Coaching

ASTHMATIC ATHLETES

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With summer finally here we can begin to soak in some of that long awaited Vitamin D to boost the energy levels. The winter has been a long and busy one for the sport community with the Olympics and Paralympics taking up a good portion of time, but that doesn’t mean that everything stood still. What has been happening behind the scenes is great news for the sport community.

The provincial government has been working hard to ensure that the sport system which has been developed here in BC over the past half dozen years remains intact and that we are able to produce more high performance athletes. To ensure that we can continue down the path of sport excellence, the provincial government has made a terrific commitment to funding the sport sector at, or above, the levels that we had seen over the past number of years.

The federal government has also made a similar financial commitment to the national sport community through the ‘Own the Podium’ program. The funding levels that sports need to continue producing world class athletes has been secured and is ready to support our next wave of summer athletes.

These commitments have come about as a result of some tremendous performances by our athletes in Vancouver. The performance of our athletes brought together the entire country, and it demonstrated to our elected politicians just how much sport really does matter to the overall fabric of our society. Our athletes not only demonstrated phenomenal athletic skills, but they were incredible role models for every athlete participating in sport. They were humble in their victories, proud in the performances that might not have met their expectations, and displayed every quality we can think of when we speak of true champions.

We are fortunate that our governments, at both the provincial and the federal level, believe in the value that sport plays in our lives, and we thank them for their continued support.

The province recognizes the value that coaching has made to our athletic successes at every level of the sport system, and the important impact that they have in the development of great people. There is an acknowledgment that all of those volunteers who make a commitment to coaching in their respective communities need to be supported with good training and great resources. The CABC will ensure that we can meet their needs and provide them with the tools they need to pursue their passion.

One of the projects that we continue to work on to support our coaches is BC Coaches Week. We will be starting on September 18th and continue through to September 25th. We look forward to seeing you as we hit the road in the fall. Mark your calendars and keep an eye on our website for events happening in your community.

Have a great summer!

Gord May

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Enter to WIN a coaching book from Human Kinetics!

As seen in our June ENews!

CABC is giving away a coaching book thanks to Human Kinetics.

Entry is easy!... just go to our new Facebook page at http://www.facebook.com/CoachesBC and click ‘Like’ and you’re in!! We will make the draw on July 1st and include the winner in next month’s ENewsletter.
2010 Coaches Week

We will be kicking off Coaches Week September 18th, 2010 in Vancouver as we begin our 4th annual lap of the Province, bringing various communities coaching-related conferences and forums close to home!

We are in the initial planning stage so check back regularly to our website as well as follow us on Facebook and Twitter – we’ll be updating our info as soon as we have more confirmed locations and venues around BC.

Don’t Leave Home Without It!

Going to a tournament? Travelling for pleasure? Make sure you take a copy of BC Coaches Perspective Magazine with you and have a photo taken for our newest contest. All submissions will be entered into a draw, and one winner every three months will receive a CABC prize package. We will print the winner’s photo and a selection of others in Perspective.

1. You must be a member of CABC.
2. Have someone take a photo of yourself holding a copy of BC Coaches Perspective (magazine must be visible), with the background showing where you are.
3. E-mail a high quality digital photo to news@coaches.bc.ca.
4. Tell us where the photo was taken and why you were there.
5. Very briefly tell us about yourself (hometown, what you coach, etc.).
6. Give us your name, phone #, address, e-mail address (this information won’t be published).

PHOTO CONTEST WINNERS

TAKE PERSPECTIVE WITH YOU.
Send us a photo, and you too can be featured in the magazine.

Chevrolet Announces 2010 HP and Community Club Coach Grant Recipients

Today, ten Canadian high performance coaches and their Olympic hopeful athletes were each awarded a $10,000 grant for coach development through Chevrolet’s Making Dreams Possible Program. In addition, 51 community clubs from across Canada each received a grant of $2,000 for coach training and development activities. Among these winners were two BC coaches and their athletes, and 11 community clubs. See figure 1 on page 5.

The announcement is the fourth year of Chevrolet’s commitment to provide a competitive edge for Canadian athletes through coaching excellence. Chevrolet’s direct support of coach education and development through this program has impacted more than 27,000 coaches and approximately 250,000 athletes in 183 communities across the country.

“Chevrolet has a long history of supporting Canadian athletes and is proud to help our Olympic hopefuls realize their dreams by supporting their coaches as they work together to be their best in London at the 2012 Summer Games,” said Tom Laurie, Chevrolet of Canada’s Olympic Partnership Manager. “We were thrilled to watch our Canadian athletes compete in Vancouver, especially knowing"
that the Chevrolet Making Dreams Possible program played a role in helping competitors like Jon Montgomery, Ashleigh McIvor, Joannie Rochette, and others achieve their dreams."

John Bales, Chief Executive Officer of the Coaching Association of Canada (CAC) commented "Thanks to the Chevrolet Making Dreams Possible Program, more Canadian coaches of athletes at all performance levels have access to valuable training through coach education programs such as the National Coaching Certification Program (NCCP). It is important that coaches are well trained to ensure that children have positive first experiences to encourage a lifetime love of sports."

"This grant from Chevrolet allows me to focus on what matters leading up to the London 2012 Olympic Games and alleviates some of the traditional financial concerns associated with the intensive coaching that will be required," says Victor Zilberman, coach of wrestler Martine Dugrenier.

"Community Club and school coaches play a critical role in setting the foundation to inspire and grow the next generation of Canadian athletes," said Jennifer Scott, Head Coach, Burlington Synchronized Swimming Club, one of the 51 Community Club grant recipients. "Well-trained coaches ensure that children enjoy participating in sports and contribute to the development of an active, healthy lifestyle."

