

# Professional Development Workshops

## **Sport Manitoba Coaching Professional Development Opportunities**

Sport Manitoba Coaching has a menu of sessions and topics that we can deliver across the province, both NCCP and Non-NCCP, to help provide education to all coaches in Manitoba. Sessions can be delivered virtually or in-person and vary in length from 90 minutes to 8 hours. All sessions meet the Coaching Association of Canada (CAC) professional development requirements for maintenance of certification.

If you would like to offer a session which you do not see listed below, please contact us and we will source it for you.

For more information, please contact us at:

### **Sport Manitoba Coaching**

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Visit our website at <https://www.sportmanitoba.ca/coaching/>

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## National Coaching Certification Program (A-Z)

Visit [www.coach.ca](http://www.coach.ca) to register.

### **NCCP Aboriginal Coaching Modules**

#### **7 hours | FREE | 15 PD Points**

The learning activities in this workshop are designed to enable you to help less experienced coaches develop their coaching skills. In particular, you will be able to do the following after finishing this workshop:

- Understand the role of sport in Aboriginal communities;
- Understand and influencing the community in which you coach;
- Coach the whole person, coaching beyond the physical to include the mental (intellectual/emotional), spiritual, and cultural;
- Respond to racism in sport;
- Establish a code of conduct for your team that respects differences and addresses racism;
- Help those you coach make healthy lifestyle choices.

### **NCCP Advanced Practice Planning**

#### **5 hours | \$65.00 | 5 PD Points**

After completing the NCCP Advanced Practice Planning module, you will be able to:

- Identify the factors that affect practice planning;
- Ensure that practice plans are consistent with the microcycles and phases of which they are part;
- Sequence exercises in a practice so that their order is consistent with the research on sequencing;
- Develop a plan for training athletic abilities over a microcycle;
- Develop a plan for training technical and tactical abilities over a microcycle; and Develop a plan for a microcycle that helps athletes taper before a competition.

### **NCCP Basic Mental Skills**

#### **4 hours | \$40.00 | 5 PD Points**

The NCCP Basic Mental Skills module gives you the ability to:

- Recognize signs indicating that an athlete may need to improve his/her goal setting, focus, and anxiety control skills, and develop tools to help the athlete to make improvements in these areas; and
- Run simple guided activities that help athletes improve basic mental skills

### **NCCP Coaching & Leading Effectively**

#### **8.75 hours | \$85.00 | 5 PD Points**

The NCCP Coaching and Leading Effectively module gives you the skills needed to:

- Promote a positive image of sport, and model it to athletes and those supporting their performance;
- Deliver clear messages and explanations when communicating with athletes and their supporters; and
- Identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.

### **NCCP Design a Basic Sport Program**

**4.75 hours | \$50.00 | 5 PD Points**

NCCP Design a Basic Sport Program will prepare you to:

- Develop a program structure based on opportunities for training and competition;
- Establish indicators of athlete development in the program; and
- Develop practice plans that reflect seasonal training priorities.

### **NCCP Developing Athletic Abilities**

**7.5 hours | \$75.00 | 5 PD Points**

After completing the NCCP Developing Athletic Abilities module, you will be able to:

- Identify the athletic abilities required in your athletes' sport;
- Evaluate athletes' abilities and interpret data to prescribe training;
- Understand training principles, methods and protocols; and
- Develop and prescribe training protocols specific to your athletes' age and stage of development.

### **NCCP Fundamental Movement Skills**

**4 hours | \$40.00 | 5 PD Points**

The learning activities in the NCCP Fundamental Movement Skills workshop will prepare you to:

- Detect and correct basic errors for fundamental movement skills in participants so they have a choice to adopt a healthy, active lifestyle;
- Apply a teaching process to fundamental movement skills;
- Adapt fundamental movement skills for participants with intellectual, physical, sensory or behavioural disabilities;
- Lead activities that will promote the development of fundamental movement skills in a safe, responsible manner while interacting with others; and
- Provide stage-appropriate feedback to encourage and develop fundamental movement skills in participants.

### **NCCP Make Ethical Decisions**

**3.5 hours | \$40.00 | 5 PD Points**

The Make Ethical Decisions module will allow you to:

- Analyze a situation that has moral implications;
- Determine whether the situation has legal or ethical implications;
- Identify the ethical issues in the situation;
- Apply the NCCP ethical decision-making framework to respond to an ethical situation adapted to the context and;
- Produce a response that is consistent with the NCCP Code of Ethics.

