

COACHING NL

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Coaching Newfoundland & Labrador

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Upcoming Events



Women in Sport Conference Call For Presenters



Share Your Knowledge and Experience at This Event!

On May 4th & 5th, in St. John's, School Sports NL will be hosting a women in sport conference. This conference will provide education and professional development for educators, students, and professionals interested in the subjects of physical activity, recreation and sport that target females. The event is expected to draw approximately 100 attendees with the purpose of encouraging, supporting, and motivating females to participate in active programs.

For more information contact Karen at karen@sportnl.ca



Due to the resounding success of the Inaugural Sport Newfoundland and Labrador's **SportFest this past spring**, plans are underway for SportFest 2012. Stay tuned for more information in the coming months!



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Grant Information

Coaching Newfoundland and Labrador offers grants to coaches and organizations interested in furthering their coaching education. Grants are available to those interested in taking a coaching course for certification or coach education purposes. Provincial Sport Organizations may also avail of this grant if they wish to provide a coaching education opportunity for coaches in their sport. If you would like to avail of or offer coaching education resources, please download the **Coaching Fund Application** found on our website and send it to our office. The application can be found at www.sportnl.ca under the tab NL Coaching Council.

If you have received a grant and would like to comment on how it has benefited you and your sport, please contact Dave Feener – defeener@gov.nl.ca to be featured in an upcoming newsletter!



Grassroots Coach Claudia Drover Figure Skating

What days/nights during the week do you coach and where?

I presently work for 3 clubs Terra Nova Tornadoes in Glovertown, Crystal gliders Wesleyville and Frosty Figures in Centreville.

Sunday AM Crystal Gliders, PM Glovertown and Frosty Figures

Monday 3:45 - 9:45 Crystal Gliders

Tuesday 3:30-9:30 terra nova tornadoes

Wednesday 4-10 Crystal Gliders

Thursday 4-8 Frosty Figures

Friday 3:30- 10 terra nova tornadoes

NCCP Status?

I have level 1 and 2 complete in figure skating and level 3 theory and practical in figure skating.

Where do you live and how are you involved in the coaching/sport community?

I live in Trinity Bay and have been coaching in this area for 17 years.

How long have you been coaching?

I have been coaching for 27 years total.

What is your greatest coaching moment?

Greatest Coaching Moment had to be attending Canada Winter Games in 2003 with a skater who competed in the special Olympics . I meet many famous skaters over the year like Kurt Browning (favorite), Brian Orser and even Don Jackson put a medal around my neck but even those experiences could not compare to what I walked away from those games with and 4 years later we got the chance to experience it all over again in Whitehorse.

What do you enjoy most about coaching?

Things I enjoy the most is the joy on the skaters faces when they achieve a goal or that first badge . The hardest part is watching the skater you gave that first badge to go all the way to the end with me and have to watch their final skate as a graduate.



Elite Coach Art Meaney Cross Country Running Memorial University of Newfoundland and Labrador

What days/nights during the week do you coach and where?

I am Head Coach Cross Country at Memorial University. During our Fall Season I coach every day except Friday. During the off season I coach individuals several times a week. I also do running clinics at the Running Room where I prepare people to run the Tely 10 and Cape to Cabot.

NCCP Status?

I recently completed the new Level 1 Athletics Canada with Coach Ray Will.

Where do you live and how are you involved in the coaching/sport community?

I live in St. John's and I have coached at the high school level when I was a Teacher at Gonzaga High School . Now I have been coaching at Memorial University of Newfoundland and Labrador since 1997.

What are some of your greatest coaching moment?

I am proud of the fact that , along with Coach Ray Will, I encouraged Paul McCloy to become a runner when he was in high school.

I am proud that I was men's Coach at Memorial when we won the Atlantic University Cross Country Championship in 1997 and proud to have coached Allison Hobeika winner of two Tely 10's, The Provincial Marathon Championship and many other distance races here and on the Mainland.

Feature of the Month: Nutrition for Cold Weather Sports

Coaching Association of Canada 2012:

Cold temperatures increase the risk of hypothermia and can reduce the desire to eat and drink;

Shivering increases energy expenditure through the use of carbohydrate in the muscle, making the athlete more prone to fatigue;

Location of training and competition can limit access to food and fluid, making the athlete more likely to neglect to fuel and hydrate adequately.

Hydration

Athletes participating in sports involving multiple training or competition runs (alpine and freestyle skiing, snowboarding, sledding, etc.) need to make a special effort to hydrate. Since fluids are not usually taken in actual competition, pre-hydration is important, and care should be taken to hydrate between events or training runs.

To ensure optimal hydration, athletes should be encouraged to:

- Wear or carry a water bottle on a belt or in a backpack during warm-up;
- Carry a water bottle in a bag during training, which can be left at the top or bottom of the hill;
- Wrap bottles in clothing to keep them off the ground and prevent freezing in sub-zero temperatures;
- Pack warm beverages or soups in insulated containers to reduce the risk of hypothermia;
- Use non-breakable bottles that can be opened without having to remove gloves.

Fueling

Since cold weather suppresses appetite, it can be easy for athletes to not eat enough until meal breaks or the end of training. To help ensure optimal performance and prevent physical and mental fatigue, athletes should be encouraged to:

- Bring carbohydrate-based snacks that are cold-tolerant, easy to digest, and can be handled with gloves if necessary, such as crackers and cheese, arrowroot cookies, pretzels, dried fruit, fruit leathers, dry cereal, trail mix, granola bars, and peanut butter and jam sandwiches;
- Use unbreakable, easy-to-open containers, such as zippered or unsealed sandwich bags or rubber containers;
- Take a few bites of a carbohydrate-based snack after each run to maintain blood sugar and glycogen levels, and to encourage ongoing muscle recovery.



To Read More On Food Consumption During Sport Follow this Link:

<http://coach.ca/nutrition-for-cold-weather-sports-p140154>

A Successful Sports Coach Teaches:

1. How to mentally rehearse successful outcomes for your sport
2. How to prepare mentally before the team plays
3. How to analyze your team performance to improve for next time
4. How to improve your game with tailor made practice and fitness sessions
5. How to assess opponents strengths and weaknesses and how to put a game plan together that can help your team win
6. How to motivate players to maximize their performance
7. Teach your team players the value of teamwork and working as a unit to succeed in game





National
Coaching
Certification
Program

NCCP News

The Coaching Association of Canada has developed a new NCCP program entitled “Fundamental Movement Skills – FMS”. This program has three different modules:

- NCCP FMS Community Leader
- NCCP FMS High-School Leadership
- NCCP FMS Coach Professional Development

On February 17th to 18th in Corner Brook, there will be a Learning Facilitator session for particular individuals for the NCCP Fundamental Movements Skills Program.

The FMS Community Leader Module targets:

- Municipally-based recreation professionals working with young children
- Daycare professionals
- Sport camps leaders
- Other community-based leaders operating programs for young children

This module will allow participants many opportunities to evaluate and improve their teaching of fundamental movement skills.

For more information visit:

<http://coach.ca/fundamental-movement-skills-s12520>

