



SHSAA COACHES SYMPOSIUM
MONDAY & TUESDAY AUGUST 16 & 17, 2010



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
VOLLEYBALL MANUAL	\$30.00
ACCELERATED COURSE MANUAL	\$50.00
ETHICAL DECISIONS MANUAL	\$35.00
PRACTICE PLANNING MANUAL	\$35.00
TOTAL PAYABLE	\$

PLEASE INDICATE THE SESSIONS YOU PLAN ON ATTENDING

<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"/> Football Officials Clinic (Monday 9:00—4:30)	
<input type="checkbox"/> Volleyball Officials Clinic (Monday 9:00—12:00)	<input type="checkbox"/> Badminton Officials Clinic (Monday 1:00—5:00)
<input type="checkbox"/> Level 1 Volleyball (Monday 8:30—5:00, Tuesday 9:00—12:00)	
<input type="checkbox"/> NCCP Ethical Decisions Module (Monday 8:30—12:00)	<input type="checkbox"/> NCCP Practice Planning Module (Monday 1:00—5:00)

Monday 6:30	<input type="checkbox"/> Basketball (Intermediate) Jodi Smith-Windsor	<input type="checkbox"/> Basketball (Advanced) Nathan Schellenberg	<input type="checkbox"/> Volleyball (Intermediate) Daryl Ford	<input type="checkbox"/> Volleyball (Advanced) Brian Gavlas	<input type="checkbox"/> Soccer Tom LaPointe
Monday 8:00	<input type="checkbox"/> Basketball (Intermediate) Jodi Smith-Windsor	<input type="checkbox"/> Basketball (Advanced) Nathan Schellenberg	<input type="checkbox"/> Volleyball (Intermediate) Daryl Ford	<input type="checkbox"/> Volleyball (Advanced) Brian Gavlas	<input type="checkbox"/> Soccer Tom LaPointe
Delegate Social 9:15 @ Aden Bowman					
Tuesday 9:00	<input type="checkbox"/> Mental Training Lisa Benz	<input type="checkbox"/> Core Strength Bart Arnold	<input type="checkbox"/> Sport First-Aid Karen Craven	<input type="checkbox"/> Weight Room Training John Crocker	<input type="checkbox"/> Badminton Yves Cote
Tuesday 10:30	<input type="checkbox"/> Mental Training Lisa Benz	<input type="checkbox"/> Core Strength Bart Arnold	<input type="checkbox"/> Sport First-Aid Karen Craven	<input type="checkbox"/> Weight Room Training John Crocker	<input type="checkbox"/> Badminton Yves Cote
Tuesday 12:30	<input type="checkbox"/> Basketball (Intermediate) Nathan Schellenberg	<input type="checkbox"/> Basketball (Advanced) Lisa Thomaidis	<input type="checkbox"/> Volleyball (Intermediate) Nemish Family	<input type="checkbox"/> Volleyball (Advanced) Andrew Merryweather	<input type="checkbox"/> Track (sprints) Lyle Sanderson
Tuesday 2:00	<input type="checkbox"/> Basketball (Intermediate) Nathan Schellenberg	<input type="checkbox"/> Basketball (Advanced) Lisa Thomaidis	<input type="checkbox"/> Volleyball (Intermediate) Nemish Family	<input type="checkbox"/> Volleyball (Advanced) Andrew Merryweather	<input type="checkbox"/> Track (hurdles) Lyle Sanderson

Send Registration Form and Cheque to:

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

**Saskatchewan High Schools
 Athletic Association**

'Speak up for Sportsmanship'



**2010
 COACHES SYMPOSIUM**

*ADEN BOWMAN COLLEGIATE
 SASKATOON, SK*

**MONDAY & TUESDAY
 AUGUST 16 & 17**



306-721-2151
 shsaa@shsaa.ca

2010 PRESENTERS

Basketball

LISA THOMAIDIS—Lisa is the Huskie Women's head coach. She is nationally recognized for her coaching abilities and has been an assistant coach with the National Team since 2001. Thomaidis played two seasons of professional basketball in Europe.