About Chevrolet’s Making Dreams Possible Program

Making Dreams Possible is a program developed by Chevrolet in partnership with CAC, the governing body of Canada’s coaching education program and is designed to support coaches of Olympic and Paralympic Sports at the high performance and community club levels.

Chevrolet’s Making Dreams Possible program will provide a minimum of 100 grants of $2,000 each annually for coach development in local communities, and ten grants of $10,000 each annually to high performance athletes and their coaches. These grants will be used to fund special projects that develop the skills and abilities of high performance and community level coaches. Application forms can be found on coach.ca.
Sport Concussion Assessment Tool (SCAT)

In 2009 the word ‘concussion’ was one of the top 10 most searched words and phrases on the Sport Information Research Centre (SIRC) website at www.sirc.ca. The following is a tool you as a coach can use with an athlete who might have a concussion. The SCAT card was created by the IOC, FIFA and the IIHF in 2004 – it is a two sided card, the other being for medical personnel. It is important to seek medical advice if an athlete is displaying concussion symptoms. Searching ‘SCAT concussion side 2’ on any search engine will produce the medical side to the card should you be interested in it. Take a quick look at the background information on concussions below as well as the Athlete Information on the SCAT card (on page 7).

Background

This tool represents a standardized method of evaluating people after concussion in sport. This Tool has been produced as part of the Summary and Agreement Statement of the Second International Symposium on Concussion in Sport, Prague 2004.

Sports concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Several common features that incorporate clinical, pathological and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

1. Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an ‘impulsive’ force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously.
3. Concussion may result in neuropathological changes but the acute clinical symptoms largely reflect a functional disturbance rather than structural injury.
4. Concussion results in a graded set of clinical syndromes that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course.
5. Concussion is typically associated with grossly normal structural neuroimaging studies.

Post Concussion Symptoms

Ask the athlete to score themselves based on how they feel now. It is recognized that a low score may be normal for some athletes, but clinical judgment should be exercised to determine if a change in symptoms has occurred following the suspected concussion event.

It should be recognized that the reporting of symptoms may not be entirely reliable. This may be due to the effects of a concussion or because the athlete’s passionate desire to return to competition outweighs their natural inclination to give an honest response.

If possible, ask someone who knows the athlete well about changes in affect, personality, behavior, etc.

Remember, concussion should be suspected in the presence of ANY ONE or more of the following:

- Symptoms (such as headache), or
- Signs (such as loss of consciousness), or
- Memory problems

Any athlete with a suspected concussion should be monitored for
The SCAT Card  
(Sport Concussion Assessment Tool)  

Athlete Information

What is a concussion?
A concussion is a disturbance in the function of the brain caused by a direct or indirect force to the head. It results in a variety of symptoms (like those listed below) and may, or may not, involve memory problems or loss of consciousness.

How do you feel?
You should score yourself on the following symptoms, based on how you feel now.

<table>
<thead>
<tr>
<th>Post Concussion Symptom Scale</th>
<th>None</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>“Pressure in head”</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Neck Pain</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Balance problems or dizzy</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Nausea or vomiting</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Vision problems</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Hearing problems / ringing</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>“Don’t feel right”</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Feeling “dinged” or “dazed”</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Confusion</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Feeling slowed down</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Feeling like “in a fog”</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Drowsiness</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Fatigue or low energy</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>More emotional than usual</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Irritability</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Difficulty concentrating</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Difficulty remembering</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>(follow up symptoms only)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sadness</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Nervous or Anxious</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Trouble falling asleep</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Sleeping more than usual</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Sensitivity to light</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Sensitivity to noise</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Other: ________________________</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

What should I do?
Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.

Signs to watch for:
Problems could arise over the first 24-48 hours. You should not be left alone and must go to a hospital at once if you:

- Have a headache that gets worse
- Are very drowsy or can’t be awakened (woken up)
- Can’t recognize people or places
- Have repeated vomiting
- Behave unusually or seem confused; are very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on your feet; have slurred speech

Remember, it is better to be safe. Consult your doctor after a suspected concussion.

What can I expect?
Concussion typically results in the rapid onset of short-lived impairment that resolves spontaneously over time. You can expect that you will be told to rest until you are fully recovered (that means resting your body and your mind). Then, your doctor will likely advise that you go through a gradual increase in exercise over several days (or longer) before returning to sport.

deterioration (i.e., should not be left alone) and should not drive a motor vehicle.

For more information see the “Summary and Agreement Statement of the Second International Symposium on Concussion in Sport” in the April, 2005 edition of the Clinical Journal of Sport Medicine (vol 15), British Journal of Sports Medicine (vol 39), Neurosurgery (vol 59) and the Physician and Sportsmedicine (vol 33).

This tool may be copied for distribution to teams, groups and organizations.

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**2009 Coach of the Year Awards**

A huge thank you everyone who nominated their ‘Coach of the Year’… we had nominations arrive in record numbers this year for all three categories.

The purpose of the awards is to recognize a history and dedication to coaching in British Columbia, and to recognize outstanding achievements and unique contributions to the advancement and well-being of their athletes and their sport.

Each recipient of a CABC Coach of the Year Award will receive a trophy, a bursary of $250 from the Bob Bearpark Coaching Bursary Fund, a five year CABC membership and a coveted CABC baseball cap, all to be given to them during Coaches Week at the event closest to them. All nominees that met the Eligibility Criteria have received a complimentary one-year CABC membership.

