# SHSAA Coaches Symposium

**Monday & Tuesday August 19 & 20, 2013**

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**PLEASE INDICATE THE SESSIONS YOU PLAN ON ATTENDING**

- □ Sport Taping (Monday 9:00—4:30)
- □ Basketball—NCCP Train to Train Competition Advanced (Monday 8:00—5:00, Tuesday 8:00-12:00)
- □ Volleyball—NCCP Level 1 Technical Workshop (Monday 8:30—5:00, Tuesday 9:00—12:00)
- □ NCCP Introduction to Competition—Part A and B Accelerated (Monday 8:30—5:00)
- □ NCCP Making Ethical Decisions Module (Monday 8:30—12:00)
- □ SIAAA Leadership Training 502 (Monday 1:00—5:00)
- □ Officiating Basketball (Monday 9:00—12:00)
- □ Officiating Volleyball (Monday 9:00—12:00)

### Monday 9:00
- □ Basketball (Intermediate)
  - BARCLAY PATTSON
- □ Basketball (Advanced)
  - JILL HUMBERT
- □ Volleyball (Intermediate)
  - TOM ASH
- □ Volleyball (Advanced)
  - JASON GRIEVE
- □ Soccer
  - JASON JONES

### Monday 8:00
- □ Basketball (Intermediate)
  - BARCLAY PATTSON
- □ Basketball (Advanced)
  - JILL HUMBERT
- □ Volleyball (Intermediate)
  - TOM ASH
- □ Volleyball (Advanced)
  - JASON GRIEVE
- □ Soccer
  - JASON JONES

### Delegate Social 9:15 @ Evan Hardy Collegiate

### Tuesday 2:00
- □ Nutrition
  - HEATHER HYNES
- □ Weight Training
  - BART ARNOLD
- □ Concussion in Sport
  - RHONDA SHISKIN
- □ Badminton
  - DENNIS FRANZ

### Tuesday 10:30
- □ Nutrition
  - HEATHER HYNES
- □ Weight Training
  - BART ARNOLD
- □ Concussion in Sport
  - RHONDA SHISKIN
- □ Badminton
  - DENNIS FRANZ

### Tuesday 12:30
- □ Basketball (Intermediate)
  - WENDY BENSON
- □ Basketball (Advanced)
  - NATHAN SCHELLENSBERG
- □ Volleyball (Intermediate)
  - TERRY GAUDET
- □ Volleyball (Advanced)
  - ANDREW MERRYWEATHER
- □ Track and Field
  - IVAN TAM

**Send Registration Form and Cheque to:**

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

FOR OFFICE USE ONLY

DATE RECEIVED:

PAYMENT COMMENT:
SPORT TAPING—Bruce Craven—7 hour session to teach basic sport taping skills. This very popular session has been offered by Bruce for a number of years at the Symposium.

NCCP BASKETBALL—Paul Humbert—This course builds on the Learn to Train workshop that has been previously offered and is designed for dedicated high school coaches that are responsible for coaching athletes in high school senior grades with the proper training to facilitate good basketball habits and skills to maximize their abilities. Contact BSSI or SHSAA office for more technical information. Participant must pay cost of manuals.

NCCP VOLLEYBALL—Adam Ewart—Focus on developing coach by providing basic technical knowledge of coaching volleyball. Completion of Level 1 prepares you to take inexperienced athletes and provide them with safe, educational training sessions. Participant must pay cost of manual.

NCCP COMPETITION INTRODUCTION: A & A & ACCELERATED—8 hour NCCP multisport workshop condenses 28 hours of training into a specifically designed workshop for teacher-coaches who have a Phys Ed degree or combined Kin/Ed degree. Upon completion of this workshop you will receive credit for 6 NCCP Comp - Intro modules (Making Ethical Decisions, Practice planning, Nutrition, Teaching & Learning, Designing & Teaching Basic Sport Programs & Basic Mental Skills). This workshop is the equivalent replacement of the old Level 1 and 2 NCCP Theory. Participant must pay cost of manual.

NCCP MAKING ETHICAL DECISIONS—A workshop that teaches coaches to analyze a situation that has moral implications and learn how to apply an effective ethical decision making framework. The MED is a required module for all certification in the new NCCP. Coaches who have been trained or certified in the old NCCP Levels will need MED to keep their NCCP certification valid. Participant must pay cost of manual.

SHSAA LEADERSHIP TRAINING 302—Contact SHSAA office for more info. OFFICIATING BASKETBALL—This session will look at the practical aspects of being a basketball official. Video review and on-floor training. OFFICIATING VOLLEYBALL—This session will look at the practical aspects of being a volleyball official. Session will emphasize on-floor training.

