



May 5-7, 2017

» ENGAGESPORT^{NORTH} Peace Region Community » Sport » Recreation » Performance

Conference

Join Engage Sport North, the Peace River Regional District, and other community organizations for a weekend filled with education and training opportunities for coaches, parents, athletes and community leaders including:

- » **NCCP Multi-sport Coaching Modules**
- » **Athlete Services Physical Testing, Nutrition, Mental Performance and Strength & Conditioning**
- » **Sports Medicine Taping**
- » **Canuck's Autism Network Workshop**

location: Calvin Kruk Centre for the Arts and Central Middle School
Dawson Creek, BC

dates: Friday, May 5th - Sunday, May 7th

full conference fees*: \$100.00** per participant
\$50.00** for athletes

Includes refreshments throughout the conference.

**Pricing for individual sessions is available.*

***Plus applicable ticketing surcharges.*

For more information and to register:

» www.engagesportnorth.com

Featuring Keynote Speakers:

Paul Carson Hockey Canada
Friday, May 5th 6:30 - 7:30pm

With Hockey Canada since 2002, Paul is currently the Vice President of Hockey Development and has a considerable passion for leading, developing and promoting positive sport experiences for players, coaches, officials, parents and volunteers.



Erica Wiebe 2016 Olympic Gold Medalist
Saturday, May 6th 12:00 - 1:00pm

Erica, a heavyweight wrestler, captured Canadian hearts with her exuberance after her hard earned win at the 2016 Olympic Games in Rio de Janeiro and over the last decade has inspired young athletes across Canada to dream big and work hard to achieve their goals.



250-960-5348 » www.EngageSportNorth.com

Strive to Thrive.



Why Attend the Conference? Engage Sport North, the Peace River Regional District, and other community organizations are pleased to be able to offer athletes, coaches, officials, parents, teachers, sport leaders, and volunteers the opportunity to gain valuable skills and knowledge that will help to further develop athletes, sport, and recreation throughout our region. If you have an interest in sport and/or recreation this conference is for you.

Why are we offering this conference? The answer is simple - because the Peace Region is ready! There are active and successful sport and recreation programs throughout the region and in order to maintain and further develop them, we need to provide support and education and training to the people that make them possible. This conference is designed with you in mind, to help build your skills and increase your knowledge in order to support your athletes, children and sport organizations.

What sessions should I register for? There are many great sessions that are being offered but unfortunately you won't be able to attend all of them - there just isn't enough time! We encourage you to:

- › Check with your **provincial or national sport organization** to determine what courses are required for you to gain or maintain coaching certification under the National Coaching Certification Program (NCCP). Some of the sessions being offered will provide you with NCCP credits. Check www.coach.ca to get started.
- › **Consider the context** within which you coach or teach sport and recreation. Do you coach younger or older children, are you teacher who teaches fundamental movement skills, do you work with special needs groups or do you work with athletes on a performance pathway?
- › **Think about your role** in sport and recreation. Are you a parent interested in learning more about coaching, officiating or supporting your child or athlete? Are you on a Board of Directors for a local sport organization? Do you manage or act as a trainer for a team? Do you volunteer in a sport league as a minor official or other capacity?
- › **Encourage youth** athletes and their friends to participate!

What will my conference fee pay for? The conference fee allows for you to participate in the full weekend of presentations, seminars and courses. The Conference offers something for everyone and depending on your session selections, allows you to receive NCCP credits or professional development points as well as valuable knowledge and skills. Typically the courses and sessions being offered at the conference cost between \$70 - \$225 each. For this conference your registration fee covers the cost of any of the courses you take* with the added benefit of a group learning environment fostering dialogue, enabling problem solving, and building greater community awareness. A full

conference registration fee includes admission to the amazing keynote speakers Paul Carson from Hockey Canada and Olympic Gold Medallist Erica Wiebe. Refreshments throughout the conference will also be provided!

What does the Athlete Registration include? The conference fee for athletes is available to youth athletes aged 14-19 who are involved in organized sport in the Peace Region as well as provincially or nationally carded athletes living here. The Athlete Registration also allows for admission to the Keynote presentations, and any other course or session that is of interest.

How did this conference come to be planned? Sometimes when things are meant to be, they are meant to be! In 2015 the Peace River Regional District provided a grant to help support the World U17 Hockey tournament in Dawson Creek and Fort St John. As a result of the success of the tournament the Regional District received some funding back in the form of "legacy funds" which were meant to support sport and recreation in the region. Although there were many ideas on how the funds could be utilized, it was decided that a multi-sport coaching conference was one way in which all different sport organizations throughout our region could be positively supported. At the same time Engage Sport North was investigating the possibility of hosting a conference in the Peace and were starting to look for community partners - Voila a partnership was born! Folks from the City of Dawson Creek, the City of Fort St John and School District 59 have partnered to help support and organize the conference! Thanks go out to Barry Reynard, Chante Elden-Patterson, Richard Powell, Emily Rivard, Bryna Casey, Trish Morgan and the staff at Engage Sport North for organizing the event.

