



2014 Power Smart Manitoba Games Coaches & Managers Seminar

Sept 13 & 14 – 2013

Sport Manitoba is pleased to present the **Power Smart Manitoba Games Coaches & Managers Seminar**.

As a coach or manager for these Games we value the opportunity to work with you in providing young developing Manitoba athletes with a best ever experience at the 2014 Power Smart Manitoba Games. Please take the time to review the following information with regards to travel, accommodations, and seminar sessions.

Should you have any questions we ask that you contact your Provincial Sport Organization's (PSO) specific lead contact. A full list of contacts for each sport is provided at the end of this document.

Hotel Accommodations

For those coaches and managers requiring accommodations our official hotel and venue for the seminar is:

Canad Inns Polo Park – 1405 St. Matthews, Winnipeg MB Telephone #204-775-8791

Coaches & Managers will be set up with a roommate. Each sport will set up their rooming lists. If you have a specific person you wish to room with, you will need to arrange this with your PSO staff person.

Coaches and Managers rooms are provided for Friday night, however should you require an additional night due to long distance travel we can provide you with a room for Saturday night also. Please communicate this with your PSO staff person.

Hotel room cost is covered by Sport Manitoba, however incidentals such as movies and room service will be at the expense of the individual coach or manager.

Expenses & Travel

Coaches and Managers will be required to submit travel mileage information directly to their PSO staff person. If your travel is long distance and includes meals they will also be covered. Please use the forms and complete as per your PSO requirements.

- We ask that coaches/managers travel together (minimum 2 per car and where possible more)

Food Allergies – If you have any food allergies we ask that you email or contact Gena Cook at the Coaching Manitoba office #204-925-5692 or gena.cook@sportmanitoba.ca

Seminar Agenda

Note- Sport Specific Session Details & Locations will be provided at a later date

Friday September 13th	Session	Location
6pm – 7pm	Registration & Check in for Coaches and Managers	Canad Inn Ambassador Room
7pm – 9:30pm	<u>Dinner</u> – <i>Bud, Spud and Steak!</i> Keynote Address and Coaches and Managers Reception Mel Davidson – Olympic Gold Medal Coach Team Canada Women’s Hockey	Canad Inn Ambassador Room
Saturday September 14th	Session	Location
7:30 am	Welcome and Coffee Coaches and Managers Combined Session	Canad Inn Ambassador Room
9am – 10:30am	Session A – NCCP Empower Plus Session B – Bodyweight Resistance Training Session C – Biomechanics 101 & Easy to use Apps Managers Training Workshop- Pat Kirby	Canad Inn Polo Park Specific Rooms to be confirmed
10:30am – 10:45am	Coffee and Networking	Canad Inn Polo Park
10:45am – 12:30	Part 2 of Sessions A/B/C	Canad Inn Polo Park
12:30 – 1pm	Lunch – Box Lunch Option	Canad Inn Polo Park
1pm	Coaches depart for their <u>Sport Specific Session</u>	Cross Country Ski sessions Canad Inn Polo Park:
1:00 pm Start - 1:30/2 pm Start – Evening	<u>Managers Session</u> - Continues at Canad Inn <u>Sport Specific Sessions</u> – <i>Length of time determined by PSO</i> <i>Coaches depart and leave for home</i>	Session 1 – Ski Preparation & Waxing for the Games with Ihor Barwinsky – 90 to 120 mins. Session 2 – One on one with Lisa Patterson (National High Performance Coordinator) – 60 mins. Session (maybe) – Mental Training for Learning to Train athletes (NOT confirmed)

General Morning Session Information

Empower Plus- Take your coaching to the next level!

An incredible addition to our NCCP workshop lineup, Empower + is an intense and thought provoking 4-hour workshop that will teach you how to enhance the well-being of the athletes in your care and be a positive role model in the world of sport.

In an interactive and dynamic learning environment, our expert facilitators will guide you through how to enhance athlete welfare by:

- Recognizing the potential for, and presence of maltreatment in sport;
- Learning when and how to intervene when you observe or suspect maltreatment.

You will bring your coaching to new heights by:

- Implementing the NCCP's renowned six-step decision-making model;
- Mastering the art of the difficult conversation; and
- Creating a list of key positive athlete development strategies you can implement in your coaching right away.
- This NCCP workshop will set you up for success in coaching and in life!

Course Learning Facilitator – Ross Wedlake

Bodyweight Training - How to Get Strong, stay healthy and become more powerful with the best weight ever ... your bodyweight!

If you are a coach wanting to introduce strength training to your athletes that can be done anywhere, then you won't want to miss this course!

- Want to develop healthy knees? Then do this one exercise.
- Better than the bench press for developing strong and balanced shoulders.
- No Pull Bar, No Problem.
- 15 minutes/day is all you need ... learn how.
- Learn how to tailor your strength training program to each individual athlete.
- Tips on training large groups.
- Home programs you can teach your athletes right away.
- Managing a strength program in and around your sport practice.
- How to develop the anaerobic-endurance of your athletes without running or other forms of time consuming modalities.

Course Learning Facilitator – Michael Reid

- Michael is an experienced (15+ years) professional physical trainer (strength & conditioning coach) from Winnipeg.
- He has the experience of working with a wide range of athletes in the strength & conditioning field and also holds a degree in B.HE - major: foods and nutrition, is also a CSCS - Certified Strength & Conditioning Specialist, is a trained RKC - Russian Kettlebell Instructor.

- From 2006-2011 he was living in Europe with his family and working primarily with youth and professional basketball teams.
- He came back to Winnipeg this past fall to be the head coach of the Provincial Water Polo team.
- He also coaches some other teams in strength & conditioning out of the Sport Manitoba "Cage".
- You can see more about Michael at <http://www.michaelreid.ca> - all about physical training, nutrition & health.

Biomechanics 101 & Easy to use Apps – Entry level look at biomechanics and tools that coaches can easily use.

Biomechanics analysis is an effective way to help athletes' correct inefficient movements or highlight some issues in technique. Often this analysis has been done by a professional with an expensive camera and high end software like Dartfish.

However the advancements in mobile devices and apps have made biomechanics analysis much easier for all coaches to access and do themselves. This session will give you a brief overview of biomechanics and an overview of some of the more popular apps out there for video and biomechanics feedback.

Course Learning Facilitator – Adam Toffan

- Adam has a Masters in Sport Science Sport Biomechanics
- He is the biomechanics expert for the Canadian Sport Centre Manitoba as well as a Strength & Conditioning Specialist.
- Adam is an instructor with Coaching Manitoba's "Analyze This" program where he trains coaches on how to use the Dartfish Video Software Program.

Provincial Sport Organization Contact List

The following is a list of contacts for each sport.

Badminton – Ryan Geisbrecht - ed@badminton.mb.ca - (204) 925-5621

Curling – Elaine Owen - eowen@curlmanitoba.org – (204) 926-8408

Figure Skating – Mary Elliot - skate.pc@sportmanitoba.ca - (204) 925-5709

Gymnastics – Kathy Stoesz - mga.kathy@sportmanitoba.ca - (204) 925-5782

Hockey – Brian Franklin - delorain@mymts.net

Ringette – Loralie Higginson - edringette@sportmanitoba.ca – (204) 925-5712

Special Olympic Curling – Susan Lamboo - slamboo@specialolympics.mb.ca – (204) 925-5626

Wrestling – Sally McNabb - mawawrestling@mts.net

XC Skiing – Karin McSherry - info@ccsam.ca – (204) 925-5639