CONFERENCE REGISTRATION 5:45—6:15 OPENING GENERAL SESSION 6:15—6:30

SESSION 1 6:30—7:45
BASKETBALL (intermediate)—Barclay Patterson—One of the keys to success in the game is success at practice. Success at practice begins with having a plan in place. Barclay will cover how to plan your practice and carry out your in-season practices.

BASKETBALL (advanced)—Jill Humber—Creating advantage situations and capitalizing on these situations will be the focus of this session.

Volleyball (intermediate)—Tom Ash—Tom's session will deal with using modified games (specifically "Triple Ball") to develop young athletes. Standard 6-on-6 volleyball with modifications to the way rallies are initiated.

Volleyball (advanced)—Jason Grieve—Jason's sessions will focus on teaching and adaptation during skill development. This session will feature serving and passing.

Soccer—Jason Jones—Looking for ideas for small sided games (like 7v7)? Then this session is designed for you and your team.

SESSION 2 8:00—9:15
BASKETBALL (intermediate)—Barclay Patterson—There are many ways to attack a zone defense. In this session Barclay will look at a number of options you might incorporate into your strategies.

BASKETBALL (advanced)—Jill Humber—Using ball screens effectively is a key skill in many of today's offenses. Jill will look at effectively utilizing this skill in your offense.

Volleyball (intermediate)—Tom Ash—Fundamental skill development using some of Tom's favorite drills.

Volleyball (advanced)—Jason Grieve—Jason's sessions will focus on teaching and adaptation during skill development. This session will feature attacking and blocking.

Soccer—Jason Jones—Skill and system development in the 11v11 game will be the focus for Jason in this session.

LUNCH sponsored by Cas Evans Hardy 11:45—12:30

SESSION 3 9:40—10:15
CONCISSION IN SPORT—Rhonda Shishkin—Rhonda has been the head therapist for Huskie Athletics since 1997. She will share the most up to date information on concussion protocol in sport.

WEIGHT TRAINING—Bart Arnold—A graduate of the U of S (BSc), Bart has many years of training elite athletes competing at the provincial, national, and international levels. His session will show how to use weight training to round out your athlete's development.

NUTRITION FOR OPTIMAL PERFORMANCE—Heather Hynes—Heather is a Registered Dietitian and Sports Nutrition consultant with the Sport Med and Science Council. This session will look at healthy snack choices for training and competition and importance of fluid intake during the school day as well as nutrition planning for tournaments.

BADMINTON—Drills and Mini Games—This session, Dennis Franz, will provide teachers/coaches with drills and games for juniors and school teams.

SESSION 4 10:30—11:45
CONCISSION IN SPORT—Rhonda Shishkin—Rhonda is the chairperson of the Sport Physio Australia. She will share the up to date information on concussion protocol in sport.

WEIGHT TRAINING—Bart Arnold—Bart has been an assistant coach with the Huskies football program since 1991. His session will show how to use weight training to round out your athlete's development.

WORLD STORE PURCHASE—Heather Hynes—Heather has worked with numerous provincial teams, as well as athletes at the national and international level. A review of athlete's needs for pre and post game nutrition. Find out for yourself exactly what it takes for on-field labels.

BADMINTON—Drills and Mini Games—This session will continue with Dennis Franz started in session 3.

SESSION 5 12:00—1:45
BASKETBALL (intermediate)—Wendy Benson—Wendy will look at ways to practice transition into your game play by providing a number of drills that are practices ready.

BASKETBALL (advanced)—Nathan Schellenberg—Session details to be announced. Please check SHSAA website for updates.

VOLLEYBALL (intermediate)—Terry Gaudet—Terry's session will address early season drills to develop ball control and enhance the passing skills of each player.

VOLLEYBALL (advanced)—Andrew Merryweather—Andrew will cover the details of different offensive systems and how they can be incorporated into your program.

TRACK & FIELD—Ivan Tam—Ivan will be presenting on sprinting and hurdles.

SESSION 6 2:00—3:15
BASKETBALL (intermediate)—Wendy Benson—Shooting fundamentals are important for all basketball players and for the entire team offensive. Wendy will break down the skill and provide drills to improve your team's shooting.

BASKETBALL (advanced)—Nathan Schellenberg—Session details to be announced. Please check SHSAA website for updates.

VOLLEYBALL (intermediate)—Terry Gaudet—Serve receive and transition to serve receive from the serve receive will be the focus of this session.

VOLLEYBALL (advanced)—Andrew Merryweather—Hitting trouble balls and out of system offence will be the concepts that are looked at during this session.

TRACK & FIELD—Ivan Tam—Ivan will be presenting on sprinting and hurdles.