



SHSAA COACHES SYMPOSIUM
MONDAY & TUESDAY AUGUST 20 & 21, 2007



REGISTRATION FORM:

DELEGATE NAME:		ADDRESS:	
TOWN/CITY:		POSTAL CODE:	
E-MAIL ADDRESS:			
SCHOOL:		SCHOOL PHONE:	
HOME PHONE:		SUMMER PHONE:	
Conference Fee: Registration <u>prior</u> to June 30		\$80.00	
Conference Fee: Registration <u>after</u> June 30 (Registration will be accepted at the door)		\$100.00	
Manuals for Pre-conference Sessions:			
NCCP Level I Technical Volleyball – \$30.00			
NCCP Level I Technical Basketball – \$32.00			
NCCP Level II Technical Soccer – \$40.00			
			Total:

I AM INTERESTED IN ATTENDING THE FOLLOWING SESSIONS:
 (Indicate your choice for each time slot by placing a check mark in the appropriate box)

PRE-CONFERENCE SESSIONS:					
• Sport Taping – (Monday 9:00 – 4:30)					
• Level I Technical Volleyball – (Monday 9:00 – 4:30; Tuesday 9:00 – 12:00)					
• Level I Technical Basketball – (Monday 9:00 – 4:30)					
• Level II Technical Soccer – (Monday 9:00 – 4:30; Tuesday 9:00 – 3:00)					
CONFERENCE SESSIONS:					
1 Monday 6:30-7:45 pm	BASKETBALL Ali Fairbrother (Intermediate)	BASKETBALL Nathan Schellenberg (Advanced)	VOLLEYBALL Cory Farthing (Intermediate)	VOLLEYBALL Ed Schroeder (Advanced)	
2 Monday 8:00-9:15 pm	BASKETBALL Ali Fairbrother (Intermediate)	BASKETBALL Nathan Schellenberg (Advanced)	VOLLEYBALL Cory Farthing (Intermediate)	VOLLEYBALL Ed Schroeder (Advanced)	
SOCIAL – 9:15pm at Marion Graham					
3 Tuesday 9:00-10:15 am	Core Strength Training Bart Arnold	Sport First Aid Bruce Craven	Mental Training Ralph Schoenfeld	Weight Room Training John Crocker	TRACK (Sprints) Nicole McKell
4 Tuesday 10:30-11:45 am	Core Strength Training Bart Arnold	Sport First Aid Bruce Craven	Mental Training Ralph Schoenfeld	Weight Room Training John Crocker	TRACK (Hurdles) Nicole McKell
5 Tuesday 1:00-2:15 pm	BASKETBALL Heith Drennan (Intermediate)	BASKETBALL Greg Jockims (Advanced)	VOLLEYBALL Ed Schroeder (Intermediate)	VOLLEYBALL Rene Quintal (Advanced)	GOLF Kerry Schofield
6 Tuesday 2:30-3:45 pm	BASKETBALL Heith Drennan (Intermediate)	BASKETBALL Greg Jockims (Advanced)	VOLLEYBALL Ed Schroeder (Intermediate)	VOLLEYBALL Rene Quintal (Advanced)	GOLF Kerry Schofield

SEND REGISTRATION FORM AND CHEQUE TO:

SHSAA
 #1 - 575 Park Street
 REGINA SK S4N 5B2

**SASKATCHEWAN
 HIGH SCHOOLS
 ATHLETIC ASSOCIATION**



**2007
 COACHES SYMPOSIUM**

**Saskatoon
 Marion Graham Collegiate**

**Monday & Tuesday
 August 20 & 21**

CONFERENCE INFORMATION

MONDAY, AUGUST 20

PRE-CONFERENCE SESSIONS 9:00 – 4:30 pm

SPORT TAPING – Cory Young – 7-hour session to teach basic sport taping skills. This session will run Monday 9:00-4:30.

