCCP Statistics

Below is a breakdown of how many NCCP multi-sport courses were held in Saskatchewan in 2007. CAS would like to thank the Zone/Districts for their efforts in organizing courses this past year.

Part A	50
Part B	17
Level 3	9
TOTAL Courses	76
TOTAL Participants	755

Congratulations to our Saskatchewan Coaches

National Team Apprentice

Athletics Coach **Carla Nicholls** from Regina was selected as one of the five Canada's most promising women coaches for the Coaching Association of Canada's Women in Coaching (WiC) National Team Coaching Apprenticeship Program (NTAP).

A former national team heptathlete, Carla Nicholls has been the head coach at the University of Regina since 2001. Coaching assignments for Athletics Canada include the 2007 Universiade in Thailand, the 2003 Western Canada Summer Games, and the 2005 Canada Summer Games.



For the past five years, she has assisted Les Gramantik, the head coach of Athletics Canada, in running a national training camp for combined events, sprints, and jumps.

"I am grateful to be part of this amazing apprenticeship program, especially when I consider the impressive women who have been through NTAP before me," says Nicholls. "Thanks to NTAP, I am really able to give my dreams a go. This is going to help me take the next step in coaching. I am excited about the future — no looking back now."

2009 Canada Games Women in Coaching Apprentice Project

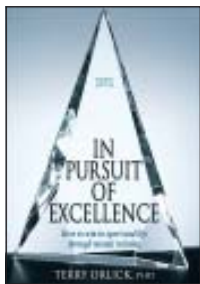
A joint initiative of CAC's Women in Coaching program, the Coaches Association of Saskatchewan, the Canada Games Council, and Sport Canada, the Canada Games Apprenticeship Program aims to provide women apprentice coaches with domestic multi-sport Games experience. The aim is to prepare the coaches to work alongside their mentor coaches at the 2009 Canada Summer Games in P.E.I.

The following Saskatchewan female coaches were recently selected to participate in this project and will be joining their sports team as an Apprentice Coach at the 2009 Canada Summer Games.

Congratulations to:

Astrid Baecker (Soccer) & Terrol Russel
(Mentor Coach)

Stephanie Robertson (Canoe/Kayak) &
Andre Gronowicz (Mentor Coach)



Book of the Month

In Pursuit of Excellence provides the expert advice and proven techniques to help you fulfill your aspirations. You'll gain a more positive outlook, a more focused commitment, better ways of dealing with distractions, and strategies for overcoming obstacles.

To purchase at a discounted rate visit: www.saskcoach.ca

CAC News

NCCP Minimum Age Policy

The Coaches Association of Canada has established policies regarding minimum age requirements to participate in the NCCP multi-sport module training. Provincial/Territorial Delivery Agencies are responsible to submit a letter of intention to CAC if they decide not to allow persons aged 14 to 15 to participate in multi-sport module training. CAC is developing a communications strategy and tools to allow NSO's and P/Ts to communicate the minimum age policy to members/coaches.

For Saskatchewan, CAS declared their support for allowing 14 & 15 year old coaches to participate in the NCCP multi-sport module training only in those sports that have received formal approval by CAC to allow 14 & 15 year olds to participate in sport specific NCCP training.

Competition - Development Replacing Level 3 Theory

With the release of the new Competition-Development multi-sport modules Saskatchewan will no longer be offering the Level 3 Theory course. The Coaches Association of Saskatchewan is planning to offer the Competition - Development multi-sport modules in both Saskatoon and Regina during 2008. Once dates are confirmed details will be posted on the CAS website and circulated to Provincial Sport Organizations and Zones/Districts.

http://www.coach.ca/eng/inside_coaching/07oct/onthemove.htm

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). Up to \$750 is available to support participation in professional development or training opportunities to upgrade their coaching skills. For more information contact Mark Bracken – 780-9313 email mbracken@sasksport.sk.ca or visit the CAS website at 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. PSGBs are eligible to receive a one-time grant opportunity of up to \$2,000. Special consideration for additional funding up to \$4,000 may be made for sports whose coaching certification is multi-disciplinary in nature. For more information regarding the NCCP Transition Grant, please contact Mark Bracken at (306) 780-9313 or email mbracken@sasksport.sk.ca.

Next deadline is February 28 and May 31, 2008.

Coach Visitation Program

In order for High Performance Coaches from Saskatchewan to gain knowledge and experience, it is important to be exposed to experts in the sport. 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. Up to \$750 is available once per fiscal year per PSGB.



Provincial Sport Governing Bodies may apply to the Canadian Sport Centre Saskatchewan for assistance. The application should include the program objectives, coach or expert, the learning program, budget, and a list of perspective coaches invited to attend the Visitation Program. The maximum amount available is \$750. For more information visit www.sasksport.sk.ca/csc-sk/coach_services.html#coach.

