

**HIGH PERFORMANCE COACH ADVANCE**

May 31, 2019 – Canadian Sport Institute @ PISE

***PURPOSE:** A one day Advance designed to develop coach-based strategies to **Power Podium Performances** by exploring **Skill Acquisition** to ensure the highest quality athlete experiences and performance*

Time	Friday May 31, 2019
9:30- 9:45 am	<b>Registration and Coffee (9:30-9:45)</b>
9:45-10:30	<b>Title:</b> Accelerating athlete learning through skill acquisition – It’s not what you coach, but how, why and when. <b>Setting the Scene (10:00-10:30)</b> What is skill acquisition and how can it be applied to coaching?
10:30-11:45	<b>Expert Panel</b> <i>Why is Skill Acquisition and Research important for High Performance Athlete success? Can coaches accelerate athlete learning? What are some emerging practices that can be employed? Panel: Dr. Nikki Hodges, Dr. Marc Klimstra and Dr. Olav Krigolson</i>
11:45-1:00	<b>Networking LUNCH (11:30-1:00)</b> SPCC Celebration
1:00-2:00	<b>Participant divided into 3 groups and go to one of three lab experiences (hands on) delivered by one of the panelists</b>
2:30 – 3:00	<b>Lab Session 1- Nikki Hodges</b> - “active learning” creating cognitive effort and challenge in practice
3:00 – 4:00	<b>Lab Session 2 – Olav Krigolson</b> – Practice Design being effective and efficient in our practices <b>Lab Session 3 – Marc Klimstra</b> – Using technology and data to enhance augmented feedback
4:00-4:30	<b>BREAK (TBD)</b>
4:30 - 5:00	<b>Coach Round table. Coaches facilitated into discussions on uses of skill acquisition in their sports. How will they apply better coaching? What resources will they need or use? How can improvements be monitored?</b>
5:00 – 6:30	<b>SOCIAL – Happy Hour</b>