



## SHSAA COACHES SYMPOSIUM

*MONDAY & TUESDAY AUGUST 17 & 18, 2009*



NAME:	SCHOOL AFFILIATION:
ADDRESS:	SCHOOL PHONE: SUMMER PHONE:
EMAIL ADDRESS:	
REGISTRATION FEE: PRIOR TO JUNE 30	\$100.00
AFTER JUNE 30	\$125.00
FOOTBALL OFFICIALS MANUAL	\$26.00
BASKETBALL MANUAL	\$50.00
ACCELERATED COURSE MANUAL	\$50.00
TOTAL PAYABLE	\$

I AM INTERESTED IN ATTENDING THE FOLLOWING SESSIONS:

<input type="checkbox"/> Sport taping (Monday 9:00—4:30)	
<input type="checkbox"/> NCCP Introduction to Competition—Accelerated Course (Monday 8:30—5:00)	
<input type="checkbox"/> Basketball—NCCP Introduction to Competition—Games Module (Monday 9:00—4:30)	
<input type="checkbox"/> Football Officials Clinic (Monday 9:00—4:30)	
<input type="checkbox"/> Volleyball Officials Clinic (Monday 9:00—12:00)	<input type="checkbox"/> Soccer Officials Clinic (Monday 1:00—4:30)

Monday 6:30	<input type="checkbox"/> Basketball (Intermediate) Bill Yeaman	<input type="checkbox"/> Basketball (Advanced) Jacqueline Lavallee	<input type="checkbox"/> Volleyball (Intermediate) Wayne Wissar	<input type="checkbox"/> Volleyball (Advanced) Rob Kurbis	<input type="checkbox"/> Cross Country Janet Christ	<input type="checkbox"/> Wrestling Mickey Jutras
Monday 8:00	<input type="checkbox"/> Basketball (Intermediate) Bill Yeaman	<input type="checkbox"/> Basketball (Advanced) Jacqueline Lavallee	<input type="checkbox"/> Volleyball (Intermediate) Wayne Wissar	<input type="checkbox"/> Volleyball (Advanced) Rob Kurbis	<input type="checkbox"/> Cross Country Janet Christ	<input type="checkbox"/> Wrestling Mickey Jutras

Delegate Social 9:15 @ Aden Bowman

Tuesday 9:00	<input type="checkbox"/> Mental Training Ralph Schoenfeld	<input type="checkbox"/> Weight Training Bruce Craven	<input type="checkbox"/> Core Strength Bart Arnold	<input type="checkbox"/> Soccer Bob Maltman	<input type="checkbox"/> Badminton Dave Harack	
Tuesday 10:30	<input type="checkbox"/> Mental Training Ralph Schoenfeld	<input type="checkbox"/> Weight Training Bruce Craven	<input type="checkbox"/> Core Strength Bart Arnold	<input type="checkbox"/> Soccer Bob Maltman	<input type="checkbox"/> Badminton Dave Harack	
Tuesday 12:30	<input type="checkbox"/> Basketball (Intermediate) Bill Yeaman	<input type="checkbox"/> Basketball (Advanced) Jacqueline Lavallee	<input type="checkbox"/> Volleyball (Intermediate) Austin Harpham	<input type="checkbox"/> Volleyball (Advanced) Austin Dyer	<input type="checkbox"/> Track and Field Dean Bertoia	
Tuesday 2:00	<input type="checkbox"/> Basketball (Intermediate) Bill Yeaman	<input type="checkbox"/> Basketball (Advanced) Jacqueline Lavallee	<input type="checkbox"/> Volleyball (Intermediate) Austin Harpham	<input type="checkbox"/> Volleyball (Advanced) Austin Dyer	<input type="checkbox"/> Track and Field Dean Bertoia	

Send Registration Form and Cheque to:

SHSAA  
#1—575 Park Street  
Regina, SK S4N 5B2

**Saskatchewan High Schools  
Athletic Association**

*‘Speak up for Sportsmanship’*



## 2009 COACHES SYMPOSIUM

*ADEN BOWMAN COLLEGIATE  
SASKATOON, SK*

***MONDAY & TUESDAY  
AUGUST 17 & 18***



306-721-2151  
shsaa@shsaa.ca

## 2009 PRESENTERS

### Basketball

**BILL YEAMAN**—After many successful seasons in Birch Hills with the Sr. Boys program, Bill has moved on to Kinistino where he has helped guide the Sr. Girls program to four straight provincial titles. His many years of High School coaching have also included stints with the BSI Elite Programs.