We look forward to honouring these Coaches of the year this coming September.
Asthma is a disease that causes the air passages in the lungs to swell or narrow (called a bronchospasm), making it harder for athletes to breathe. Signs and symptoms of asthma include:

- coughing
- wheezing; a hoarse whistling sound heard during exhalation
- shortness of breathe
- chest tightness

Strenuous exercise acts as a common trigger for bronchospasm in athletes. Other common triggers for asthmatic attacks are:

- poor medical management
- air pollution (mold, pollens, tobacco, dust mites, etc.)
- emotions (like laughing or crying)
- allergies
- exposure to cold air

Athletes who have asthma often do not admit or tell their coaches about their symptoms and blame them on being de-conditioned or having a cold. Since athletes will deny their symptoms, coaches and athletic trainers need to be aware of the signs that suggest an athlete is experiencing asthmatic problems. These include:

- frequent use of inhalers
- sensitivity to cold air
- repeated complaints of feeling winded or tiring easily
- dizziness
- stomach ache
- frequent colds or clearing of the throat

- muscle cramps, and poorer performance than their training would predict

Asthma should not eliminate athletes from participating in sport. However, coaches should help athletes learn to properly manage their asthma before small problems become major ones. Coaches should encourage their asthmatic athletes to do the following:

- Make sure they see their doctor and get a checkup (often by a specialist like an allergist); encourage athletes to be open and honest with their doctor and make sure they let their doctor know if their asthma gets worse.
- Make sure athletes always have their inhaler close by and have trainers carry backup inhalers when the team travels. As with all medications, do not let anyone use someone else’s inhaler.
- Make sure they have a 15 minute minimum warmup that includes balance or agility drills, walking, jogging, stretching, or sub-maximal short sprints.
- Make sure they stop exercising slowly and have at least a 10 minute cool-down after activity.
- Make sure that in cold weather they cover their mouths and noses with scarves or face masks to warm air before it reaches their airways; this will help prevent bronchospasm.
- Do not make fun of asthmatic athletes as they have a potentially serious health problem that can become worse if athletes learn to ignore their basic symptoms; an athlete may need to stop practice/competition due to an asthmatic attack and it should be treated as a safety precaution and not punishment for the athlete.

Although there’s no cure for asthma, there are many medications that can help your athletes control their condition.

- Make sure they see their doctor and get a checkup (often by a specialist like an allergist); encourage athletes to be open and honest with their doctor and make sure they let their doctor know if their asthma gets worse.
- Make sure athletes always have their inhaler close by and have trainers carry backup inhalers when the team travels. As with all medications, do not let anyone use someone else’s inhaler.
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- Make sure they stop exercising slowly and have at least a 10 minute cool-down after activity.
- Make sure that in cold weather they cover their mouths and noses with scarves or face masks to warm air before it reaches their airways; this will help prevent bronchospasm.
- Do not make fun of asthmatic athletes as they have a potentially serious health problem that can become worse if athletes learn to ignore their basic symptoms; an athlete may need to stop practice/competition due to an asthmatic attack and it should be treated as a safety precaution and not punishment for the athlete.

Although there’s no cure for asthma, there are many medications that can help your athletes control their condition.

Asthma medications are either long-term control medications or quick-relief medications (SQM). Long-term medications are usually taken 1-2 times per day while SQM’s (typically
inhalers) are used to provide immediate relief of bronchospasms and the symptoms of coughing, chest tightness, and wheezing. Remember, all your asthmatic athletes should carry their inhaler with them during exercise so they can use it if they have an attack.

If your asthmatic athletes depend upon their inhaler for relief too often (>2 times per workout or > 3-4 times per week) they may not have their asthma under control and probably need additional medical follow-up by their physician.

Coaches and athletic trainers should make sure they have an emergency plan in place in case an asthmatic athlete experiences serious wheezing and needs prompt medical attention. Asthmatic symptoms that require immediate medical attention include the following situations:
• the athlete is only able to communicate in 1-to 2 word phrases or not at all because they are breathless
• the neck muscles of the athlete tighten with each inhalation
• the lips and nail levels of the athlete have a grayish or bluish color
• the athlete has an increased breathing rate at rest.

References

Active vs Passive Listening

PASSIVE LISTENING or remaining silent while another person speaks is how many people “listen”, often without actually hearing much. While passive listening can be appropriate at times, it does not guarantee understanding, nor does it build a relationship or any empathy with the sender.

ACTIVE LISTENING on the other hand involves interacting with the sender, seeking clarification to ensure you fully understand what is being said. Instead of just guessing at the meaning of a message you actively work to figure it out. Being an active listener will help you to “read between the lines”; to decipher the real (sometimes hidden) meaning of the message. Read the following tips to improve your active listening skills.

Tips to Improve Your Active Listening Skills

• Adopt a neutral and relaxed posture facing the player and leaning slightly forward.
• If appropriate look at the player when communicating with him or her. Maintaining eye contact shows that you are interested in what they have to say.
• Let the player finish speaking without interruption, even if you think you know what is going to be said.
• Show that you are following what the player is saying by nodding your head and making verbal affirmations such as “Yes ... I see ... Uh-huh” every now and then.
• Repeat what was said in your own words to ensure that both of you understand what was said.
• Ask questions if you don’t understand or if you require further clarification.
• Search for the real meaning behind what is being said rather than focusing on the details.

This coaching tool was taken from the New Zealand Rugby Union’s Coaches Toolbox. For more articles and tips like this check out their website at www.coachingtoolbox.co.nz.
Lacrosse in British Columbia – Inside and Out

Lacrosse is a sport rich in Canadian history and tradition. Some of the initial forms of lacrosse were documented as early as the late 1700’s and are best detailed in the origins of our First Nations people. Lacrosse is “Canada’s National Summer Sport” and recognized as the “Fastest Game on Two Feet”.

