



# NORDIC SPORTS COACHES CONFERENCE



April 24-27



Ottawa, ON  
St. Paul's College



From Theory to Training: Practical Coaching for Every Athlete, Every Day

## THE TOPICS

- OnForm Video Analysis
- Individual Athlete Performance Profiles
- Periodized Technical Development
- Integrating Mental Performance into daily practices

And More!

## THE SPEAKERS

**Mike Frogley**



**Clare Fewster**



And More!

## REGISTER HERE

<https://zone4.ca/register.asp?id=38458>



# Nordiq Coach Conference – How Does This Inform Programming?

Coaches often express that while coaching conferences provide valuable material, the content is not always applicable in daily training environments—particularly when working with large groups of 20-25 athletes without access to a fully integrated support team.

Building on the success of last year's Communities of Practice, we remain committed to ensuring the practical application of the concepts presented.

This year's conference will focus on the theme:

**"How does this inform programming, and How can I apply it in my daily training environment (DTE)?"**

We will explore the existing tools within our system that can be effectively utilized in a developmentally appropriate manner, ensuring they are adaptable to all levels and group sizes across the athlete pathway.

## Conference Topics

This year's conference will feature a range of insightful and practical topics designed to enhance coaching effectiveness in daily training environments (DTE). Key sessions will include:

- **OnForm Video Analysis** – A deep dive into video analysis tools, including free access for all clubs and coaches.
- **Individual Athlete Performance Profiles** – Strategies for utilizing performance profiles to optimize athlete development.
- **Self-Regulated Learning for Coaches and Athletes** – Techniques to foster independent learning and adaptability in the DTE.
- **Periodized Technical Development** – Best practices for structuring technical progression within a periodized framework.
- **Integrating Mental Performance into daily practices**
- **Events Workshop** – *We need you!* Nordiq Canada is looking to review their competition model and review the role of events at all levels. Through this facilitated session, we will be reviewing the current models and evaluating their purpose and effectiveness.
- **And More** – Additional sessions covering cutting-edge tools and methodologies to support coaching excellence.

**Nordic Sports  
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**DETAILS**



## Nordic Sports Coaches Conference

# THE SPEAKERS

## Mike Frogley

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Mike Frogley is a leading figure in wheelchair basketball, known for his leadership and innovation. A Team Canada member since 1989, he competed at the 1992 Paralympics before coaching the Canadian Men's National Team to gold in 2000 and 2004, plus silver in 2008.

Over 21 years in U.S. college basketball, he led teams to 12 national titles. Returning to Canada in 2013, he became WBC's National Academy Director and later served as Summer Paralympic Performance Advisor for Own The Podium. Renowned for his dedication to athlete development, he continues to shape Canada's coaching framework.

## Clare Fewster

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Clare holds a Master of Counselling from Athabasca University. She joined the Canadian Sport Institute Alberta in 1999 as a practicum student under the mentorship and supervision of Cal Botterill. Clare's expertise includes building solid therapeutic relationships, assisting athletes develop self awareness and providing skills and strategies to enhance performance.

Clare was a mental performance consultant with the speed skating team at the 2002 Salt Lake City Olympic Games. She enjoys working with athletes from injury to return to sport or transition out of sport with a healthy perspective. She is a Professional Member of Canadian Sport Psychology Association and the Alberta Regional Representative



## Nordic Sports Coaches Conference

# THE SPEAKERS

## Royden Radowits

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Royden Radowits is a PhD student studying sport psychology at the University of Ottawa, with a Master's of Coaching from the University of Alberta. During his undergrad he competed in track and field and cross-country running at the University of Alberta.

Later in his master's degree he was also an assistant coach on the cross-country running team. His dissertation research focuses on the psychology of practice, exploring how emotions and practice conditions enhance athlete learning and development.

## Bradley W. Young

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Bradley W. Young, PhD is a Full Professor in the School of Human Kinetics at the University of Ottawa. His research program focuses on the psychology of practice as it relates to talent development and optimal skill acquisition.

He investigates effective coaching practices and non-linear pedagogies in sport coaching with the aim of more fully engaging young athletes in their own practice.

