



BIATHLON  
CANADA

# NORDIC SPORTS COACHES CONFERENCE



April 27-30



Mont-Sainte-Anne  
QC



A conference designed to take a holistic approach to athlete, coach, and system development with a focus on building a learning culture.

## THE TOPICS

- Incorporating the Gold Medal Profile
- Demystifying Safe Sport
- Integration of the Technical Report Card at all Levels
- Rethinking Training Zones

And More!

## THE SPEAKERS

**Cody Royle**  
Key Note  
Speaker



**Allison Forsyth**  
Speaker



And More!

## REGISTER TODAY

<https://zone4.ca/reg.asp?id=31753>



## Nordic Sports Coaches Conference

# THE SPEAKERS

### About Cody Royle

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Cody is the author of two influential leadership books; Where Others Won't and The Tough Stuff. After a decade coaching Canada's men's AFL national team, Cody now mentors over a dozen head coaches across many sports including the NBA, WNBA, Premier League, international rugby, and international field hockey.

### About Allison Forsyth

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Safe Sport is her purpose. A two-time Olympian, 8-time Canadian Champion and a top 15 world ranked athlete for nearly a decade, Allison is an athlete, advocate, and change maker. She is a proud board member of AthletesCAN and an advisory Committee Member of the SDRCC. She also supported the CCES in the development of the Universal Code of Conduct and acted as an athlete advocate in the development of the CAC Safe Sport training and education. Allison aims to make sport a safe, positive place for athletes of all levels.

### About Peter Niedre

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Peter holds a Master's degree in Human Kinetics – Exercise Physiology and a Bachelor of Education degree from the University of Ottawa. Peter comes from a 10-year tenure with Canoe Kayak Canada where he led the organization's national coaching education programs as well as the development of the athlete development matrix and is currently the Director of Education Partnerships with the Coaching Association of Canada. He is an avid cross country skier and sits on the board of Biathlon Ontario.

### About Tim Konoval

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Tim Konoval earned a PhD in Sport and Coach Development from the University of Alberta. He has developed a resource to help coaches 'become para ready', which he will present in the workshop. In addition, he has led a project with the Coaching Association of Canada and the Canadian Paralympic Committee that examined disability inclusion in Canada's National Coaching Certification Program. He is excited to help Nordic ski coaches and clubs learn how to be more inclusive and become 'para ready'.





## Nordic Sports Coaches Conference

# PROGRAM

## Program

Day	Topic
Thursday April 27	*Being Para Ready*
	Keynote opening Cody Royle
Friday April 28	Technique Report Card (TRC) and Gold Medal Profile (GMP) Integration
	TRC in action (Cross-Country), Shooting Technique (Biathlon)
	Safe Equitable Sport/Demistifying Safe Sport
Saturday April 29	Data Fluency and Analytics
	Avoiding complacency - effective training environments.
	Training for power/speed
	The Professionalization of Coaching
	Technique (Cross-Country), Team Culture / Mental Performance (Biathlon)
	Incorporating Laser Biathlon into Ski Programming
Sunday April 30	Nordiq Canada's Objectives (Cross-Country), Vision and Culture (Biathlon)
	Competition Review Update (Cross-Country)/Coaching Round Table (Biathlon)
	Nordiq Canada Next Steps (Cross-Country)/ Biathlon Canada Next Steps (Biathlon)

Full Schedule can be found [here](#)





## Nordic Sports Coaches Conference

# ACCOMMODATION

## Accommodation

Delta Hotels by Marriott,  
Mont Sainte-Anne, Resort and  
Convention Center

500 Bd du Beau Pré, Beaufré, QC



## More Info



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



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