If one has never played lacrosse before, but has competed in other sports, the skills learned from other sports may be the basic skill set necessary to play lacrosse. Many of the skills used in lacrosse can be attributed to learning skills in other complementary sports like basketball, soccer, football, softball, and ice-hockey to name a few. Athletes from alternate sports have experienced that once they try lacrosse, it’s as if they have always played the sport!

The BC Lacrosse Association (BCLA) is the Provincial Sport Organization that puts the “organized” in organized sport, providing lacrosse programs and services across BC. There are three disciplines of lacrosse including Box Lacrosse, Men’s Field Lacrosse, and Women’s Field Lacrosse. More than 16,000 registered athletes participate in box and field lacrosse ranging from ages 4-60 years of age across BC. The BCLA has over 2,000 active coaches, 1,500 referees and over 7,000 local community and provincial volunteers.

Box Lacrosse – Background and History. Box Lacrosse is the discipline most recognized by the general public in Canada. It is played in the summer months in hockey arenas or outdoor lacrosse boxes. The BCLA’s membership consists of Minor Box Lacrosse with male and female participants up to 16 years of age. One of the fastest growing registration category within the box lacrosse discipline is the all-female box lacrosse leagues ages 11-21 years of age. There are also various Senior Box Lacrosse level and Masters level leagues.

Minor Box Lacrosse players start participating as early as 4 years old. Many of these athletes will enter the long-term athlete development stream and will be identified for BC Summer Games competitions and Team BC Box Lacrosse programs in Pee Wee, Bantam (boys), Female Bantam and Midget competing at annual Minor Box Lacrosse National Championships.

The two highest levels of Senior Box Lacrosse in BC are the Western Lacrosse Association (WLA Senior A) and the BC Junior A Lacrosse League (BCJALL). The best Senior Box Lacrosse athletes are drafted and compete in the United States based professional league called the National Lacrosse League (NLL).

Field Lacrosse – Background and History. Field Lacrosse offers both a men’s and women’s version. It is played in the fall and spring months in clubs, universities and high school leagues. Men’s Field Lacrosse athletes wear protective gear and play a contact version of the game; Women’s Field Lacrosse athletes wear minimal protective equipment as it is no contact. Field Lacrosse is played outdoor on a natural grass or turf field 60 yards wide by 110 yards long.

Field Lacrosse is best known as the collegiate game and provides the great opportunity for Canadians to attend US universities on athletic scholarships or Canadian universities in club programs. Two Canadian university leagues in Ontario and Quebec schools offer Men’s and Women’s programs; a second Men’s Field Lacrosse league in the Maritime provinces includes programs at universities in Nova Scotia and New Brunswick. A third league is in its infant stage in the Western provinces.

Many of BC’s college-age male athletes attend post-secondary institutions in the US playing for a NCAA program. Canadian women also are recruited and play NCAA Women’s Field Lacrosse. Colleges are perfect recruiting grounds for National and professional teams. Major League Lacrosse (MLL) is the professional
field lacrosse league played in seven US cities.

Field Lacrosse is played internationally in over 35 countries. A World Cup of Lacrosse is held every four years for the Senior Men and Women and Under 19 Men and Women age groups. Canada and the USA are perennial world powerhouses on the men's side with our women ranking in the top four world rankings for both women's field lacrosse programs.

The BCLA offers Youth and Senior Field Lacrosse opportunities ranging from Novice (Under-10) to Senior Men’s, Women’s and Masters. The youth field lacrosse athletes compete at annual Provincial Championships and are identified for BC Summer Games competitions. Provinces host youth National Championships every year with the Alumni Cup for Under-16 athletes and the First Nations Trophy for Under-19 athletes. The Ross Trophy and the Victory Cup are the Senior Men’s national titles.

Lacrosse School Program – The intent of the school program is to provide students with the opportunity to participate in Canada’s National Summer Sport, regardless of their level of lacrosse experience. The BCLA has a stick loan program that provides the equipment for the schools use as well as a teachers’ instructional manual with a variety of drills and games accompanied by an instructional DVD, at no cost to the school. The drills found in this manual can be taught in a gymnasium or outside on a sports field. The equipment can be adapted depending on whether students are playing in or outdoors, and an appropriate introduction to any age group.

High Performance Lacrosse Athletes. Many lacrosse athletes who are high performance athletes will be identified to compete at the BC Summer Games, will continue the long-term athlete development process, and will compete at a high levels regionally, nationally, collegiately, professionally and internationally.

Canadian lacrosse athletes are highly regarded in the world of lacrosse. Early development of box lacrosse skills coupled with knowledge of the field lacrosse discipline make these athletes well-rounded “hybrid athletes” with two skill sets that are characteristic of some of the world’s best lacrosse players. The Canadian Men’s National Box Lacrosse team (2007) was crowned World Indoor Lacrosse Champions while the Men’s National Field Lacrosse team (2006) was crowned World Champions.

BC Lacrosse Coaching Development – The BCLA prides itself on developing leading-edge coach educational programs and have been pioneers in transitioning into the new NCCP coaching certification program.

Bill McBain spent tireless hours building a National and Provincial scope in coach education. Bill McBain’s vision, with the assistance of Duane Bratt, the Canadian Lacrosse Association (CLA) has positioned Lacrosse into a new age of coach education.

Part of this transition includes an online component for all disciplines of lacrosse coach certification. The on-line program consists of multiple choice questions within specific modules relating to the CLA coaching manual. The participant also registers for the appropriate coaching clinic for the technical component of the course. After completion of the pre-clinic assessment and attending the clinic, the participant completes the evaluation workbook – all online. The program also permits facilitators to log into the system to post clinics and to log back in afterward to check off the coaches who attended these clinics.