### **NCCP Manage a Sport Program module**

**4 hours | \$50.00 | 5 PD Points**

After completing the NCCP Manage a Sport Program module, you will be able to:

- Manage administrative aspects of the program and oversee logistics;
- Manage staff's roles and responsibilities;
- Manage camp and tournament finances and travel; and
- Report on athlete progress throughout the program.

## **NCCP Managing Conflict**

**6.25 hours | \$60.00 | 5 PD Points**

The NCCP Managing Conflict module will allow you to:

- Identify common sources of conflict in sport;
- Determine which individuals or groups are most likely to find themselves in situations involving conflict;
- Learn important skills that will help you prevent and solve conflict resulting from misinformation, miscommunication, or misunderstanding; and
- Develop skills that will empower you to listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials, and other coaches.

## **NCCP Mentorship**

**6.75 hours | \$70.00 | 5 PD Points**

After completing the NCCP Mentorship module, you will be able to:

- Understand the concept of mentoring;
- Understand the process of cognitive coaching;
- Acquire and perform the communication skills required to be an effective mentor; and
- Utilize the 3 steps of the mentoring process.

## **NCCP Performance Planning**

**12.5 hours | \$100.00 | 5 PD Points**

After completing the NCCP Performance Planning module, you will be able to:

- Perform a thorough analysis of the demands of your athletes' sport at the elite (high-performance) level;
- Outline a program structure based on training and competition opportunities; Identify appropriate measures for promoting athlete development within your own program;
- Integrate yearly training priorities into your own program;
- Organize and sequence training priorities and objectives on a weekly basis to optimize adaptations; and
- Evaluate the ability of your athletes/team to perform up to their potential in competition.

## **NCCP Planning a Practice**

**5 hours | \$50.00 | 5 PD Points**

The NCCP Planning a Practice module consists of two components; a free NCCP Emergency Action Plan eLearning activity, and an in-class /online delivered module. To receive the full credit for the NCCP Planning a Practice module, coaches must complete both components. This module's goal is to prepare coaches to plan safe and effective practices. The NCCP Planning a Practice learning activities will prepare you 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 Prevention & Recovery**

**7.5 hours | \$75.00 | 5 PD Points**

After taking NCCP Prevention and Recovery, you will have the knowledge needed to:

- Identify common injuries in your sport and develop appropriate prevention and recovery strategies to keep your athletes injury-free during training and competition; Offer valuable information and guidance on hydration, nutrition, and sleep as they relate to injury prevention;
- Choose skills and drills that help athletes perform appropriate warm-ups and cool-downs;
- Develop functional evaluations for an athlete's return to play; and
- Implement recovery and regeneration techniques to help an athlete maintain or return to optimal performance post injury.

### **NCCP Psychology of Performance**

**7.5 hours | \$75.00 | 5 PD Points**

Completing NCCP Psychology of Performance will allow you to:

- Help athletes learn to manage distractions and use visualization techniques to prepare themselves technically and tactically for training and competition;
- Learn how to work with athletes or teams to identify performance and process goals related to their ability to focus on performance; and
- Learn debriefing skills that can be used to help athletes assess their performance in both training and competition.

### **NCCP Resistance Training**

**4 hours | \$40.00 | 5 PD Points**

After completing the NCCP Resistance Training module, you will be able to:

- Use resistance exercises that are appropriate to your athletes' stage(s) of development to develop strength;
- Identify appropriate resistance training exercises, and sequences of exercises for developing strength; and
- Help athletes correctly perform resistance training exercises and monitor their training programs.

### **NCCP Teaching and Learning**

**4.75 hours | \$50.00 | 5 PD Points**

Upon completing the NCCP Teaching and Learning module, you will be able to:

- Assess your own beliefs regarding effective teaching;
- Analyze certain coaching situations to determine if they promote learning;
- Create conditions that promote learning and self-esteem through: appropriate consideration of the affective, cognitive, and motor dimensions of learning;
- The use of words and methods that relate to an athlete's preferred learning style; a sound organization; active supervision; and
- The use of well-formulated feedback offered at the right time, and with the right frequency.
- Use teaching assessment grids to gather objective information on teaching effectiveness, and use this data to develop an action plan to enhance your own effectiveness as a teacher and coach.

## eLearning Opportunities (A-Z) Delivered by the Coaching Association of Canada

Visit [www.coach.ca](http://www.coach.ca) to register.

