



SPEED SKATE NOVA SCOTIA COMPETITION-INTRODUCTION COACHING CLINIC REGISTRATION FORM

Competition-Introduction Coach:

In the Competition-Introduction workshop a coach will gain the knowledge to teach and refine more advanced skills and tactics to prepare individuals for regional or national competitions.

Draft Agenda

- Friday February 9 – Sport Nova Scotia/Webinar
 - 7:00pm – 8:00pm Introduction to the National Coaching Certification Program (NCCP)
 - 8:00pm – 9:00pm Technique II
- Saturday February 10 – Halifax Emera Oval & Sport Nova Scotia
 - 8:30am – 9:30am Technique II – Dryland (Emera Oval)
 - 9:30am – 11:00am Technique II – Ice (Emera Oval)
 - 11:00am – 12:00pm Lunch Break
 - 12:00pm – 2:00pm Planning a (Speed Skating) Practice II
 - 2:00pm – 3:30pm Strategy and Tactics
 - 3:30pm – 5:00pm Equipment II
 - 5:00pm – 5:30pm Debrief
- Sunday February 11 – Sport Nova Scotia
 - 9:00am – 12:00pm Analyze Performance II
 - 12:00pm – 1:00pm Lunch
 - 1:00pm – 4:30pm Design a (Speed Skating) Sport Program
 - 4:30pm – 5:00pm Evaluation & Certification Process

FEES:

- Competition-Introduction – \$150.00 (free to SSNS club coaches)

REGISTRATION DEADLINE: Tuesday February 6, 2017

CONTACT INFORMATION:

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| • Speed Skate Nova Scotia
5516 Spring Garden Road
Halifax NS B3J 1G6
info@speedskatens.ca | • Janice Cogle
SSNS Administrative Coordinator
jcogle@sportnovascotia.ca
902-425-5450 | • Todd Landon, ChPC
Course Facilitator
todd@landonedgeskating.ca
902-210-1600 |
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NOTE:

- Participants need to be at least 15 years of age.
- Outdoor clothing, running shoes, and skating equipment will be required for the Technical modules on February 10th.
- Fees, made payable to "Speed Skate Nova Scotia" or "SSNS", can be submitted prior to the workshop or presented upon sign-in on February 9th.

Register online at <https://thelocker.coach.ca/event/public/5221102>, or email the following information to (jcogle@sportnovascotia.ca and todd@landonedgeskating.ca):

*Name: _____ *Date of birth: D___ M___ Y____ M F

*Address: _____ *Postal Code: _____

*Phone: _____ *Email: _____ *Club: _____

NCCP# (if you have one): _____

*Required information