Coaches who have already been through the coaching certification program can still benefit from the CLA’s coaching website. The website offers many resources including a seasonal planner to map out an entire season; a practice planner that offers age specific drills; a drill library where a coach can create his/her own; video footage of drills, skills and strategies; a physical testing component that includes an easy-to-use worksheet relevant to lacrosse specific testing; and a blog linking lacrosse coaches across Canada, a networking forum to
International Coaching School 2010
August 27th – September 2nd

The International Coaching School is conducted by the National Coaching Institute of BC at the Pacific Institute for Sport Excellence. The school will provide programming in two main streams: Development and High Performance.

Registration
Registration is open until July 30th, 2010. To sign up online please visit www.cscpacific.ca and click National Coaching Institute at the bottom of the page.

Early Bird Discount If you register on or before Thursday, July 1st, use the discount code “NCI coach” to receive 15% off your registration fees.

Food Services
Food services will be available through the Refuel Cafe in the building each day and on Monday the 30th, as there will be a catered lunch and Speaker Session. Those who are registered in the workshops each day will receive coffee breaks in the morning and afternoon.

Directions/Travel
The Pacific Institute for Sport Excellence is located next to Camosun College — Interurban Campus. The address is 4371 Interurban Road, Victoria, BC, V9E 2C5. For more information please visit www.piseworld.com.

Accommodation
There are a variety of lodging options available nearby, please contact coach@cscpacific.ca for more information.

Course Cancellation Policy
Workshops may be cancelled due to limited enrolment. You will be contacted as soon as possible if there is a cancellation of a course.

Refund Policy
Refunds will be issued based on individual circumstances with a $50 registration fee to be held by the ICS.
NCCP COMPETITION DEVELOPMENT WORKSHOPS

(Cost includes Pro-D Speaker Series)

LEADING DRUG FREE SPORT $50
Friday, August 27th
8:30 - 12:00pm

MANAGING CONFLICT $50
Friday, August 27th
1:00 - 5:00pm

PSYCHOLOGY OF PERFORMANCE $100
Monday, August 30th
9:00 - 5:00pm

DESIGNING A SPORT PROGRAM $50
Tuesday, August 31st
9:00 - 12:00pm

PREVENTION & RECOVERY $100
Thursday, September 2nd
9:00 - 5:00pm

COACHING & LEADING EFFECTIVELY $120
Saturday, August 28th (Afternoon)
12:00 - 5:00pm
Sunday, August 29th (All Day)
9:00 - 5:00pm

DEVELOPING ATHLETIC ABILITIES $120
Tuesday, August 31st (Afternoon)
12:00 - 5:00pm
Wednesday, September 1st (All Day)
9:00 - 5:00pm

MAKING ETHICAL DECISIONS $50
Friday, August 27th
1:00 - 5:00pm

FULL MODULE PACKAGE $550

Development Stream - NCCP Level 3 Equivalency

Coaches wishing to achieve credit for Level 3 Theory need to complete:
• Make Ethical Decisions Module
• Design a Sport Program Module

And

Four of six Comp-Development modules*:
• Developing Athletic Abilities
• Psychology of Performance
• Prevention and Recovery
• Coaching and Leading Effectively
• Conflict Resolution
• Doping Prevention

NCCP (4/5) TASK WORKSHOPS
(Cost includes Pro-D Speaker Series)

TASK 1 - ENERGY SYSTEMS $250
Monday, August 30th
9:00am - 5:00pm
Tuesday, August 31st
9:00am - 5:00pm

TASK 5 - ENVIRONMENTAL INFLUENCES $250
Saturday, August 28th (Afternoon)
12:00 - 5:00pm
Sunday, August 29th (All Day)
9:00am - 5:00pm

TASK 6 - RECOVERY & REGENERATION $250
Saturday, August 28th
11:00 - 5:00
Sunday, August 29th
9:00 - 5:00

TASK 7/8 - MENTAL SKILLS $250
Friday, August 27th
9:00am - 5:00pm
Sunday, August 29th
9:00 - 5:00

TASK 12 - PLANNING & PERIODIZATION $250
Wednesday, Sept. 1st
9:00 - 5:00pm
Thursday, Sept. 2nd
9:00 - 5:00pm

TASK 17 - LEADERSHIP $500
Monday, August 30th
9:00am - 5:00pm
Thursday, September 2nd
9:00am - 5:00pm

TASK 18 - SELF-AWARENESS & PERSONAL MANAGEMENT $250
Wednesday, Sept. 1st
9:00 - 5:00pm
Thursday, Sept. 2nd
9:00 - 5:00pm

HP STREAM (NCCP LEVEL 4/5)

As the Coaching Association of Canada (CAC) moves toward a new NCI curriculum, Level 4 tasks will be phased out. The 2010 ICS will be one of the last opportunities to complete Level 4 tasks in the existing format. Coaches will have until January 1st of 2011 to complete outstanding task requirements. After this time, coaches can receive credit for Level 4 tasks through the new curriculum.

For more information on changes to the NCCP program, contact:
David Hill, NCI-BC Director
Email: dhill@cscpacific.ca
Phone: (250) 220 2522

NEW THIS YEAR

The NCI-BC has teamed up with a variety of speakers to enhance the environment and value of the International Coaching School. High profile Professional Coaches, Olympic Coaches and local talent have been chosen to represent and deliver key messages that will be a foundation for future growth in each coaches career path.