**JACQUELINE LAVALLEE**—An assistant coach with the Huskies for five seasons. She is a former member of the Huskie women's basketball and soccer teams, playing from 1996-2002. Jacque is also very involved with the Canada Basketball National Developmental Team.

### Volleyball

**ROB KURBIS**—Rob has enjoyed many years of coaching volleyball at the High School and Club levels. This past season Holdfast captured the 1A Girls Provincial Championship. This latest championship is one of many Provincial medals that have been captured by the Holdfast team under Rob's guidance over the years.

**AUSTIN HARPAM**—A veteran coach of over 30 years. Austin's teams have been very successful in both high school and club competitions. Austin's philosophy has always been around player development and opportunity.

**WAYNE WISSER**—After a successful high school and collegiate career as a player, Wayne moved to Paradise Hill in 1980 where he has developed a consistently competitive boys volleyball program. Wayne's teams have captured 7 medals in 14 trips to the provincial championships.

**AUSTIN DYER**—After success at the high school, club, and provincial levels, Austin served as an assistant at the U of S before he took over the head coaching position at Lakeland College and in his first year was named ACAC coach of the year. This year Austin returns to the U of S coaching staff to lead the U of S women's team.

### Cross Country

**JANET CHRIST**—Under Janet's guidance the cross country program at Walter Murray Collegiate continues to produce very strong teams that play a significant role in Saskatoon's continued success at provincials. Janet also has experience at the national and international level as an athlete and coach.

### Badminton

**DAVE HARACK**—High School and Provincial coach for the past 27 years. Dave brings expertise and practical experience in coaching school aged athletes.

### Wrestling

**MICKEY JUTRAS**—Head Coach at Saskatoon Marion Graham. Previous assistant coach with the U of S. Mickey was the 2002 CIS national champion in the 65kg category.

### Soccer

**BOB MALTMAN**—Head Coach of the U of R Cougar Women's Soccer team. Bob has coached at the community, club, high school and provincial levels over his coaching career.

### Track and Field

**DEAN BERTOIA**—A three time provincial shot put champion and CIS champion who has gone on to the coaching ranks including the Saskatoon Track and Field Club as well as the U of S Huskies. Dean has coached numerous athletes to provincial and national championships.

## MONDAY AUGUST 17

### PRE-CONFERENCE SESSIONS 9:00 - 4:30

**SPORT TAPING**—Bruce Craven—7 hour session to teach basic sport taping skills. A very practical session that has proved to be quite popular in the past.

**FOOTBALL OFFICIALS**—Don Kent—7-hour session that will introduce novice officials to the basic rules and fundamentals of officiating football. *Participant must pay cost of manual.*

**SOCCER OFFICIALS**—Gord Quinlan—Soccer officials are in demand. This 3 hour session is intended to provide an introduction to officiating soccer.

**VOLLEYBALL OFFICIALS**—Lori Mills—3-hour introductory clinic ideal for the new coach or the individual wanting to start officiating volleyball. SVA registration available and payable at the clinic (\$10—\$15).

**NCCP TEACHER COACH ACCELERATED TRAINING COURSE**—Dennis Beerling—8 hour session for teacher-coaches who have a Kinesiology and Education degree. This is typically a 26 hour course that is the equivalent replacement of the Level 1 and 2 theory courses. *Participant must pay cost of manual.*

**BASKETBALL— Introduction to Competition—Games Module** — Paul Humbert—This is the first of three modules in becoming trained in the Introduction to Competition stream for basketball coaching certification. *Participant must pay cost of manual.*

### CONFERENCE REGISTRATION 5:45—6:15

#### OPENING GENERAL SESSION 6:15—6:30

#### SESSION 1 6:30—7:45

**BASKETBALL**—Developing defensive fundamentals—Coach Yeaman will provide ideas to develop the rookie defender into a regular contributor on your team.

**BASKETBALL**—Developing a great point guard—With her experience as a player and coach, Jacque will bring you ideas on how to teach your point guard to take their play to the next level.

**VOLLEYBALL**—Developing and maintaining a successful volleyball program in your school—Achieve or exceed the goals that have been set. Coach Wisser will show his formula for success and how you can use it to develop your own successful program or enhance the program you are already building.

**VOLLEYBALL**—Building a team offense—Rob Kurbis will provide drills to develop the team work and techniques of a good high school offense.

**CROSS COUNTRY**—This session will provide ideas and techniques to develop the beginning cross country runner. *Delegates should be prepared to be outside and active.*

**WRESTLING**—Set ups: the key to a quick first step—This session will focus on a number of different setups and techniques that allow wrestlers to "hit" their attacks.

