



INTERNATIONAL COACHING SCHOOL

A CANADIAN SPORT INSTITUTE PACIFIC PROGRAM



CSIPACIFIC.CA

SPORT PERFORMANCE COACHING CERTIFICATE



The Sport Performance Coaching Certificate stream offers coaches enhanced training in the NCCP Competition-Development modules in an interactive multi-sport setting. Coaches will have the opportunity to complete up to eight NCCP modules, as well as earn the Sport Performance Coaching Certificate from the Canadian Sport Institute Pacific, in only one week.

Facilitators for the Sport Performance Coaching Certificate include those from the Canadian Sport Institute Pacific, the Canadian Olympic Committee, the Coaching Association of Canada, Douglas College, One Smart World, Own The Podium, Royal Roads University and the University of British Columbia.

SCHEDULE

	SATURDAY MAY 26	SUNDAY MAY 27	MONDAY MAY 28	TUESDAY MAY 29	WEDNESDAY MAY 30	THURSDAY MAY 31	FRIDAY JUNE 1
8:00am - 12:00pm	MAKE ETHICAL DECISIONS <i>(OPTIONAL)</i> 8:30am - 12:00pm	COACHING AND LEADING EFFECTIVELY 9:00am - 12:00pm	COACHING AND LEADING EFFECTIVELY 8:00am - 11:30am	PERFORMANCE PLANNING — OR — DEVELOPING ATHLETIC ABILITIES 8:00am - 12:00pm	ADVANCED PRACTICE PLANNING — OR — MANAGE A SPORT PROGRAM 8:00am - 12:30pm	PSYCHOLOGY OF PERFORMANCE 8:00am - 12:00pm	PREVENTION AND RECOVERY 9:00am - 12:00pm
12:00 - 1:00 LUNCH BREAK							
1:00pm - 5:00pm	MANAGING CONFLICT 12:30pm - 5:30pm	COACHING AND LEADING EFFECTIVELY 1:00pm - 4:00pm	PLANNING PERFORMANCE — OR — DEVELOPING ATHLETIC ABILITIES 1:00pm - 5:00pm	PERFORMANCE PLANNING — OR — DEVELOPING ATHLETIC ABILITIES 1:00pm - 5:00pm	LEADING DRUG FREE SPORT 1:00pm - 4:00pm	PSYCHOLOGY OF PERFORMANCE 1:00pm - 5:00pm	PREVENTION AND RECOVERY 1:00pm - 5:00pm
5:00pm - 7:00pm						WINE & CHEESE CELEBRATION OF COACHING	

In order to earn a certificate, the following modules must be completed:

1. Make Ethical Decisions
2. Developing Athletic Abilities **OR** Performance Planning
3. Coaching and Leading Effectively
4. Advanced Practice Planning **OR** Manage a Sport Program
5. Prevention and Recovery
6. Managing Conflict
7. Psychology of Performance
8. Leading Drug-Free Sport

MAKE ETHICAL DECISIONS

SATURDAY MAY 26TH | 8:30AM-12:00PM

By successfully completing this workshop, coaches will be fully equipped to handle virtually any ethical situation with confidence and surety. MED is one of the NCCP's cornerstone workshops, and leaves coaches with no doubt as to what to do when the going gets tough.

Upon completing this module, coaches will be able to:

- Analyze a challenging situation and determine if it has moral, legal, or ethical implications.
- Apply the NCCP Ethical Decision-Making Model to properly respond to each situation in a way that is consistent with the NCCP Code of Ethics.

**PISE
329A/B**

**Optional for completion of Sport Performance Coaching Certificate*

MANAGING CONFLICT

SATURDAY MAY 26TH | 12:30PM-5:30PM

This module will allow coaches 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 coaches 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.

**PISE
330A/B**

COACHING AND LEADING EFFECTIVELY

SUNDAY MAY 27TH | 9:00AM-12:00PM & 1:00PM-4:00PM

MONDAY MAY 28TH | 8:00AM-11:30AM

This module gives coaches the skills needed to:

- Promote a positive image of sport, and model it to athletes and those supporting their performance.
- Deliver clear messages and explanations when communicating with athletes and their supporters.
- Identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.

**PISE
330A/B**

#ICS2018

PERFORMANCE PLANNING

MONDAY MAY 28TH | 1:00PM-5:00PM

TUESDAY MAY 29TH | 8:00AM-12:00PM & 1:00PM-5:00PM

In order to achieve peak performance, an athlete's training program needs to be periodized according to the demands of their sport as well as their individual development needs. The Performance Planning module allows coaches to reflect on the structure of a yearly plan and appropriately sequence training and development priorities so as to achieve peak performance.

After completing this module, coaches will be able to:

- Perform a thorough analysis of the demands of their athletes' sport at the elite (high performance) level.
- Outline a program structure based on training and competition opportunities.
- Identify appropriate measures for promoting athlete development within their own program.
- Integrate yearly training priorities into their own program.
- Organize and sequence training priorities and objectives on a weekly basis to optimize adaptations.
- Evaluate the ability of their athletes/team to perform up to their potential in competition.