COACHES’ BREAKFAST $15.00
Saturday, August 28th 9:00 - 11:00am

COACHES’ ROUND-TABLE LUNCH $15.00
Monday, August 30th
12:00 - 1:30pm

EVENING SOCIAL & KEYNOTE SPEAKER $20.00
Wednesday, September 1st
6:00 - 8:00pm

ALL 3 SESSIONS $50.00

*As determined by your National Sport Organization
National Coaching Institute – BC
The Advance Coaching Diploma: A New Curriculum for Canada’s Top Coaches

BC’s Advanced Coach Education Continues to Thrive

A best practice of Canada’s top coaches is to look for opportunities to access leading edge information that will help their athletes perform. The NCI-BC was the first of Canada’s network of National Coaching Institutes and has enjoyed over 20 years educating many of the nation’s top coaches. In fact, the NCI curriculum has been considered the National Coaching Certification Program’s (NCCP) highest level of achievement and the pinnacle standard for all High Performance coaches. This article will address development opportunities that currently exist for coaches through the NCCP and demonstrate that Canada’s advanced coach education is continuing to produce highly qualified, professional coaches.

What is the NCI Diploma Program and How Will This Change with the Evolving NCCP?

The short answer is that the NCI Diploma qualification will not change at all. The key is to understand the difference between Level 4 certification and an NCI diploma, recognizing that they are not exactly the same. The current NCI Diploma curriculum consists of NCCP Level 4 tasks or modules in specific content areas like nutrition, strength and mental preparation to name a few. To graduate with a diploma, coaches are required to complete a certain number of core tasks and present a comprehensive annual training plan. In BC, the NCI Diploma is regulated by standards for post-secondary education through the provincial government. Hence the NCI Diploma is a validated and valued accreditation for BC and Canada’s advanced coaches.

Level 4 Certification, on the other hand, is accredited by the coach’s National Sport Organization. Coaches graduating with an NCI Diploma may have accumulated the designated number and type of tasks required for Level 4 certification. However, coaches may still need to satisfy other requirements designated by their NSO, which could be additional tasks or demonstrated experience coaching High Performance athletes. Hence, an NCI graduate could be eligible for level 4 certification, but not necessarily fulfill the requirements for Level 4 certification.

What is the Planned Revision for the NCI Diploma?

Briefly, the new curriculum will provide increased flexibility for coaches to engage a program with enhanced practical applications of cutting edge research. The diagram above illustrates an overlay of the NCI in the current NCCP model, whereby the NCI Diploma would be considered an advanced gradation across a variety of coaching contexts. The diagram implies that certified coaches across a variety of contexts can acquire more advanced coaching education with the main entry for coaches in the Competition Development context. Taking the new Competition Development modules is a
requirement for entry into the diploma program if coaches are not already level 3 accredited.

The key difference in the new diploma compared to the level 4 tasks will be the requirement of the coach to compile evidence that demonstrates competency across NCCP outcomes and criteria. This evidence will take the form of a portfolio and will be assessed by content specialists and sport specific mentors. Elements of the portfolio, as an example, will include: athlete analysis (video), coaching analysis (video), training/competition plans and critical reflections based on relevant coaching scenarios.

The new curriculum will consist of four thematic streams: Leadership, Coaching Effectiveness, Performance Planning, and Training/Competition Readiness. These streams will provide the skills, knowledge and attitudes that will enable the coach to build his or her portfolio of required evidence. It will also allow better integration of content areas where coaches will be able to access the most up to date performance enhancement research, rather than focusing on one content area at a time.

What will Happen To Coaches Currently Completing Diploma Requirements or Level Four Tasks?

First, coaches should take comfort in the fact that pre-existing NCCP qualifications are still valid and recognized accreditation. Simply because the program is evolving does not mean that qualifications are permanently erased.

Second, the NCI-BC recognizes the effort and commitment demonstrated by coaches currently engaged in Level 4 tasks. Hence it is important that these coaches are provided the necessary support to complete their Level 4 tasks within designated timelines and based on current requirements. The delivery of Level 4 tasks will be phased out in 2010 and no longer available in the current format. Coaches wishing to complete outstanding level 4 tasks should ensure that all requirements are completed prior to 2011.

The flexibility of the new NCI diploma will allow a transition for coaches wishing to accredit particular Level 4 tasks to improve their skills by attending selected workshops in a particular content area. In order to ensure consistency in the coach education pathway where some sports will likely continue to credit level 4 certifications, the NCI-BC will assist coaches in obtaining level 4 tasks equivalent within the NCI Diploma program.

These are exciting times for sport in Canada. Parents and athletes are expecting better and more professional programming to help build greater performance, and overall a better sporting experience. The National Coaching Certification Program is the cornerstone for quality professional development and the NCI-BC diploma program marks graduates among the best coaches in the world.

For more information on the NCI-BC and the NCCP advanced coach education, visit www.cspacific.ca/NCI, or contact the NCI directly at coach@cspacific.ca.

1 At time of writing the article, a gradation policy is being developed by Coaching Association of Canada and National Sport Organizations which will clarify additional sport specific requirements. NSOs will accredit coaches in the High Performance context and may or may not have linkages to the NCI diploma.

On Your Mark With... Lacrosse

CONT'D FROM PAGE 11

exchange information and ideas.

Coaching the Coach Mentor – Apprenticeship Program. Through the work of Bill McBain (BC Lacrosse Coaches Association Chair), the Canadian Lacrosse Association has adopted the BCLA’s “Coaching the Coach Apprentice-Mentorship Program”. This program directly addresses some of the challenges facing associations who are trying to entice new people into the coaching world. This program targets high school age potential coaches, providing the opportunity to apply to be mentored under an experienced coach. Apprentices can be utilized as Assistant Coaches under the direction of the Head Coach, and are required to fulfill specific tasks with a set number of hours committed throughout a playing year. If all tasks are successfully completed, the Apprentice, after the second year of the program, would be granted “Trained” status in the Community-Development coach certification stream at no cost to the Apprentice. Thanks to the assistance from the Ministry of Healthy Living and Sport, this program has now been approved in BC as a qualifying program within the BC Ministry of Education’s External Sport Credit Program, an added benefit of being a participant in this program.