NCCP LEVEL I TECHNICAL VOLLEYBALL - TBD – 12-hour session will prepare novice coaches to teach basic volleyball skills. This session will run Monday from 9:00 – 4:30 and Tuesday morning from 9:00 to Noon. *Participant must pay cost of manual.*

NCCP LEVEL I TECHNICAL BASKETBALL – TBD – 7-hour session will prepare novice coaches to teach basic basketball skills. This session will run Monday from 9:00 – 4:30. *Participant must pay cost of manual.*

NCCP LEVEL II TECHNICAL SOCCER – Terrol Russell – 16-hour session will prepare coaches with advanced soccer skills. This session will run Monday from 9:00 – 4:30 and Tuesday 9:00 to 3:00. *Participant must pay cost of manual.*

CONFERENCE REGISTRATION 5:45 – 6:15 pm

OPENING GENERAL SESSION - WELCOME 6:15 – 6:30 pm

SESSION 1: 6:30 – 7:45

BASKETBALL – Ali Fairbrother – “Developing the Post Player.” Ali is a graduate of Mount Royal Collegiate in Saskatoon. She competed at the University level for 5 years with the Saskatchewan Huskies.

BASKETBALL – Nathan Schellenberg – “Drills to Build a Man-to-Man Defense.” Nathan is the provincial coach for Basketball Saskatchewan, working towards preparations for the 2009 Canada Games. He spent the summer of 2006 coaching the Midget Boys Provincial Team.

VOLLEYBALL – Cory Farthing – “Developmental Drills and Skill Progressions.” Cory has coached volleyball since the late 1980’s. He has been involved in coaching both boys and girls, club, program and summer volleyball, ranging from eight to nineteen years of age. He has also been a part of the coaching staff of the 2001 Canada Games Team.

VOLLEYBALL – Ed Schroeder – “Pre-game Warm-up, Serve Receive Formations, Defensive Strategies.” Ed graduated from Windthorst High School in 1966. His thirty-eight year teaching career began in 1969 with the Regina Catholic Schools. Most of his career was spent as a middle years homeroom teacher.

SESSION 2: 8:00 – 9:15

BASKETBALL – Ali Fairbrother – “Hi-Lo Offense and Quick Hitters.” Ali has previously coached at Mount Royal and currently coaches the senior girls at Walter Murray Collegiate.

BASKETBALL – Nathan Schellenberg – “Full-court Pressure Defense.” Nathan has spent the last five years as an assistant coach with the U of S Huskies men’s program, helping them finish third in the Canada West Conference the past two seasons.

VOLLEYBALL – Cory Farthing – “Teaching the Attack and Introducing Team Play.” Cory is a teacher and coach at Rosthern Junior College. His last nine years with the boys program have included a couple of provincial medallist teams. Cory has coached volleyball since the late 1980’s.

VOLLEYBALL – Ed Schroeder – “Mock Practice.” Ed has coached, played and officiated volleyball for many years. His coaching career began in 1971 and has continued in many facets, levels and age groups throughout this time.

SOCIAL @ MARION GRAHAM 9:15 – 11:00 pm

TUESDAY, AUGUST 21

SESSION 3: 9:00 – 10:15

CORE STRENGTH/PLYOMETRIC TRAINING – Bart Arnold – Bart has a MSc. in Exercise Physiology from the U of S. Bart has over 15 years of training elite athletes competing at provincial, national and international events.

SPORT FIRST AID – Bruce Craven – “Over-training or Under-recovery: What is the Cause of Injury?” Bruce has his MSc., BSc (PT), BSPE, Dip Sport (PT) and is a certified strength and condition specialist (CSCS).

MENTAL TRAINING – Ralph Schoenfeld – Ralph is a retired high school counsellor; he has a diverse background in many sports and has been working in the Sport Psychology field for a number of years.

WEIGHT ROOM TRAINING – John Crocker – “Proper Weight Room Technique Training.” John is an exercise therapist/biomechanist in Saskatoon. He is a certified strength and conditioning consultant with the Sport Medicine Council.

TRACK (SPRINTS) – Nicole McKell – Nicole is a fifth year science student at the University of Regina. She graduated from Indian Head High School. Nicole has placed top eight in the CIAU Track & Field Championships as a member of the U of R Cougars.