**PISE
329A/B**

**Includes two-hour online pre-workshop session.*

DEVELOPING ATHLETIC ABILITIES

MONDAY MAY 28TH | 1:00PM-5:00PM

TUESDAY MAY 29TH | 8:00AM-12:00PM & 1:00PM-5:00PM

After completing this module, coaches will:

- Be able to implement general and sport-specific training protocols and methods to effectively develop or maintain the athletic abilities necessary for their sport.
- Know how to apply training principles and variables to training methods that build fitness, endurance, strength, speed, and sport-specific conditioning.
- Be able to select and adapt testing and training protocols.

**PISE
329A/B**

**Includes two-hour online pre-workshop session.*

ADVANCED PRACTICE PLANNING

WEDNESDAY MAY 30TH | 8:00AM-12:30PM

For individual training sessions to effectively contribute to the overall objectives of an annual training plan, a coach must understand the outcome of each training session and how their cumulative effects will contribute to athletic development. The Advanced Practice Planning module examines the impact of daily training sequencing and the manipulations that can affect training outcomes.

After completing this module, coaches will be able to:

- Identify the factors that affect practice planning.
- Ensure that practice plans are consistent with the microcycles and phases of which they are part.
- Sequence exercises in a practice so that their order is consistent with the research on sequencing.
- Develop a plan for training athletic abilities over a microcycle.
- Develop a plan for training technical and tactical abilities over a microcycle.
- Develop a plan for a microcycle that helps athletes taper before a competition.

**PISE
329A/B**

MANAGE A SPORT PROGRAM

WEDNESDAY MAY 30TH | 8:00AM-12:30PM

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. The Manage a Sport Program module 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. This module is perfect for any club head coach, provincial team coach, aspiring team manager, or technical administrator.

After completing this module, coaches 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.
- Report on athlete progress throughout program.

**PISE
329A/B**

LEADING DRUG-FREE SPORT

WEDNESDAY MAY 30TH | 1:00PM-4:30PM

After taking this module, coaches will be able to:

- Fully understand and explain the consequences of using banned substances in sport.
- Educate athletes about drug-testing protocols at major competitions.
- Encourage athletes to safeguard their sport values and take greater responsibility for their personal actions.
- Apply the NCCP Ethical Decision-Making Model to their coaching as it relates to keeping their sport and athletes drug-free.

**PISE
330A/B**

PSYCHOLOGY OF PERFORMANCE

THURSDAY MAY 31ST | 8:00AM-12:00PM
& 1:00PM-5:00PM

Completing this workshop will allow coaches to:

- Help athletes learn to manage distractions and use visualization techniques to prepare themselves technically and tactically for training and competition.
- Learn how to work with athletes or teams to identify performance and process goals related to their ability to focus on performance.
- Learn debriefing skills that can be used to help athletes assess their performance in both training and competition.

**PISE
330A/B**

PREVENTION AND RECOVERY

FRIDAY JUNE 1ST | 9:00AM-12:00PM
& 1:00PM-5:00PM

After taking this workshop, coaches will have the knowledge needed to:

- Identify common injuries in their sport and develop appropriate prevention and recovery strategies to keep their athletes injury-free during training and competition.
- Offer valuable information and guidance on hydration, nutrition, and sleep as they relate to injury prevention.
- Choose skills and drills that help athletes perform appropriate warm-ups and cool-downs.
- Develop functional evaluations for an athlete's return to play.
- Implement recovery and regeneration techniques to help an athlete maintain or return to optimal performance post-injury.

**PISE
330A/B**

FACILITATORS

MARC BOWLES

ASSOCIATE FACULTY | ROYAL ROADS UNIVERSITY



For more than two decades, Marc Bowles has dedicated his life to discovering leading edge and world-leading principles to human performance that lead to accelerated growth in organizations and individuals. Offering a blend of personal experience and inspiration, his mission is to increase performance and results through the power of coaching conversations. Marc's focus on understanding client needs will undoubtedly challenge participants' traditional presentation of experiences in creating an atmosphere of results. Through his tenacity and willingness to take risks in the moment, Marc has earned the respect and admiration from clients and colleagues in the field.

Marc has inspired audiences throughout BC and internationally sharing his passion for serving and contributing to the communities in which we live. His knowledge and insights are sought by the leadership teams of Educational Institutions, Chambers of Commerce, Economic Development, Construction, and Entrepreneurs in the areas of performance, leadership capacity, and the development of creating coaching environments. As a facilitator, speaker, entrepreneur, and coach Marc believes in engaging the people around us and to fully experience the day with passion and life!

CONAN COOPER

MANAGING DIRECTOR | COOPER STRENGTH AND PERFORMANCE CONSULTING



Conan Cooper spent 15 years in the Faculties of Science and Medicine studying in basic sciences and human physiology. At the end of a post-doctoral fellowship in the Department of Cardiovascular & Respiratory Sciences in 2004, he transitioned into applied fields following his passion in sport and exercise. The training and research used in his academic background drives the exercise rehabilitation, and sport programs he writes every day.

