



Prince George

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# Coach Development

## High Five Principals of Healthy Child Development

Northern Sport Centre **Thursday, September 14** 5:00pm – 9:00pm | Cost \$45

Providing direct leadership to children (ages 6 to 12) in recreational settings can be a challenging experience. Front-line sport and recreation leaders will learn how to implement the five HIGH FIVE® guiding principles that contribute to a supportive and healthy experience for children. Learn ways to make positive child-centered interactions and effective age-appropriate ways to address behaviour challenges. Consisting of training, resources, and tools, the HIGH FIVE® system is based on years of research and consultation with experts, and is the only quality assurance standard in North America designed to specifically support the safety, well-being and healthy development of children in sport and recreation programs. Learn best practices for healthy childhood development and get certified.

## NCCP Olympic Weightlifting

Northern Sport Centre **Saturday & Sunday, September 23 & 24** Cost: \$300 (Bursaries available for volunteer coaches)

This introduction to competition course will cover basic Olympic weightlifting techniques: snatch, clean & jerk + assistant exercises. Principles of power development, progressive resistant principles, exercises to develop technique and power, warm-up and stretching techniques, lifting techniques, progressive development of technique, and safety principles.

## NCCP Make Ethical Decisions

Northern Sport Centre **Thursday, September 28** 5:30pm – 9:00pm | Cost: free\*

By successfully completing the NCCP Make Ethical Decisions training, coaches will be fully equipped to handle ethical situations with confidence and surety. The training helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in the world of team and individual sport.

## NCCP Basic Mental Skills

Northern Sport Centre **Thursday, October 5** 5:30pm – 9:00pm | Cost: free\*

The goal of the NCCP Basic Mental Skills module is to support coaches in developing mental skills in their day-to-day practice as a coach by Integrating mental-preparation strategies into practices and Helping participants be mentally prepared for competition.

## NCCP Planning a Practice

Northern Sport Centre **Saturday, October 14** 9:00am – 2:00pm | Cost: free\*

The goal of the module is to prepare coaches to plan safe and effective practices. The NCCP Planning a Practice learning activities will prepare coaches to:

- explain the importance of logistics in the development of a practice plan;
- establish an appropriate structure for a practice; and
- identify appropriate activities for each part of the practice.

## NCCP Teaching and Learning

Northern Sport Centre **Saturday, November 18** 9:00am – 2:00pm | Cost: free\*

The NCCP Teaching and Learning module is designed to help coaches in any sport develop their coaching skills by Implementing an appropriately structured and organized practice and Making interventions that promote learning and development.

\*As part of the Coaching Association of Canada's Mental Health and Sport project, the Provincial/Territorial Coaching Representatives will be delivering four NCCP modules at no cost to participants until March 2024

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