

Nordic Sports Coaching Conference

Day	Time	Topic	Learning Objectives	Presentor(s)	NOTES	
Tuesday April 23	10:00 - 17:00	Becoming Para Ready	Canadian Sport for All Initiative (CSAI)	Bjorn Taylor, Menno Arendz, Brian McKeever, Julie Beaulieu	Canmore Nordic Centre (CNC) Room B	
Wed April 24	9:00 - 12:30	Being Para Ready	CSAI	Bjorn Taylor, Menno Arendz, Brian McKeever, Julie Beaulieu	CNC - Room B	
	13:30 - 17:30	Skill Development Program (SDP)	CSAI	Stephen Novosad, Bjorn Taylor, Menno Arendz, Brian McKeever, Julie Beaulieu	CNC - Room B	
Thursday April 25	10:00 - 17:00	SDP	CSAI	Stephen Novosad, Bjorn Taylor, Menno Arendz, Brian McKeever, Julie Beaulieu	CNC - Banquet Room	
	Break					
	19:00-20:30	Winning the Journey	Inspirational and Education - creating a positive experience Scene Setting Learning Teams Initiation	Wade Gilbert	CNC - Banquet Room	
	20:30-21:30	Social	Fun	Nordiq Canada/Biathlon Canada	CNC - Banquet Room	
Friday April 26	8:00-8:30	Networking Coffee	Grab a coffee and breakfast items	Nordiq Canada	Coffee, snacks Nordiq Canada Office	
	8:40-9:00	Intro to the Day - Learning Groups	Preflection/Preview	Julie Beaulieu / Wade Gilbert		
	9:00 - 10:45	Becoming a Better Coach	Developing Communities of Practice Coach Interaction and Communication Coaching Best Practices	Wade Gilbert	CNC - Banquet Room	
	10:45 - 11:00	Break				
	11:00 - 12:00	Body Talk - Food Talk	Body Image - Definition Contributing Factors to Body Image Language and Communication Relationships with food	Georgia Ens Kelly Drager	CNC - Banquet Room	
	12:00-12:45	Lunch				
	12:45 - 13:45	Devil in the Details - Data - why and how to use it.	Data Collection - Why? Data Usage - How?	Andrew Smit	CNC - Banquet Room	
	13:45 - 14:00	Break - coffee				
	14:00 - 17:00	Biomechanics Blunders	Understand the concept of moving the centre of mass forward Understand the difference between and intentional movement vs. a resultant movement Review common misconception in biomechanics	Carolyn Taylor Stephen Novosad Brian McKeever Julia Ystgaard Tormod Vatten	CNC - Banquet Room	
		Detection and Correction Periodizing Technical Development	Learning Groups Library of Videos - assess technique and identify gaps Create a periodized technical development plan		CNC - Banquet Room	
	17:00-17:30	Learning Groups	Reflection/Review	Wade Gilbert		
		Ecoaims are your friends	Intro	Clayton Whitman / Menno Arendz	Canmore Brewing Company	
	19:30-21:30	Shots and Shots Biathlon Canada vs. Nordiq Canada	Biathlon EcoAims, Visually Impaired How to integrate Biathlon/Para biathlon into your clubs	Biathlon Canada and Nordiq Canada	Beer, "Shots" and Snacks at Canmore Brewing Company	
Saturday April 27	8:00 - 8:30	Coffee Networking	Grab a coffee and breakfast items	Nordiq Canada	Nordiq Canada Office	
	8:40-9:00	Intro to the Day - Learning Groups	Preflection/Preview	Clayton Whitman / Wade Gilbert	CNC - Banquet Room	
	9:00 - 10:00	Canadian Centre for Ethics in Sport (CCES)	Manipulation in Sport – How to Prevent it from Happening in your sport		CNC - Banquet Room	
	10:00 - 11:00	Need for speed - developing the ability to surge in race-defining moments	How to develop MAS and the ability to perform repeated surges at these intensities how to integrate it with the overall plan / periodization	Joao Fernandez Coaches	CNC - Banquet Room	
	11:00-11:15	Break				
	11:15 - 12:30	Developing Speed	Learning Groups Athlete examples to work through Create a Program	Joao Fernandez Coaches	CNC - Banquet Room	
	12:30 - 13:15	Lunch				
	13:15 - 16:15	Environmental Challenges as a method of coaching	Talk less - coach more	Stephen Novosad / Jesse Cockney	CNC - Banquet Room	
		Ski Playground for all ages		Stephen Novosad / Jesse Cockney	Outside - need snow/RS track	
	13:45-14:00	Coffee Break				
	16:30 - 17:30	Fueling the Journey	How do you stay fresh enough to be that coach.	Wade Gilbert	CNC - Banquet Room	
	17:30 - 18:00	Learning Groups	Reflection/Review	Wade Gilbert	CNC - Banquet Room	
Sunday April 28	8:00-8:30	Coffee Networking	Grab a coffee and breakfast items	Nordiq Canada	Nordiq Canada Office	
	8:30 - 8:45	Intro to the Day	Reflection/Review	Julie Beaulieu / Clayton Whitman	CNC - Room B	
	8:45 - 10:00	Nordiq Canada - Athlete Performance Plan and Yearly Training Plan Field Testing and Power BI Biathlon Canada - Classroom Work	Aligning all the Pieces How does the Individual Performance Plan inform programming - examples from other sports.	Panel Clayton Whitman	Nordiq Canada - CNC Room A BC - CNC Room B	
	10:00 - 11:00	Nordic Canada - Events review and the Canadian Competition Rules Biathlon Cananada - Range Work	Coach feedback and input	Nordiq Caanda - Ilona Gyapay Biathlon Canada - Clayton Whitman	CNC Room A Range	
	11:00-12:00	Closing and NSO specific content		Julie Beaulieu / Chris Jeffries/Clay Whitman	CNC Room A	
	Closing remarks and draw prizes					