To learn more about the BC Lacrosse Association, please visit their website: www.bclacrosse.com.
Integrating Athletic Ready Position into a Lacrosse Practice

By Josh Neumann

Imagine your team has just lost a game and you have come to the conclusion that it was because they couldn’t stay in front of their check on defence and were getting beat to loose balls. At your next practice you have decided to work on your team’s strength and conditioning but you are unsure of what to do – laps, pushups, and sit-ups? Although these exercises will definitely make them better at running laps and doing pushups/sit-ups, these are not things your athletes necessarily need to improve on. They need to develop their ability to stay in front of their man and to get to loose balls first.

Every athlete should be able to get into a strong Athletic Ready Position. Unfortunately not enough time is spent training how to perfect this position during practice.

The **Athletic Ready Position** is basically a semi squatted position. **Cues:** Feet should be hip-width apart, knees bent, bum out, chest proud, flat back, eyes looking forward, and hands out in front – holding stick ready to check (Pic: **Athletic Ready Position**). See Spencer Holowachuk’s article in the Spring 2010 issue of Perspective for correcting squat technique (Pg. 6-7, Spring 2010).

The Athletic Ready Position will give your athletes the ability to check, pass, catch, scoop, and move quickly and efficiently in all directions. These are all the movements necessary to stay in front of your check, get to a loose ball and move the ball down the floor for a scoring opportunity.

Integrate these Athletic Ready Position exercises with drills that mimic game like situations at your next practice.

**Athletic Ready Position Battle**

1. Pair your athletes up and assign them to be either 1 or 2 (Pic: **ARP Battle 1 & 2**).
2. Athlete 1 gets into Athletic Ready Position (think defensive ready position) and attempts to maintain this strong and balanced position throughout the exercise (Pic: **Athletic Ready Position**).
3. Athlete 2 is going to push on Athlete 1 in places that a lacrosse player normally gets hit while playing.
defence (shoulders, arms, chest, back, hips, and stick). The pushes aren’t meant to knock Athlete 1 to the floor but instead temporarily get her/him out of athletic ready position (Pic: ARP Battle 1 & 2).

Practice Integration: Use this as part of your dynamic warm up and get your athletes to work for 30 seconds (the length of the shot clock) for 3-4 repetitions each. This drill can also be used as an active recovery after hard sprinting or a high intensity, game situation drill.

Progression: Get athlete 1 to now close his or her eyes during the drill. This will help prepare the athlete for contact they might not see.

Athletic Ready Position with Multidirectional Movement
1. Organize your athletes so that each one has enough space to move forward, backward, and sideways without running into each other. Stand in a position so that each of your athletes can see you.

CONT’D ON PAGE 18
2. Have the athletes get into Athletic Ready Position.

3. The athletes will move in 1 of 6 directions: forward, sideways and backwards (drop step) either to their left or right according to the signal given by the coach.
   a. Forward (coach points behind either left or right) – Athletes should quickly step forward to the left or right and get into Athletic Ready Position. In order for the athletes to move forward to their left they need to load and push off of their right leg while opening their hips to the left or vice versa depending on the coach’s call.  
   (Pic: Forward Left)
   b. Sideways (coach points left or right) – Athletes should quickly step to their left or right and get into Athletic Ready Position. In order for the athletes to move sideways to their right they need to load and push off their left leg while keeping their hips square or vice versa depending on the coach’s call.  
   (Pic: Sideways Left)
   c. Backwards (coach points forward either left or right) – Athletes should quickly step back to their left or right and get into Athletic Ready Position. In order for the athletes to move backwards to their left they need to load and push off their right leg while opening their hips back and to the left or vice versa depending on the coach’s call.  
   (Pic Drop Step Left)
   4. Be sure that each of your athletes is set in Athletic Ready Position before signalling the next movement.

   **Practice Integration:** Use this drill after your athletes have completed a dynamic warmup. Practice each direction individually for 30 seconds with 30 seconds of recovery. As your athletes begin to understand each movement you can get them to work on moving in all 6 possible directions. This drill can also be used together with Athletic Ready Position Battle for a great strength and conditioning combo.

   **Progression:** Pair up athletes facing each other with one athlete being on defence and the other on offense. Offensive athlete moves in one of the 6 directions and the defensive athlete must react and move to stay in front of the offensive athlete.

   By integrating Athletic Ready Position training into every practice your athletes will be exposed to the movements necessary to stay in front of their checks and be first to loose balls, which is everything a coach can ask for!

Josh Neumann is an NCCP Level 2 certified coach in lacrosse and has a degree in Human Kinetics from the University of British Columbia. He is the co-owner of StayFitAnywhere, an online and in class personal training company that operates out of their studio in Vancouver’s Coal Harbour. For more information please visit stayfitanywhere.com or email Josh directly at jneumann@stayfitanywhere.com

Manager of Coach Education Notes

As this magazine goes to print we finally see a long and strong block of sunshine in the long term forecast... summer is finally on its way! I find as dusk gets pushed back later and later into the evening with summer approaching many people in my community are embracing it and getting more active. Whether it’s a casual game of tennis at the local court or a bike ride along the sea wall on False Creek, people are getting their butts off the couch.