What is Engage Sport North? Engage Sport North, originally founded in 1994, is a member of the viaSport Regional Alliance, and the only multi-sport organization of its kind in Northern BC. Dedicated to advancing sport participation and excellence in the north, Engage Sport North provides high quality sport participation & development services and programming to athletes, coaches, officials and sport leaders. Engage Sport North also offers introduction to sport opportunities and physical literacy skill development to children and adults. Engage Sport North works with people of all ages and abilities from those new to sport to experienced athletes and coaches on a high performance pathway. Together with our partners in sport, recreation and physical activity, Engage Sport North strives to provide exceptional service throughout Northern BC.

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Friday, May 5

6:00pm - 6:25pm
Calvin Kruk Centre for the Arts, Auditorium

Registration

6:30pm - 7:30pm

Cost: Included in Conference Registration or \$50.00 for the evening's presentations.

Keynote Address **Paul Carson**

Your children may not play professional sports, but they will be healthy. With Hockey Canada since 2002, Paul is currently the Vice President of Hockey Development and has a considerable passion for leading, developing and promoting positive sport experiences for players, coaches, officials, parents and volunteers. In addition to his current role, Paul is a board member with the Coaching Association of Canada and also serves as co-chair of the development and coaching committees with the International Ice Hockey Federation based out of Zurich, Switzerland. Paul will be sharing his vast experience as a player, mentor, teacher, coach and governor with the community and provide both insight and advice about the current issues impacting sport in our communities.



7:45pm - 8:30pm

Mental Performance **Carl Neinhuis**

Mental Performance Consultant Carl Neinhuis is a member of the Canadian Sport Psychology Association (CSPA) and is a graduate of the University of Ottawa where he obtained his Master's in Human Kinetics, specializing in Intervention and Consultation in Sport and Exercise Psychology. He has worked with people of all ages from various sport and non-sport backgrounds, from helping youth develop positive living skills, to helping national team athletes perform consistently on the world stage. Carl's presentation – **High Performance Psychology: How to Get Good at Stuff** has been developed with all conference participants in mind – athletes, coaches, parents, officials and sport leaders from all sports.

9:00pm - 10:00pm
Boston Pizza

Conference Social

Join us at Boston Pizza where you can meet your fellow coaches, conference presenters and instructors for some informal discussions on sport development and coaching. This is a great opportunity to interact with the professionals and meet your fellow coaches!

Saturday, May 6

8:00am - 12:00pm
Calvin Kruk Centre
Instructor: **Ann Holmes**

Cost: Included in Conference Registration or \$50.00 as an individual session.

NCCP Competition Development Module: **Managing Conflict**

The 4 hour 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; and
- > 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.

8:30am - 12:00pm
Calvin Kruk Centre
Instructor: **Kim Koehn**

Cost: Included in Conference Registration or \$50.00 as an individual session.

NCCP Introduction to Competition Module: **Making Ethical Decisions**

By successfully completing the 3.5-hour Make Ethical Decisions (MED) workshop you 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 the MED module you'll be able to:

- > analyze a challenging situation and determine if it has moral, legal or ethical implications; and
- > 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.

9:00am - 12:00pm
Central Middle School
Instructor: **Dave Adolph**

Cost: Included in Conference Registration or \$50.00 as an individual session.

Athlete Testing **Physical Performance**

Certified Strength and Conditioning Specialist and Athletic Therapist Dave Adolph, Manager of High Performance Programs at Engage Sport North will run youth athletes (aged 14-19) through a series of standardized physical tests to provide baseline information related to speed, agility, flexibility and overall physical literacy. The purpose of the testing is to provide athletes with current data regarding their physical condition and identify areas for further development.

Saturday, May 6

12:00pm - 1:00pm
Calvin Kruk Centre
lunch provided

Cost: Included
in Conference
Registration or
\$25.00 as an
individual session.

Keynote Address **Erica Wiebe**, Olympic Gold Medallist

Erica, a heavyweight wrestler, captured Canadian hearts with her exuberance after her hard earned win at the 2016 Olympic Games in Rio de Janeiro and over the last decade has inspired young athletes across Canada to dream big and work hard to achieve their goals. In addition to her Olympic Gold Medal Erica has won more than 20 international events in the past three years, including the 2014 Commonwealth Games and the 2014 University World Championships. Erica will share her personal athletic journey from small town roots to Olympic glory and future aspirations.