Conan was Certified (2004) as a Strength & Conditioning Specialist by the National Strength & Conditioning Association, and is Certified as Coach and Coach Educator for both the National Coach Certification Program (2009) and World Rugby (2014). As a longtime member of the sport community, and a personal trainer for over 12 years, Conan has applied a consistent approach with a broad clientele. He has coached both development youth and elite high performance athletes in different sports over the last sixteen years, specializing in physical preparation, season performance planning, skill acquisition, and performance analytics.

GAIL DONOHUE

TRAINER | ONE SMART WORLD



Throughout her many years of involvement in sport, Gail Donohue has made a difference at every level – local, provincial, national, and international. Committed to supporting coaches in sport and ensuring their impact at all levels of the provincial and national sport systems, Gail has shared her considerable skills in many areas. Gail has been a National Team athlete, 1984 Olympic Games coach, sport administrator, and learning facilitator.

Professionally, Gail's career spans a number of important initiatives. Her expertise covers coaching, administration, financial management, partnership development maintenance, communications, and coaching education. She brings a creative and visionary leadership to every project she undertakes. Gail has worked with all ages, from children to adults, at recreational to Olympic levels. Recently, she left Sport BC as Director of Strategic Membership Systems to become a full time consultant. Gail's real passion lies in facilitating individuals and organizations in achieving excellence. A Charter Professional Coach, Gail is Vice President of Coaches of Canada and sits on the board of Coaches BC and the Coaching Association of Canada.

FACILITATORS

TIM FRICK

FACULTY EMERITUS | DOUGLAS COLLEGE



Tim Frick has an extensive resume in the field of sport & coaching. He is the former coach of the National Women's Wheelchair Basketball team where he won Paralympic Gold in 1992, 1996, and 2000. Tim also coached Athletics, Weightlifting, and Wheelchair Volleyball at the Paralympics in 1980 and 1984.

Inside of the NCCP, he is a Learning Facilitator for Theory A, B, and Competition-Development; an Advanced Learning Facilitator (General Theory); a Master Learning Facilitator with Wheelchair Basketball; Level 4 certified in Wheelchair Basketball; and has experience with the development of coaching materials in the new NCCP. His formal education includes a Bachelors in PE from UBC, a Master's in Education from UBC, and a Diploma in Education (Special Education).

Tim has coached multiple men's and women's collegiate and university teams, and he has received numerous coaching awards and medals. In addition he has been asked to present at several conferences such as Sport Leadership, the International Coaching School, and CABC Provincial Conference. His hobbies include disc golf, whale watching, and coaching both wheelchair and elementary school basketball.

DAVID HILL

COACHING & SYSTEMS DEVELOPMENT LEAD | CSI PACIFIC



David Hill is a graduate of the National Coaching Institute BC, holds a Master of Science from the University of Victoria, and has a Bachelor of Education and a Bachelor of PE from the University of Calgary. He brings over 20 years of coaching experience in alpine skiing and rugby where he coached from grassroots to National Team programs.

Beyond his coaching, David spent three years at the Coaching Association of Canada in Ottawa before moving back to Victoria to join the Canadian Sport Institute Pacific in 2006. David continues to be a key contributor to the development of the National Coaching Certification Program (NCCP) having played a lead role in the coach evaluation and the development of the Advanced Coaching Diploma. He has enormous passion for legitimizing the role of coaching in Canada by increasing the professional status of coaches and advocating for the value of coach education, coaching, and athlete development.

PETER LAWLESS

VICE PRESIDENT | CANADIAN OLYMPIC COMMITTEE



Peter Lawless has been a staff coach with Team Canada at the UCI Paracycling World Championships and several World Cups. He has also been a staff coach with Athletics Canada at various events including IPC Athletics World Championships. Peter's athletes have had remarkable success including breaking 27 World Records in athletics and winning over a dozen Paralympic or World Championships medals in both cycling and athletics. While predominately a coach of Paralympic athletes Peter also coaches high performance able-bodied athletes including the highest placed Canadian finisher at the 2011 World Junior Championships (cycling).

Beyond direct coaching, Peter is on the Board of viaSport and has been the President of Coaches of Canada, served on the Board of Directors of the Pacific Institute of Sports Excellence; Canadian Sports Institute Pacific; Cycling Canada and Cycling BC. Peter also served as the President of Tripleshot Cycling, one of the largest cycling clubs in BC and helped organize a large (100+ rider) charity ride which has raised almost \$100,000 for cancer research to date.

FACILITATORS

LAURA WATSON

OWN THE PODIUM | HIGH PERFORMANCE ADVISOR



Originally from Ottawa, Laura Watson now lives and works in Vancouver, BC. A graduate of the Executive Education program at the University of British Columbia's Sauder School of Business, she also has a Bachelor of Science Degree in Human Kinetics, a Diploma in Sport Science, and a Diploma in Coaching. She is a Level 3 certified and Competition – Development coach for ringette where she has coached from grassroots to international level. Her previous hats include being the Director of Sport for viaSport and the Executive Director and Technical Director for the Coaches Association of BC. She is currently a Master Learning Facilitator in the NCCP.