#### SESSION 2 8:00—9:15

**BASKETBALL**—Defensive pressure—Now that the fundamentals are in place, Bill Yeaman will show how to teach your team to play pressure defense.

**BASKETBALL**—Man to man offense—Jacque will take a look at some popular and successful offenses she has been involved with and provide drills to help develop the concepts needed for your team to experience success.

**VOLLEYBALL**—Developing and maintaining a successful volleyball program in your school—Coach Wisser will show you practical examples of how you can build your program with carefully thought out drills and tactics designed for your daily practices.

**VOLLEYBALL**—Building a team defense—Rob will provide drills to develop the skills and tactics needed to build a sound team defense at the high school level

**CROSS COUNTRY**—If you need ideas to get your runners to the next level then this is the session for you and your program. *Delegates should be prepared to be outside and active.*

**WRESTLING**—Effective techniques for high school wrestling—Easy to teach and easy to use standing and ground techniques.

**\*DELEGATE SOCIAL @ ADEN BOWMAN 9:15 p.m.\***

## TUESDAY AUGUST 18

### SESSION 3: 9:00—10:15

**MENTAL TRAINING**—Ralph Schoenfeld— "Performance on Demand". Accessing highly developed technical and strategic skills under pressure is the yardstick against which performance is measured and generally determines the outcome of competition. Ralph's experience in sport participation ranges from recreational pursuits to professional competition.

**WEIGHT TRAINING**—Bruce Craven— "Proper Weight Room Technique". Bruce has presented many times and brings plenty of experience and expertise to this area. He has his MSc, BSc (PT), BSPE, and is a certified strength and condition specialist.

**CORE STRENGTH**—Bart Arnold—A graduate of the U of S (MSc), Bart has over 15 years of training elite athletes competing at the provincial, national, and international levels and is currently the strength and conditioning coach for the U of S football team. .

**SOCCER**— "Maintaining Possession" —The ability to retain possession both individually and as a group are key components of a successful soccer team. A variety of useful individual and small group activities will be demonstrated during this session. Those in attendance are encouraged to participate. .

**BADMINTON**—Introductory Badminton—This session will focus on developing skills in young and inexperienced players.

#### SESSION 4: 10:30—11:45

**MENTAL TRAINING**—repeat of session 3

**WEIGHT TRAINING**—repeat of session 3

**CORE STRENGTH**—repeat of session 3

**SOCCER**—Defending Principles—In this session, exercises and small sided games are used to provide participants with key technical points on individual and group fundamentals of defending.

**BADMINTON**—Tactics and Strategies—This session will focus on the drills to promote the tactics and strategies needed to be successful at the High School level.

**\*LUNCH @ ADEN BOWMAN 11:45—12:30\***

#### SESSION 5: 12:30—1:45

**BASKETBALL**—Develop the outside shooters—The ability to shoot well from the perimeter is a great asset for successful teams. Coach Yeaman will show you ways to develop your perimeter players into quality shot makers.

**BASKETBALL**—The screening game—Jacque will teach you how to set, read, use, and defend screens in this session that looks at the screening game from both an offensive and defensive perspective.

**VOLLEYBALL**—Teaching the overhand pass—Austin Harpham will use a number of drills to introduce and develop this skill for all players, not just the setters. Very relevant for junior high coaches.

**VOLLEYBALL**—Serving Skills and Tactics—Austin Dyer will lead you through drills that have emphasis on serving as the main skill -using serving not as an individual skill but as a game play skill.

**TRACK AND FIELD**—A Guide to Throws—An in depth look at Javelin, Shot Put and Discus. Fundamentals, drills, and the mechanics of each throw will be looked at over the course of the two sessions. Something for all throws coaches.

#### SESSION 6: 2:00—3:15

**BASKETBALL**—Offensive Drills—Coach Yeaman takes you through some of his most favorite and successful offensive drills he has used in practices.

**BASKETBALL**—Zone Busters—Seeing more and more zone defenses then Coach Lavallee will give you some ideas on how to develop effective offense tactics to combat this defensive strategy.

**VOLLEYBALL**—A typical practice—Helpful ideas from over 30 years of Coach Harpham's experience on how to make your practices effective and efficient. Drills, skill development and team cohesiveness are part of the presentation.

**VOLLEYBALL**—Game Play—Austin Dyer will lead you through a variety of game play/wash drills that coaches can use - six on six team play

**TRACK AND FIELD**—A Guide to Throws—This will be a continuation of Session 5.