SESSION 4: 10:30 – 11:45

CORE STRENGTH/PLYOMETRIC TRAINING – Bart Arnold – Bart is currently strength and conditioning coach for the U of S football team. He has trained athletes competing in football, basketball, baseball, volleyball, alpine skiing, diving, figure skating and golf. (Repeat of Session 3)

SPORT FIRST AID – Bruce Craven – “Initial Management and Return to Sport Guidelines Following Injury.” Bruce is the Director of Athlete Services for the Sport Medicine and Science Council of Saskatchewan.

MENTAL TRAINING – Ralph Schoenfeld – Ralph has played many sports at all levels and coached football, basketball and track at the high school and varsity level. (Repeat of Session 3)

WEIGHT ROOM TRAINING – John Crocker – “Proper Weight Room Technique Training.” John has a master’s degree in Kinesiology and is a professional fitness and lifestyle consultant. (Repeat of Session 3)

TRACK (HURDLES) – Nicole McKell – Nicole is a fifth year science student at the University of Regina. Nicole has excelled provincially and nationally in sprints, jumps and hurdles.

LUNCH @ MARION GRAHAM 11:45 – 1:00 pm

SESSION 5: 1:00 – 2:15

BASKETBALL – Heith Drennan – “Rebounding and Defensive Fundamentals.” Heith was a member of Provincial Championship teams coached by Kathy Maki. He has since become a teacher, now coaching the Senior Girls at Clavet.

BASKETBALL – Greg Jockims – “Transition Game.” Greg was born in Swift Current, SK. and attended high school at Mount Royal where he led the Mustangs to a city championship and silver medal at provincials during his senior year.

VOLLEYBALL – Ed Schroeder – “Warm-up, Basic Court Positions, Passing & Setting Technique & Drills.” Ed is a certified Level 2 Volleyball Coach. Some of his coaching highlights include coaching at the club level for twelve years, coaching volleyball at Super Camp from 1987 to 2000 and coaching the Miller Senior Girls Volleyball team in 2002.

VOLLEYBALL – Rene Quintal – “Offense.” Rene has many accomplishments as a Level 3 NCCP Volleyball Coach. He was the assistant coach of the 2005 Team Saskatchewan Canada Game Men’s Volleyball Team. Rene has also captured three 5A boys’ provincial volleyball titles as the coach of the P.A. St. Mary team.

GOLF – Kerry Schofield – Kerry is the current CPGA Head Pro. at the Wascana Country Club. He is highly recognized & accomplished in the professional, tournament and junior golfing community.

SESSION 6: 2:30 – 3:45

BASKETBALL – Heith Drennan – “Pressure Defenses.” As the coach of the Clavet Senior Girls they have captured a bronze and a provincial championship the past two years in the SHSAA 3A girl’s category at HOOPLA.

BASKETBALL – Greg Jockims – “Early Offense.” Greg graduated from the U of S in 1988 after five seasons with the Huskies, reaching the national finals twice. Greg has returned to the home of the Huskies and has been their head coach for the past eight seasons.

VOLLEYBALL – Ed Schroeder – “Underhand & Overhand Serve, Hitting.” Ed has coached, played and officiated volleyball for many years. After moving on from coaching for 30 plus years, Ed has concentrated on officiating. He has become a Level 3 Volleyball Referee.

VOLLEYBALL – Rene Quintal – “Defense.” Rene has developed many of Saskatchewan’s top players. Some of his coaching accomplishments include Head Coach of the 2006 Saskatchewan Winter Games Zone 8 Volleyball Gold Medallists and Head Coach of the 2004 & 2005 SVA 16U Provincial Champions. Rene has also been involved as an Assistant Coach with the U of S Men’s Team.

GOLF – Kerry Schofield – Kerry has been the CPGA Head Professional at courses including Wascana Country Club, Regina Beach Country Club and Emerald Park G & CC. His dedication to the development of this sport at every level is very evident through his career in golf.