



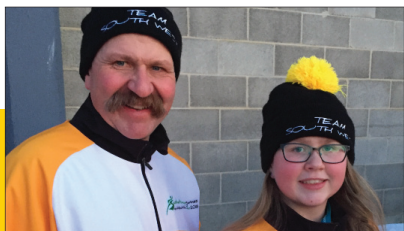
DISTRICT FOR CULTURE,
RECREATION & SPORT INC.

SPORT WORKSHOPS

in celebration of
National Coaches Week



#ThanksCoach



Wednesday, September 25, 2019

CANADIAN FORCES BASE – 15 WING, MOOSE JAW

Google Map Address: Saskatoon Street, Bushell Park

WORKSHOP #1:

Resistance Training

1:30–5:00 pm

National Coaching Certification Program – 5 PD Points

This dynamic and interactive introductory workshop will teach you how to prevent injuries and increase athlete performance through proven resistance training tools. After finishing this module, you will be able to use resistance exercises that are appropriate to your athletes' stage(s) of development to develop strength. In particular, you will be able to identify appropriate resistance training exercises and sequences of exercises for developing strength; and help athletes correctly perform resistance training exercises and monitor their training programs.

WORKSHOP #2:

Considerations to Actively Engage Girls and Young Women:

6:00–7:30 pm

Long Term Athlete Development

National Coaching Certification Program – 1 PD Point

The Canadian Sport for Life movement and use of long-term athlete development (LTAD) pathways are improving the delivery of sport and physical activity in Canada. However, many bumps, roadblocks, and dead ends exist along the LTAD pathway for girls and young women. Discussion will focus on several key issues central to supporting girls and young women as athletes and leaders, including training environments, injury prevention, role models, and "on- and off-ramps". Practical recommendations will be provided for coaches, recreation leaders, parents, teachers, and sport administrators.

REGISTRATION:

Fee: \$15 to attend one workshop or \$25 for both

** Free registration for people from member communities of South West District for Culture, Recreation & Sport*

Registration Deadline: September 11, 2019

Registration forms available at www.gosouthwest.ca
or contact Chantelle.Rouault-Gibson@forces.gc.ca

Registration forms & fees to:

Chantelle Rouault-Gibson, PSP Sports 15 Wing
PO Box 5000, Moose Jaw, SK, Canada S6H 7Z8
Email: Chantelle.Rouault-Gibson@forces.gc.ca
Phone: 306.694.2222 ext. 5520 Fax: 306.694.2845

BONUS

- ★ Subsidized childcare available for military families for the **EVENING SESSION ONLY**
 - Contact Military Family Resource Centre 306.694.2222 ext. 5316 for rates and/or to book.
- ★ Residents from SWDCRS member communities are eligible for a travel incentive to assist with gas costs.
- ★ The Coaching Association of Canada (CAC) recognizes these workshops as eligible professional development (PD) points towards certification.

FOR MORE INFORMATION

Contact Anne Weisgerber, Community Consultant
South West District for Culture Recreation & Sport
Phone: 306.662.3242 | Email: anne@gosouthwest.ca
www.gosouthwest.ca

