



Workshop

Sport Advisory Council Announcement

The Sport Advisory Council is offering to all sport groups, at a cost of \$100 per course, educational programs for coaches, athletes, and administrators of all sports. These courses will be taught by qualified instructors, and can be adapted to suit interested groups.

At present, ten courses are available, but other topics can be researched, prepared and presented. Each course is designed to be approximately two hours in length, so that an evening session is feasible.

A number of these courses can be put together if a whole day session is desired. A brief course outline for each course is given below:

Sport Safety

This course deals with basic preventative actions a coach should take, setting up an Emergency Action Plan, record keeping of medical and injury information, basic injury assessment, preparation of a first aid kit, assessing when an athlete can return to the field of play, and general legal liability.

Session Planning

The Session Planning workshop will cover the components and structure of a well-planned session, and will allow the participants to plan their own sessions with input from the facilitator and other coaches.

Fair Play Principles

Fair Play principles have been around for a long time. In this workshop, we will look at implications of these principles, and real-life situations where these principles come into play.

Self-Image

We know that an athlete's self-image is a key factor in his/her attitudes, behaviours, and progress in any sport. This workshop looks at behaviours of coaches that will enhance the development of a positive self-image in their athletes.

Officiating with Respect

Officials will benefit from discussing how to deal with situations involving athletes, coaches and parents. This is a good preparatory course for new officials, and an opportunity for experienced officials to share knowledge and experience.

How to Support Your Child in Sports

The press has publicized many of the negative actions of parents in sports situations. This course looks at positive ways a parent can make the sports experience more enjoyable and meaningful for the child.

Mental Training in Sport

Mental preparation for sports competitions is now recognized as a highly important training tool. In this course, basic, introductory mental training skills are discussed.

Sport Nutrition

Positive input will help to produce positive output. This course looks at the types of food most beneficial for different sports. The type of food, the amount of food, the timing of meals and snacks, power bars, and sport drinks are discussed.

Risk Management

In this course, we look at the potential risks inherent in sport situations, and how to best protect the athlete, the coach, the volunteers and the organization from injury and lawsuits.

Ethics

What is the difference between an ethical decision and a legal one? Ethics and ethical decision-making in sport situations are looked at in this course. A template for ethical decision-making is presented and used in a number of scenarios.

If your sport group would like to host a workshop for its coaches, or if you would like to get further information, contact Patty Marrow at the following:

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