1:00pm - 5:00pm
Calvin Kruk Centre
Instructor: **Stephanie Jull**

Cost: Included
in Conference
Registration or
\$20.00 as an
individual session.

Canucks Autism Network Workshop: Supporting Individuals with Autism in Community Recreation and Sport (NCCP Pro-D)

The workshop will provide an overview of autism spectrum disorders and cover multiple strategies for supporting individuals with autism within sport and recreation settings. Workshop information is applicable to support individuals of various abilities (from early childhood through adulthood, and outlines strategies also relevant to working with individuals with ADHD, learning disabilities, FASD, and atypically developing children. The workshop includes lots of opportunity for hands-on practice and is an excellent resource for community coaches, parks & recreation staff, parents, school support staff, and anyone wanting to learn more about supporting individuals with ASD.



Saturday, May 6

1:00pm - 5:00pm
Central Middle School
Instructors: **Dave Adolph**,
Carl Nienhuis &
Alexandria Wilson

Cost: Included
in Conference
Registration or
\$50.00 as an
individual session.

Athlete and Coach Consultations

- > **Diet and Nutrition** with **Alexandria Wilson**, RD IOC Dip Sport Nutr
- > **Mental Sport Performance** with **Carl Nienhuis**, PhD (ABD), Mental Performance Consultant
- > **Certified Strength & Conditioning Program Development** with **Dave Adolph**, CSCS and CAT, Manager of High Performance, Engage Sport North

1:00pm - 6:00pm
Calvin Kruk Centre
Instructor: **Kim Koehn**

Cost: Included
in Conference
Registration or
\$50.00 as an
individual session.

NCCP Introduction to Competition Module: Planning a Practice

The 5-hour Planning a Practice module will give you the skills to:

- > organize a well-structured practice plan with safe, age-appropriate activities you've designed to match the proficiency level of participants;
- > identify potential risk factors that could impact the sport and practice activities;
- > create an emergency action plan; and
- > identify practice goals and design activities that offer the best training benefits for the athletic skills required in your sport.

Sunday, May 7

9:00am - 3:00pm
Calvin Kruk Centre
Instructor: **Dave Adolph**

Cost: \$25.00 with
full Conference
Registration or
\$75.00 as an
individual session

SportMED BC Sports Medicine Athletic Taping

This course covers many of the taping techniques used in a sport setting through a combination of lecture and practical sessions. The course is designed as an introduction to taping and covers regional taping techniques for the ankle, foot, knee, elbow, wrist, thumb and finger. In addition to the theory of athletic taping, procedures for injury prevention, minimizing the chance of further damage when injury occurs and for aiding the healing process are also discussed. *participants are encouraged to wear athletic wear appropriate for bending, kneeling and stretching.

Conference Agenda

Sunday, May 7

9:00am - 5:00pm
Calvin Kruk Centre
Instructor: **Ann Holmes**

*Cost: Included
in Conference
Registration or
\$50.00 as an
individual session.*

NCCP Competition Development Module: **Psychology of Performance**

Completing the 7-hour Psychology of Performance workshop will allow you 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; and
- learn debriefing skills that can be used to help athletes assess their performance in both training and competition.

10:30am - 12:00pm
Calvin Kruk Centre
Instructor: **Kim Koehn**

*Cost: Included
in Conference
Registration or
\$50.00 as an
individual session.*

NCCP Introduction to Competition Module: **Nutrition**

After taking the 1.5-hour Nutrition module you will be able to:

- determine if foods and beverages consumed by your athletes before, during and after training are adequate;
- offer suggestions for more suitable food and beverage alternatives when necessary; and
- gain a better understanding of the best way to promote healthy food choices that are consistent with basic sport nutrition principles to both athletes and their parents.

1:00pm - 3:00pm
Calvin Kruk Centre
Instructor: **Alexandria
Wilson**

*Cost: Included
in Conference
Registration or
\$50.00 as an
individual session.*

Sport Nutrition for the Developing Athlete

Registered Dietician and Sport Nutritionist Alexandria Wilson will provide information and resources for athletes, coaches and parents interested to learn more about the dietary and nutrition requirements of developing athletes. This session has been specifically designed to complement the 1:1 consultations provided on Day 2 of the Conference and offer athletes and their parents an overview of the science and practice of effective sport nutrition. Certified coaches who have already completed the NCCP: Introduction to Competition – Nutrition module will find the information provided a useful refresher and have an opportunity to ask specific questions related to their coaching practice.

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