Apprentice Coach Program

In order for High Performance Coaches from Saskatchewan to advance to National team status it is imperative that they have opportunities to work directly with National Team coaches and athletes. 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).

Interested coaches must be fully certified Level 3 NCCP and working towards Level 4 certification. Priority may be given to those applicants who have never been a part of a National Team. The maximum amount is \$5,000. For more information visit www.sasksport.sk.ca/csc-sk/coach_services.html#apprentice.

For more information on NCCP courses in Saskatchewan visit www.saskcoach.ca

Youth Strength Training: It's ok as long as you do it correctly

- By Mayo Clinic staff



The young athlete in your family is disciplined and devoted, squeezing in practice whenever he or she can. Now your child wants to start strength training. You've heard coaches and other parents talk about strength training, but you wonder — is strength training really good for a child? The answer is yes. Strength training exercises that are supervised, safe and age-appropriate offer many bonuses to young athletes. The American Academy of Pediatrics, the American College of Sports Medicine, and the National Strength and Conditioning Association all support strength training for kids — if it's done properly. Today's children are increasingly overweight and out of shape. Strength training can help put them on the lifetime path to better health and fitness.

Strength Training, not weightlifting

Strength training for kids — not to be confused with weightlifting, bodybuilding or powerlifting — is a carefully designed program of exercises to increase muscle strength and endurance. Weightlifting, bodybuilding and powerlifting are largely driven by competition, with participants vying to lift heavier weights or build bigger muscles than other athletes. Strength training for kids, however, isn't about lifting the heaviest weight possible. Instead, the focus is on lighter weights and controlled movements, with a special emphasis on proper technique and safety. "Heavy lifting can put too much strain on young muscles, tendons and growth plates, especially when proper technique is sacrificed in favor of lifting larger amounts of weight," says Edward Laskowski, M.D., a physical medicine and rehabilitation specialist at Mayo Clinic, Rochester, Minn., and co-director of Mayo Clinic's Sports Medicine Center.

Your child can build muscle strength using:

- ◆ Free weights
- ◆ Resistance bands
- ◆ Weight machines
- ◆ His or her own body weight

Benefits abound for young athletes

Strength training for kids has gotten a bad reputation over the years. Lifting weights, for example, was once thought to damage young growth plates — areas of cartilage that have not yet turned to bone. Experts now realize that with good technique and the right amount of resistance, young athletes can avoid growth plate injuries. Strengthening exercises, with proper training and supervision, provide many benefits to a young athlete. Supervised strength training that emphasizes proper technique:

Increases your child's muscle strength and endurance · Protects your child's muscles and joints from injury · Helps improve performance in a particular sport Your child may gain other health benefits from strength training, too.

These include:

- ◆ Better heart and lung function
- ◆ Lower blood cholesterol levels
- ◆ A healthy body composition
- ◆ A good fitness habit that lasts a lifetime
- ◆ Stronger bones

Some studies suggest that improved self-esteem and a decreased chance of depression also are upshots of strength training. Your child may get a feel-good boost after improving his or her performance.

Who benefits most?

Strength training benefits older preteens more than younger kids, according to Dr. Laskowski. "It's certainly not necessary for 5- or 6-year-olds to be lifting weights," Dr. Laskowski says. "At that age, kids should be learning body awareness and body control, balance, running, jumping and throwing — movement skills we used to learn in P.E. class."

Strength training also helps those kids who have a focused interest in a particular sport.

"A figure skater who has a goal of jumping higher will be able to improve with strength training," says Dr. Laskowski. "Football players, soccer players — just about all young athletes — can enhance their performance with a strength training program." "Because technique and proper form are so important,

don't let your child begin strength training until he or she is mature enough to accept directions. A good rule of thumb is if your child is old enough to participate in organized sports, such as hockey, soccer or gymnastics, he or she is ready for some form of strength training.

Guidelines for youth strength training

The right strength training program for your child isn't just a scaled-down version of what an adult would do. A youth strength training program needs to focus on:

- ◆ Correct technique
- ◆ Smooth, controlled motions
- ◆ Less resistance and many repetitions

That's the opposite of many adult programs, which focus on fewer repetitions with heavier weights. Your child's coach or athletic instructor can tailor a strength training program for your child according to your child's age, size, skills and sports interests.

The general principles of youth strength training are:

Provide instruction. Show your child how to perform strength training exercises using controlled breathing and proper form. You might ask a trained professional to demonstrate. If you enroll your child in a class, make sure there's at least one instructor for every 10 students to ensure that your child receives proper instruction.