NATHAN SCHELLENBERG—Nathan is in his ninth season as an assistant with the Huskie Men's team—the 2010 CIS champions. Nathan is the Technical Director of Basketball Development with BSI.

JODI SMITH-WINDSOR—After a decorated high school and university career as a player, Jodi began teaching and is presently at Aden Bowman Collegiate where she is the head coach of the Sr. Girls team.

Volleyball

ANDREW MERRYWEATHER—Andrew teaches in Colonsay where he coaches the Sr. Girls Volleyball team. He has served as an assistant coach with the Huskies Men's team over the past few years. Andrew also brings many years of experience from coaching successful club volleyball teams in Saskatchewan.

THE NEMISH FAMILY—This Wakaw family has been involved in the sport of volleyball for many years at both the high school and club levels. Morris, in particular, developed a consistently competitive program in the town of Wakaw for over 35 years.

DARYL FORD—Daryl is the head coach at Lakeland College. He is a certified level 3 volleyball coach who coached volleyball for 35 years in Manitoba at all levels. He has been an assistant coach with the U of W Wesmen.

BRIAN GAVLAS—As head coach of the Huskies men's volleyball team, Brian has led the program to four Canada West Championship titles and two national championships. Gavlas played five seasons with the Huskies as a setter. As an athlete, he was named a Canada West all-star three times and a CIAU All-Canadian twice.

Badminton

YVES COTE—A former University champion in both singles and doubles play, Yves has gone on to coach high school badminton for 26 years. Yves is a Level 3 Master learning Facilitator. Yves teaches at Leoville.

Soccer

TOM LAPOINTE—Tom is the head coach of the Huskie women's soccer team. With over 20 years of coaching experience, LaPointe has demonstrated his versatility with various age groups, ranging from under-6 boys and girls to men's and women's teams.

Track and Field

LYLE SANDERSON—A name synonymous with track and field in Saskatchewan, across Canada, and around the world. Lyle was Head Coach of the Huskie Track and Field and Cross Country Teams that won 11 CIS/CIAU National University Championships and 37 Conference Championships.

MONDAY AUGUST 16

PRE-CONFERENCE SESSIONS

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. Bruce is the Director of Athlete Services for the Sport Medicine and Science Council of Saskatchewan.

NCCP TEACHER COACH ACCELERATED TRAINING COURSE—**Garry Armstrong**—8 hour session for teacher-coaches who have a Kinesiology major/minor with their 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.*

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.*

VOLLEYBALL OFFICIALS—**Clinician TBA**—An introductory officials clinic. Participants can use it as a step towards becoming a Level 1 certified official. Registration with SVA will be available through the clinician (~ \$10).

BADMINTON OFFICIALS—**Yves Cote**—This clinic will prepare individuals to officiate at the Regional level. It is also a great opportunity for coaches to be updated on the laws of badminton.

VOLLEYBALL LEVEL 1 Technical—**Adam Ewart**—Focuses on the developing coach by providing the basic technical knowledge of coaching volleyball. After completing Level 1 you will be prepared to take the inexperienced athletes and provide them with safe, educational training sessions. *Participant must pay cost of manual.*

NCCP BASKETBALL: (two of the three modules required to complete Introduction to Competition training)

- **NCCP ETHICAL DECISIONS MODULE**—**Paul Humbert**—Coaches will be able to apply a process for making ethical decisions that is based on the NCCP Code of Ethics. *Participant must pay cost of manual.*
- **NCCP PRACTICE PLANNING MODULE**—**Paul Humbert**—How to structure a practice to meet the athletes needs based on the Long term Athlete Development Model for basketball. *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—Jodi's session topics are yet to be determined. Updates to the brochure will be posted to the SHSAA website when they become available.

BASKETBALL—Nathan's session topics are yet to be determined. Updates to the brochure will be posted to the SHSAA website when they become available.

VOLLEYBALL—*Court movement and skill development*—Daryl will provide an introductory session on the fundamental skills of the game.

