

COACHING ACADEMY



Also for
Players!



ALL PROGRAMS RUN TUESDAY NIGHTS 6:30 – 9:30PM (NUTRITION IS 6:30 – 8PM)

COST: FREE REGISTER AT PCU CENTRE PRIOR TO COURSE DATE

THE MANAGE A SPORT PROGRAM (3.5 HOURS) OCTOBER 25, 2016

This course provides coaches with the opportunity to plan and interact with program budgeting, setting staff and team expectations, arranging team travel, building athlete agreements, and reporting on athlete/team progress.

As coaches begin to take on more responsibility, they are expected to plan and execute tasks that go beyond the delivery of daily training and the management of the daily training environment.

This module is perfect for any club head coach, provincial team coach, aspiring team manager, or technical administrator.

After completing the Manage a Sport Program module, you will be able to:

- * manage administrative aspects of the program and oversee logistics;
- * manage staff's roles and responsibilities;
- * manage camp and tournament finances and travel; and
- * report on athlete progress throughout program.

NUTRITION (75 MINUTES) NOVEMBER 22, 2016

Assess whether foods and beverages consumed by athletes before, during, and after training or competition are adequate, and offer suggestions pertaining to suitable alternatives where necessary. Design strategies to influence parents and athletes in order to promote food choices that are consistent with basic sport nutrition principles.

MANAGING CONFLICT (3 HOURS) JANUARY 24, 2017

The Managing Conflict module will allow you to:

- * identify common sources of conflict in sport;
- * determine which individuals or groups are most likely to find themselves in situations involving conflict;
- * learn important skills that will help you prevent and solve conflict resulting from misinformation, miscommunication or misunderstanding;
- * develop skills that will empower you to listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials and other coaches.

BASIC MENTAL SKILLS (3 HOURS) FEBRUARY 21, 2017

Recognize certain signs showing that an athlete may need to improve his/her skills in areas such as goal setting, focus, and anxiety control. Develop an action plan that will enable the athlete to improve in these areas. Run simple guided activities that will enable the athlete to improve these basic mental skills.

RESISTANCE TRAINING (4 HOURS) MARCH 21, 2017

A must-have for competitive coaches, this 4-hour dynamic and interactive introductory workshop will teach you how to prevent injuries and increase athlete performance through proven resistance training tools. Become a better coach by augmenting your plan with elements such as:

- * Basic lifts
- * Stability training
- * Core training

REGISTER AT THE PCU CENTRE RECEPTION OR BY CALLING 204-857-7772

CLASSES ARE FREE