## Carolyn Taylor

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Carolyn Taylor is a sport biomechanist and performance analyst at the Canadian Sport Institute Alberta. A founding member of the Olympic and Paralympic Performance Technology teams, she has spent 20 years in Canada's High Performance Sport System, working across Olympic and Paralympic sports in both summer and winter disciplines.

Carolyn integrates biomechanics with sport technology to optimize training efficiency and enhance athlete performance. She collaborates with coaches, sport scientists, and medical professionals to develop individualized techniques and training strategies. Her expertise highlights the power of technology and applied sport science in achieving athletic excellence.

# NCCP Pathway Review and Updates

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Nordiq Canada has undertaken a comprehensive review of the NCCP Coach Education Pathway, marking the first significant update since 2013 and 2018. This revision aligns with the Gold Medal Profile (GMP), Athlete Performance Profile (APP), the Instructor Stream, and the integration of Para Nordic coaching materials. Additionally, it incorporates the latest Canadian Sport for Life Long-Term Development (LTD) 3.0 framework.

To ensure a well-informed and effective update, Nordiq Canada has collaborated with coach working groups, a Coaching Association of Canada Advisor, and Divisional Coaching Coordinators and have reviewed the Community Coaching Stream to the Competition Development Stream.

## Nordiq Canada SDP – Community Coaching Stream MLF and LF Updates

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We are pleased to announce that the Sport Development Program (SDP) materials have been updated to reflect a more inclusive and integrated approach, aligning with the Athlete Performance Profile, the revised Canadian Sport for Life LTD model, and the Para Nordic coaching stream.

Please note the material change will be in the Jack Rabbit Levels (Community Coaching Reference material):

- Section 4: Teaching Classic Skiing
- Section 6: Preparing Practice Sessions
- Section 9: Teaching Skating Technique
- Appendix A: Coaching Athletes with a Disability

**We will be hosting the SDP MLF/LF workshop in alignment with our Coaching Conference and offering the one-day update on Thursday, April 24, 2025.**



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**NCCP UPDATES**



## Nordic Sports Coaches Conference

# NCCP UPDATES

## NCCP Updates and Multi Sport Modules

During the upcoming coaching conference to be held in Ottawa at the end of April 2025, Nordiq Canada will be hosting the following NCCP Multisport modules:

| Date   | Learning Module                               | Targeted Context |
|--|---|------------------|
| Tuesday, April 22nd  | <a href="#">Developing Athletic Abilities</a> | T2T & L2C        |
| Wednesday, April 23rd  | <a href="#">Advanced Practice Planning</a>    | T2T              |
| Thursday, April 24th   | <a href="#">Teaching &amp; Learning</a>       | T2T              |
| Wednesday through Thursday, April 23rd and 24th   <a href="#">Performance Planning</a>   L2C |   |                  |

**These workshops will be offered free of charge to all interested coaches who are attending the coach conference, they are not offered as stand-alone modules.**

**Coaches will be able to register for them during the Coach Conference Registration here.**

The decision to provide this opportunity is threefold and stems from the ongoing Coaching Development Pathway review process.

- The efficacy of knowledge transfer during the T2T & L2C coaching in person workshops has been identified as a significant challenge when considering the workload and content to be delivered inherent to these events. The feedback we received points to the advantages of preloading certain concepts that can then be more readily applied to sport specific scenarios during the workshops.
- Specific gaps evidenced during coaching certification processes highlight the targeted modules as key levers to more effective coaching throughout our national coaching community.
- Nordiq Canada is in the process of de-integrating selected NCCP multisport content which will allow a more sport specific focus during cross country ski coaching workshops. As these will become requisite modules for the cross-country ski coaching pathway, we hope to obtain feedback from participants that will help best position these training elements within the overarching pathway.

Please note that the implementation of these multisport modules into the trained status within the coach development pathway is targeted for full implementation for the 2026-27 season that upcoming coaches will be required to complete.

Nordiq Canada will endeavour to offer the same training opportunity in western Canada during next year's coaching conference as well.



**nordiq**  
CANADA



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**CONTACT**

**Questions?**

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More information on the registration page [here](#)



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**REGISTER TODAY!**

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**Nordic Sports Coaches Conference 2024**