



SHSAA COACHES SYMPOSIUM
MONDAY & TUESDAY AUGUST 15 & 16, 2011



NAME:	SCHOOL AFFILIATION:
ADDRESS:	SCHOOL PHONE: SUMMER PHONE:
EMAIL ADDRESS:	
REGISTRATION FEE: PRIOR TO JUNE 30 AFTER JUNE 30	\$100.00 \$125.00 Registration includes one year free membership in the Coaches Association of Saskatchewan
Basketball Coaching Manual	\$50.00
Volleyball Coaching Manual	\$35.00
Soccer Coaching Manual	\$50.00
TOTAL PAYABLE	\$

PLEASE INDICATE THE SESSIONS YOU PLAN ON ATTENDING

<input type="checkbox"/> Sport Taping (Monday 9:00—4:30)	
<input type="checkbox"/> Basketball—NCCP Introduction to Competition—Games Module (Monday 9:00—4:30)	
<input type="checkbox"/> Level 1 Volleyball (Monday 8:30—5:00, Tuesday 9:00—12:00)	
<input type="checkbox"/> Level 1 Soccer (Monday 8:30—4:30)	
<input type="checkbox"/> Basketball Officials Clinic (Monday 9:00—12:00)	<input type="checkbox"/> Volleyball Officials Clinic (Monday 1:00—4:00)
<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) Dave Seto	<input type="checkbox"/> Basketball (Advanced) Dave Taylor	<input type="checkbox"/> Volleyball (Intermediate) Darren Lehmann	<input type="checkbox"/> Volleyball (Advanced) Rene Quintal/Dale Regel	<input type="checkbox"/> Distance Running Janet Christ
Monday 8:00	<input type="checkbox"/> Basketball (Intermediate) Dave Seto	<input type="checkbox"/> Basketball (Advanced) Dave Taylor	<input type="checkbox"/> Volleyball (Intermediate) Darren Lehmann	<input type="checkbox"/> Volleyball (Advanced) Rene Quintal/Dale Regel	<input type="checkbox"/> Distance Running Janet Christ
Delegate Social 9:15 @ Aden Bowman Collegiate					
Tuesday 9:00	<input type="checkbox"/> Mental Training Ralph Schoenfeld	<input type="checkbox"/> Core Strength Bart Arnold	<input type="checkbox"/> Sport Nutrition Heather Hynes	<input type="checkbox"/> Weight Room Training John Crocker	<input type="checkbox"/> Badminton Dennis Franz
Tuesday 10:30	<input type="checkbox"/> Mental Training Ralph Schoenfeld	<input type="checkbox"/> Core Strength Bart Arnold	<input type="checkbox"/> Sport Nutrition Heather Hynes	<input type="checkbox"/> Weight Room Training John Crocker	<input type="checkbox"/> Badminton Dennis Franz
Tuesday 12:30	<input type="checkbox"/> Basketball (Intermediate) Joel Wells	<input type="checkbox"/> Basketball (Advanced) Dave Taylor	<input type="checkbox"/> Volleyball (Intermediate) Mark Dodds	<input type="checkbox"/> Volleyball (Advanced) Rene Quintal/Dale Regel	<input type="checkbox"/> Track Kevin Cumming
Tuesday 2:00	<input type="checkbox"/> Basketball (Intermediate) Joel Wells	<input type="checkbox"/> Basketball (Advanced) Dave Taylor	<input type="checkbox"/> Volleyball (Intermediate) Mark Dodds	<input type="checkbox"/> Volleyball (Advanced) Rene Quintal/Dale Regel	<input type="checkbox"/> Track Kevin Cumming

Send Registration Form and Cheque to:

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

**Saskatchewan High Schools
 Athletic Association**

'Speak up for Sportsmanship'



**2011
 COACHES SYMPOSIUM**
*ADEN BOWMAN COLLEGIATE
 SASKATOON, SK*
**MONDAY & TUESDAY
 AUGUST 15 & 16**



306-721-2151
 shsaa@shsaa.ca
 www.shsaa.ca

306-780-9313
 coach@sasksport.sk.ca
 www.saskcoach.ca

BASKETBALL

Dave Taylor—Dave is completing his 5th year as head coach of the U of R Cougars. His teams have been in the top 4 at Nationals in three of the past four seasons. He served as an assistant coach with the Cougars during their CIS championship season of 2001.

Dave Seto—Dave is a Level 3 NCCP certified coach. He is the head coach of the Meath Park Sr. girls basketball team, the 2010 SHSAA 2A provincial champions. He has spent many years working with the BSI elite summer programs.

Joel Wells—Joel has been the head coach at Regina Harvest City Christian Academy for 5 consecutive 1A HOOPLA championships. The Reapers captured the 4A Regina city title this year.

VOLLEYBALL

Rene Quintal/Dale Regel—Rene and Dale have put together a very successful volleyball program at St. Mary High School in Prince Albert. Both are active in the SVA provincial scene and have been presenters at numerous NCCP workshops.

Darren Lehmann—Fox Valley has consistently excelled in boys volleyball over the past decade. The Legends have won 8 provincial championships under the guidance of Darren's coaching. Darren brings a wealth of experience in program and skill development.

Mark Dodds—Mark is one of Saskatchewan's most decorated volleyball players. He has excelled provincially, nationally, and internationally. Mark learned his trade while attending high school in Lucky Lake before moving on to the highest levels of competition.

BADMINTON

Dennis Franz—Dennis has been involved with the high school and club badminton scene for many years. His Fox Valley badminton players have always excelled and brought home many SHSAA provincial medals including the 2011 boys doubles championship.

TRACK AND FIELD

Janet Christ—Janet first presented at the symposium in 2009. Her sessions were very well received and provided the delegates with very practical ideas to develop runners and a cross country program. Under Janet's guidance the cross country program at Walter Murray Collegiate continues to produce very strong teams.