VOLLEYBALL—*Training the middle hitter*—Coach Gavlas will provide you with drills and teaching techniques to develop a solid middle hitter and attack.

SOCCER—*Motivating players using small sided games*—The session will assist coaches in creating a training plan that will motivate the beginner and experienced players using the game as a teacher.

SESSION 2 8:00—9:15

BASKETBALL—Jodi's session topics are yet to be determined. Updates to the brochure will be posted to the SHSAA website when they become available.

BASKETBALL—Nathan's session topics are yet to be determined. Updates to the brochure will be posted to the SHSAA website when they become available.

VOLLEYBALL—*Playing Defense*—Daryl will look at defensive systems that can be used at any level. Emphasis will be on back-court defense.

VOLLEYBALL—*Training a setter*—Brian will pass on his playing experience and coaching expertise on developing players for this important position.

SOCCER—*You can't lose if you don't get scored on*—The interactive session will focus on implementing a step by step approach to teaching defending based on the needs of your team. Man to man vs. zone coverage.

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

TUESDAY AUGUST 17

SESSION 3: 9:00—10:15

MENTAL TRAINING—**Lisa Benz**—*What is mental training and how can it help performance.* Learn a variety of techniques to help athletes pursue excellence and perform at their best on a consistent basis. Lisa has worked with athletes in a variety of sports at all levels.

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. Bart's sessions have been very well attended over the years as individuals look for ways to develop and train the core strength in their athletes.

SPORT FIRST AID—**Karen Craven**—*Caring and Management Protocol for Common High School Injuries.* Karen has a BSc. (Anat), BSc. (PT), Dip Sport (PT) and is a Certified Strength and Conditioning Specialist (CSCS).

WEIGHT TRAINING—**John Crocker**—*Weight Room Principles for Adolescents.* John has presented at the symposium in past years and brings plenty of experience and expertise to this area. John is a certified exercise, strength and conditioning specialist.

BADMINTON—*Error Detection and Correction*—Yves will look at some of the basic badminton skills and how common errors can be identified and then corrected through practice.

SESSION 4: 10:30—11:45

MENTAL TRAINING—repeat of session 3

CORE STRENGTH—repeat of session 3

SPORT FIRST AID—repeat of session 3

WEIGHT TRAINING—repeat of session 3

BADMINTON—*Defense to Offense in Doubles play*—Yves will bring his experience as a player and coach to show you how to improve the doubles badminton teams in your school.

LUNCH @ ADEN BOWMAN 11:45—12:30

SESSION 5: 12:30—1:45

BASKETBALL—Nathan's session topics are yet to be determined. Updates to the brochure will be posted to the SHSAA website when they become available.

BASKETBALL—Lisa's session topics are yet to be determined. Updates to the brochure will be posted to the SHSAA website when they become available.

VOLLEYBALL—*Practice Planning*—Morris, Brad, and Shelley will lead you through a typical school practice from warm up activities to cool downs and drills in between. Focus on some skill development and team play.

VOLLEYBALL—*Considerations for serving*—This often neglected skill will be looked at in terms of using it to gain an advantage to set up blocking and scoring opportunities.

TRACK AND FIELD—*Basic Sprinting*—The development of sound sprint technique while training to develop speed will be the focus of this session. Examples will be given of drills and training activities that are appropriate for young sprinters.

SESSION 6: 2:00—3:15

BASKETBALL—Nathan's session topics are yet to be determined. Updates to the brochure will be posted to the SHSAA website when they become available.

BASKETBALL—Lisa's session topics are yet to be determined. Updates to the brochure will be posted to the SHSAA website when they become available.

VOLLEYBALL—*Offense and Defense*—The Nemish family will provide basic offensive and defensive systems for the junior high and high school levels.

VOLLEYBALL—*Offensive systems*—Andrew will place an emphasis on how to get the back row players involved in the offensive scheme.

TRACK AND FIELD—*High School Hurdling*—Coach Sanderson will present ways to introduce hurdling and develop hurdle techniques appropriate for high school athletes.