Will Stewart

This spring Sport BC has recently rebranded with the new motto “Everyone is an Athlete”. I think that this is very true and we, as coaches, should think along these lines more often. I feel that a lot of coaches forget this and sometimes will neglect their own physical health and activities to dedicate more of their ‘free’ time to their athletes. Even moderate levels of physical activity most days of the week will have a positive outcome on an individual in all areas of their life. A healthy body helps create a healthy mind, and I think we need to remember this.

There are many things you can do, especially in the summer months, to get in the required levels of physical activity. Exercising at lunch is an option for many of us, even if you don’t have showers and change rooms in your office building see where the closest community recreation centre is and workout from there. Another great thing about the summer is being able to bike, run, or walk to and/or from work, it’s a great way to get in that exercise your body and mind need without making that much of an impact on your spare time! If these aren’t easily done with your work you can always get active before or after the work day or pair it up with your practice times and do it directly before or after them!

Something thing on our horizon at CABC is our 4th Annual Coaches Week which will kickoff September 18th, 2010 in Vancouver. It will also be tied in with our annual AGM. We are still sorting out exact dates and times (and locations!) for all of our stops over Coaches Week. Take a look on our website at www.coaches.bc.ca and click Coaches Week for more info.

Beyond that, have a safe and enjoyable summer and best of luck to all BC Coaches and Athletes!

Will Stewart
Manager of Coach Education
info@coaches.bc.ca
## NCCP Course Schedules

### Competition - Introduction Part A

**Modules Included - Make Ethical Decisions, Planning a Practice and Nutrition**

*If you are required by your sport to take only specific multi-sport modules and not the full Part A or B package, please contact the CABC to request module specific courses in your area.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Location</th>
<th>Host Agency</th>
<th>Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jul 17-18, 2010</td>
<td>Vancouver</td>
<td>Langara College</td>
<td>604.323.6259</td>
</tr>
</tbody>
</table>

### Homestudy

The Home Study program is designed for those coaches unable to attend a course in their area. Upon registering, the course material will be mailed to the coach. The coach will then complete the workbook and submit it to an NCCP Learning Facilitator to be marked.

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<thead>
<tr>
<th>Dates</th>
<th>Location</th>
<th>Host Agency</th>
<th>Phone #</th>
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</thead>
<tbody>
<tr>
<td>Aug 27, 2010</td>
<td>Victoria</td>
<td>NCI - BC</td>
<td>250.220.2522</td>
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### Competition Development Workshops

The NCCP Theory 3 has now been officially phased out and is no longer available. Coaches are now required to complete Competition-Development modules as outlined below.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Location</th>
<th>Module</th>
<th>Host Agency</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Aug 27, 2010</td>
<td>Victoria</td>
<td>Managing Conflict</td>
<td>NCI - BC</td>
<td>250.220.2522</td>
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<tr>
<td>Aug 31, 2010</td>
<td>Victoria</td>
<td>Designing a Sport Program</td>
<td>NCI - BC</td>
<td>250.220.2522</td>
</tr>
<tr>
<td>Sep 1, 2010</td>
<td>Victoria</td>
<td>Prevention &amp; Recovery</td>
<td>NCI - BC</td>
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<td>Victoria</td>
<td>Prevention &amp; Recovery</td>
<td>NCI - BC</td>
<td>250.220.2522</td>
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### Make Ethical Decisions Module Only

(Competition-Introduction context)

This is **NOT** the online evaluation. This is only the course to prepare for the evaluation if you have taken the “old” Theory 1 course or if you haven’t taken it as part of the Introduction to Competition Part A course.

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<tr>
<th>Dates</th>
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### Introduction to Competition Equivalency

Equivalency for Introduction to Competition Parts A and B (under the new NCCP program) is not available. Once a sport has fully integrated to the new NCCP program, coaches will be able to go right to the certification process of being evaluated, without taking the Introduction to Competition Part “A” and “B” courses if they feel they are qualified to do so. Please note that this will only be available once a particular sport has fully integrated to the new program and that most sports are quite a ways away from reaching this point.

To find out what stage of progress your sport is at, please visit the Coaching Association of Canada Sport by Sport Tracking Summary webpage or contact your provincial sport organization.

### Make Ethical Decisions

You may have completed your NCCP Introduction to Competition - Part A course (either in a classroom or through home study), but there is one more crucial step in the process of receiving coach certification. All coaches who have completed Part A, or the singular Make Ethical Decisions module, must complete the online Make Ethical Decisions evaluation for certification. The evaluation can be accessed through the CABC website, and is available to you once you have received a Coaching Certification (CC) number from the Coaching Association of Canada.

Soon, all coaches who were certified under the old Theory 1 course will also need to complete the Make Ethical Decisions evaluation to maintain their certification. It is strongly suggested that those coaches order the Make Ethical Decisions module from the CABC to help them complete it successfully.

### Coach Amanda

Confused about what kind of training you need to become a coach in your sport of interest? Check out Coach Amanda!

The Coaching Association of Canada has developed an on-line tool to help coaches identify which coaching context is right for them and which workshops they need to become identified as “Trained” or “Certified” in a particular sport. Answer a few simple questions and the tool will generate the coaching context that best suits your needs as a coach and the needs of your participants.

Find Coach Amanda at www.coaches.bc.ca. Under the NCCP Information menu, click on “What is NCCP.”
It’s not easy making a difference in the life of a child. It takes patience, understanding, and commitment.

But it’s worth it, and if you do, you might just learn a few things about yourself.

Our children are our future and the more we can do to help them, the more we help ourselves... in more ways than we can explain.

The BC Games Society salutes coaches from all over British Columbia who help our children reach their dreams.

Unleash your potential.

2010 BC SUMMER GAMES
OWNERED BY LANGLEY
JULY 22ND - 25TH