Supervise. Adult supervision is important to reinforce safety and good technique. For instance, if your child lifts weights to strength train, a spotter — someone who stands ready to grab the weights — can step in if the weight becomes too heavy. As a parent, you can get involved in strength training, too. You can supervise your child and serve as a positive reinforcement for healthy lifestyle habits.

Warm up; cool down. Have your child begin each workout with 5 to 10 minutes of a warm-up activity, such as walking, jogging in place or jumping rope. This makes muscles warm and ready for action, all the while minimizing the risk of injury. End each workout with a cool down, including some light stretching.

Think light weights, controlled repetitions. One set of 12 to 20 repetitions at a lighter weight is all it takes. Kids don't need weights specially sized for them. They can safely lift adult-size weights as long as the weight isn't too heavy. The resistance doesn't have to come from weights, either. Resistance tubing can be just as effective — especially for younger kids.

Rest between workouts. Establish a rest period of at least a day between strength training workouts. Two or three sessions per week are plenty.

Track progress. Teach your child how to fill out a chart of which exercises, how many repetitions, and what weights or resistance he or she uses during a workout. It will be helpful in monitoring progress.

Add weight gradually. Only when your child masters proper form should you add weight. If your child can't do 10 repetitions at a certain weight, it's too much.

Keep it fun. Vary the routine often. Kids are more likely to stick with strength training if they don't get bored by it. Results won't come overnight. But over time, you and your child will notice a difference in your child's muscle strength and endurance.

A Healthy Habit for a Lifetime

If your child shows an interest in strength training, know that it can be a safe and effective activity. "Strength training is one part of a well-rounded fitness program, along with aerobic exercise and stretching," says Dr. Laskowski. "If you establish a habit of strength training with good technique early on, your child will likely reap benefits for a lifetime." Encourage physical activity in your child — it's a key step to becoming a healthy adult.

Related Information

The importance of pre-participation physicals: An interview with a Mayo Clinic Specialist
Raising an active child: Ideas for parents
Teen Lifestyle: Help you student athlete find the right balance
Fitness & Sports Medicine Center

Upcoming NCCP Courses

South East Saskatchewan
Association for Culture,
Recreation and Sport

Introduction to Competition Part A:

Montmarte April 4-5, 2008
Estevan April 4-5, 2008
Weyburn April 11-12, 2008

Introduction to Competition Part B:

Weyburn April 18-19, 2008

Call Bob King at
(306) 842-2188
www.sesacrs.com

ReginaSport District Inc.

Introduction to Competition Part A:

Regina March 8-9, 2008
Regina April 12-13, 2008
Regina May 10-11, 2008
Regina June 21-22, 2008

Introduction to Competition Part B:

Regina April 19-20, 2008
Regina June 28-29, 2008

Call Darlene MacQuarrie at
(306) 780-9274
www.reginasport.ca

Zone 3 Sports Council

Call for dates

Dwinell Stevenson at
(306) 297-3217
www.zone3sportsCouncil.com

Parkland Valley Sport,
Culture and Recreation
District

Call for dates

Dan Gallagher at
(306) 786-6585
www.zone4sports.com

Zone 5 Sports Council

Introduction to Competition Part A:

Lanigan March 14-15, 2008
Strasbourg April 11-12, 2008

Introduction to Competition Part B:

Humboldt April 18-19, 2008

Call Stephanie Cuddington at
(306) 554-2414
www.zone5sportsCouncil.com

Saskatoon Sports Council

Introduction to Competition Part A:

Saskatoon April 18-19, 2008
Saskatoon May 23-24, 2008
Saskatoon June 20-21, 2008

Introduction to Competition Part B:

Saskatoon March 8-9, 2008

Call Cindy Labrash at
(306) 975-0830
www.saskatoonsportsCouncil.ca

Zone 7 Sports Council

Call for dates

Lyndsey Bowman at
(306) 446-6770
www.zone7sportCouncil.com

Zone 8 Sport Council

Call for dates

Lyle Campbell at
(306) 953-1623

Northern Sport, Culture
and Recreation District

Call for dates

(306) 425-3127
www.nscrd.com



COACHES
ASSOCIATION OF
SASKATCHEWAN

Annual General Meeting

Saturday, May 24
Regina Inn, Regina, SK

*(In conjunction with the
Saskatchewan Coaches Conference)*



Petro-Canada Sport Leadership sportif 2008

November 7-9, 2008

Hyatt Regency Calgary
Calgary, AB

CAC's annual Petro-Canada Sport Leadership sportif conference is one of the world's premier conferences for sport leaders. This fall conference brings together coaches, sport administrators, coach educators, and athletes for several days of learning, networking, and celebrating achievements.

**Coaching in
Saskatchewan
is supported by**