Kevin Cumming—Kevin has been coaching for the Saskatoon Track and Field Club and the University of Saskatchewan for over ten years. He competed in the areas of long jump and triple jump for the University of Saskatchewan and has coached athletes of all abilities in long, triple and high jump.

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 a member of the Canadian Sport Center's National Sport Medicine and Science Committee.

BASKETBALL OFFICIALS—Mike Kyllo—An introductory clinic to assist newcomers with the mechanics of basketball officiating as well as rule interpretation and application.

VOLLEYBALL OFFICIALS—Lori Mills—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).

NCCP 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— 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.*

NCCP SOCCER— Community Coach Certification—Udo Baecker—Hybrid offering of the Community Coach Senior Course (for 11-aside soccer, players older than Under 14). Focus will be on the on-field technical portions of the course. *Participant must pay cost of manual.*

NCCP MAKING ETHICAL DECISIONS—Dennis Beerling—This workshop will teach coaches how to analyze a situation that has moral implications and learn how to apply an effective ethical decision making framework. *All coaches in all sports will be required to complete the MED module in order to maintain their active certified status in the NCCP.*

NCCP PLANNING A PRACTICE MODULE—Garry Armstrong—In this module you will learn how to organize activities within a well structured practice plan that are adapted to the athletes' age, and reflect safety considerations.

CONFERENCE REGISTRATION 5:45—6:15

OPENING GENERAL SESSION 6:15—6:30

SESSION 1: 6:30—7:45

BASKETBALL—Practice Planning—Dave Seto will give you an inside look at what his experiences have taught him about developing practice plans with specific drills incorporated.

BASKETBALL—Rebounding—This critical aspect of the game will be Coach Taylor's focus during the session. Individual skills and team concepts will be looked at in the session.

VOLLEYBALL—Setting up your practices for teaching and reinforcing the fundamentals—Coach Lehmann will provide useful ideas for your practice sessions.

VOLLEYBALL—Effectively using the serve receive—Rene and Dale will look at transition to offense in this session.

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.*

SESSION 2: 8:00—9:15

BASKETBALL—Player to player defense—Coach Seto will provide breakdown drills for each aspect of an effective player to player defense. The session will look at individual and team concepts.

BASKETBALL—Transition Defense—With the 24-second shot clock many teams are looking to score quickly in transition. Coach Taylor will lead you through a session where you teach your players how to effectively defend transition as a team.

VOLLEYBALL—Hitting and establishing your team defense—Darren will show how he has successfully built these two features into his teams.

VOLLEYBALL—Volleyball Statistics—How you can use statistics to evaluate your team in practices and matches. Rene and Dale will look at how to use statistics to scout other teams in preparation for high school competition. Game plans will be addressed.

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.*

DELEGATE SOCIAL @ Aden Bowman 9:15 p.m.

SESSION 3: 9:00—10:15

MENTAL TRAINING—Ralph Schoenfeld— *How To Turn Practice/ Training Skills Into Performance Skills*. Developing the basic mental skills during practice/training will turn excellence in performance during practice to excellence in performance during competition. Dr. Schoenfeld works with athletes and teams from grassroots to elite and professional levels, drawing on his experience as an athlete, coach, counselor and sport psychology consultant.

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 NUTRITION—Heather Hynes—*Nutrition for Optimal Sport Performance & the use of Sport Supplements*. Heather is a Registered Dietitian and Sports Nutrition consultant. She has worked with many of the province's elite athletes. Proper hydration, nutrient timing, and competition meals and snacks will be covered.

WEIGHT TRAINING—John Crocker—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—Dennis will cover some key areas in the early development of your badminton players and program at your school.

SESSION 4: 10:30—11:45

MENTAL TRAINING—repeat of session 3

CORE STRENGTH—repeat of session 3

SPORT NUTRITION—repeat of session 3

WEIGHT TRAINING—repeat of session 3

BADMINTON—Dennis will provide some skills and drills that he uses to help take his players to that next level in competitive badminton.



**COACHES
ASSOCIATION
OF
SASKATCHEWAN**

**LUNCH sponsored by CAS at
Aden Bowman
11:45—12:30**



**COACHES
ASSOCIATION
OF
SASKATCHEWAN**

SESSION 5: 12:30—1:45

BASKETBALL—Building your basketball program—Joel will do an in-class session on developing the basketball program at your school. He will draw from his personal experiences at his own school.

BASKETBALL—On the ball screening—Dave Taylor will look at how to effectively use screening in your offense and create open looks for your players.

VOLLEYBALL—Defensive strategies—Rene and Dale will key two defensive areas; spike reception and blocking.

VOLLEYBALL—Mark's sessions will look at how the basic skills he learned as a young player have helped him advance his game to the highest level. Mark will share the drills and key teaching points of the fundamentals.

TRACK AND FIELD—Horizontal Jumps—This session will focus on technique and drills for long and triple jump.

SESSION 6: 2:00—3:15

BASKETBALL—Transition Offense/Small Ball—Not many teams are blessed with the big player so Joel will take a look at how to attack with speed and skills.

BASKETBALL—Favorite, effective, and efficient drills—Dave will lead you through some of his favorite drills that he uses throughout the year with his team. A real take home session.

VOLLEYBALL—Rule changes that have affected our game—An in-depth look at the libero position, the let service rule and the rally point scoring system and how the game has changed. Rene and Dale will look at video examples from the 2010 FIVB world championships.

VOLLEYBALL—Mark will continue the topic that was started in his first afternoon session.

TRACK AND FIELD—Training adaptations—This session will focus on how you can adapt your training for track and field when weather and facilities don't allow you to be outside.