### **NCCP Coach Initiation in Sport** **1 hour | \$15.00 | 5 PD Points**

The NCCP Coach Initiation in Sport module introduces new or experienced coaches to the foundational skills of coaching, such as long-term athlete development, ethics, coaching motivation, and athlete safety and wellness. It also teaches the key coaching concepts and educational tools that are the foundation of the NCCP. The CAC is proud to present this module in partnership with Decathlon Canada, a retailer and creator of sports gear, apparel and experiences. This partnership will empower coaches with knowledge and skills to enhance the experience of all participants in sport. NCCP Coach Initiation in Sport is a valuable resource for:

- Parents who are new to coaching
- New coaches
- Experienced coaches new to the NCCP
- Athletes transitioning to coaching
- Experienced NCCP coaches who need professional development, or a refresh on the fundamental principles of the NCCP
- Sport administrators who work with the NCCP and coach development

### **NCCP Coaching Athletes with a Disability** **45-60 minutes | \$15.00 | 5 PD Points**

Coaching Athletes with a Disability is a National Coaching Certification Program (NCCP) eLearning module that provides coaches the knowledge to deliver quality, positive sport experiences for athletes, specifically with behavioural, intellectual, physical, and sensory disabilities. Coaching Athletes with a Disability NCCP training will provide coaches the ability to:

- Explain the benefits of sport participation for persons with a disability;
- Communicate effectively and respectfully with, and regards to, persons with a disability;
- Design positive, safe, and inclusive sport experiences for persons with a disability; and
- Consider next steps in their professional development related to coaching persons with a disability.

### **Coaching School Sport: Redefining Winning** **60-90 minutes | \$53.95 | 2 PD Points**

Brought to you by School Sport Canada (SSC) in partnership with the Coaching Association of Canada (CAC), *Coaching School Sport: Redefining Winning* is an eLearning module for school coaches in Canada.

This module allows coaches the opportunity to explore the core values of school sport philosophy and coaching in the interscholastic environment. It helps foster an understanding of how winning and success are viewed in school sport in addition to providing tools for coaches to teach student-athletes how to experience success in both victory and defeat. In addition to the athletic development of student-athletes, there is a significant focus on the development of citizenship skills. In educational



athletics, sport is used to enhance participants' education and help them develop critical life skills.

The module is designed to produce the following learning outcomes:

- Promote an environment of learning
- Teach citizenship values
- Promote sportpersonship
- Advocate for a healthy lifestyle
- Teach life skills

For more information contact:

Deanna Metro, School Sport Canada Coaching Liaison

Email: [deanna@asaa.ca](mailto:deanna@asaa.ca) Tel: 780-643-1888

### **NCCP Creating a Positive Sport Environment**

**40–50 minutes | \$15.00 | 5 PD Points**

After completing this module, coaches will be able to:

- Describe the characteristics and benefits of participant-centred coaching
- Explain the types of harm that may occur when a coach misuses their power and how to respond to suspicions or knowledge of maltreatment
- Use positive coaching strategies to create a positive sport environment, enhance safety, and improve learning and performance

### **NCCP Emergency Action Plan**

**15 minutes | FREE | 1 PD Point**

After completing the NCCP Emergency Action Plan eLearning activity, you will be able to:

- Describe the importance of having an Emergency Action Plan (EAP);
- Identify when to activate the EAP;  
Explain the responsibilities of the charge person and call person when the EAP is activated; and
- Create a detailed EAP that includes all required information for responding to an emergency

### **Leading a Return to Sport Participation**

**45–60 minutes | FREE | 1 PD Point**

The process of restarting sport activities presents significant challenges for coaches and participants. After an extended period of restricted training and competition, participants may experience a variety of physical and psychological effects that will influence their return to sport participation. Coaches play an important role in providing a supportive environment for participants during this transition period. This eLearning module provides guidance and resources to help coaches create a safe and adaptable return-to-sport plan. After completing Leading a Return to Sport Participation, you will be better prepared to:

- Identify the physical and psychosocial effects participants may be experiencing
- Understand the role of a coach in facilitating the return to sport participation
- Design a plan to return to sport participation during COVID-19
- Lead and communicate with empathy

### **NCCP Leading Drug Free Sport** **45–60 minutes | \$50.00 | 5 PD Points**

NCCP Leading Drug-free Sport introduces new and experienced coaches to the values of fairness, excellence, inclusion, and fun in the context of drug-free and clean sport practice. Drug-free sport is free of doping, both because participants choose not to dope and because they have the knowledge, tools, and motivation to protect themselves from unintentional doping. By the end of this module, coaches will be able to:

- Understand and demonstrate the coach's role in leading drug free and clean sport
- Assist athletes to recognize banned substances as identified by the Canadian Centre for Ethics in Sport by providing access to appropriate reference material, or use sport expert
- Educate and provide support to athletes in drug testing protocols at major competitions
- Promote and model the philosophy of fair play, the NCCP Code of Ethics and promote clean and drug-free sport as identified by the Canadian Centre for Ethics in Sport
- Use educational strategies to reinforce the importance of drug-free and clean sport
- Provide educational opportunities to athletes on the use of nutritional supplements and energy drinks
- Identify and reinforce the consequences of using banned substances

### **NCCP Making Headway in Sport** **60–90 minutes | FREE | 5 PD Points**

Making Headway is the National Coaching Certification Program's (NCCP) free, online answer to the prevalence and ambiguity of concussion in sport. Parents, coaches, and athletes all benefit from knowing as much as possible about concussion and this online learning tool is designed to help coaches gain the knowledge and skills required to ensure the safety of their athletes. The making headway NCCP module covers:

- What to do to prevent concussions,
- How to recognize the signs and symptoms of a concussion,
- What to do when you suspect an athlete has a concussion, and
- Return to play and return to learn protocols.

The Coaching Association of Canada (CAC) and the NCCP strive to ensure that the Making Headway resource is an industry-leader in providing Canadians with the latest information from the international community on concussion in sport. The latest version of Making Headway has been updated to reflect the international consensus on concussion in sport at the 5th international conference on concussion in sport held in Berlin, October 2016. For more information, visit [coach.ca/concussion](http://coach.ca/concussion).  
Modules to choose from: (5 PD points each)

- Generic
- Soccer
- Snowboard
- Speed Skating
- Freestyle Ski
- Football

## **Mental Health in Sport**

**45–60 minutes | FREE | 1 PD Point**

Mental health impacts the quality of life and performance of both sport participants and coaches. The Coaching Association of Canada’s Mental Health in Sport eLearning module was developed to educate coaches about mental health to empower them to effectively play a role in supporting the well-being of the participants in their sport program, while also supporting their own mental health. Sport is linked to a range of positive outcomes, including improved mental health and well-being. Coaches have a great deal of influence over participants’ mental health. After completing the Mental Health in Sport eLearning module, you will be able to:

- Describe the foundations of mental health
- Recognize and understand your role in promoting coach and participant well-being
- Understand the importance of self-care

## **Safe Sport Training**

**1.5 hours | FREE | 2 PD Points**

Safe, inclusive sport environments help make sport rewarding and enriching for all. By completing Safe Sport Training you will gain the knowledge and skills to create healthy and safe environments by recognizing, addressing and preventing maltreatment in sport.

After completing Safe Sport Training you will be able to:

- Understand that everyone has a role to play in keeping sport safe, how the misuse of power leads to maltreatment, and the principles of the Universal Code of Conduct.
- Understand the various types of maltreatment, the conditions that enable them, and how to recognize signs that they may be happening.
- Know what to do if you suspect maltreatment, and how you can create a culture that protects all participants. As of April 1, 2020, all Sport Canada - funded organizations are required to have training in abuse and harassment available to everyone under their immediate authority. Please identify the role for which you’ve been requested to complete this training. Your selection will trigger the appropriate version of the training.

## **NCCP Sport Nutrition**

**40–60 minutes | \$20.00 | 5 PD Points**

After completing NCCP Sport Nutrition, coaches will be able to:

- Explain the basic nutritional needs of an athlete.
- Take appropriate measures to ensure that athletes stay hydrated during exercise.
- Educate athletes on the use of nutritional supplements and sports drinks.
- Encourage a positive body image in athletes.
- Identify the different types of disordered eating.
- Support athletes with special nutritional needs.
- Identify common food allergies and intolerances.
- Provide accurate guidance to athletes and their parents or caregivers on nutrition before, during and after exercise.

- Provide accurate nutritional guidance to athletes and their parents or caregivers before and during travel.

### **Support Through Sport**

**30-40 minutes | FREE | 1 PD Point**

Support Through Sport series offers training and resources to empower coaches to recognize and take action to address gender-based violence and teen dating violence. The four eLearning modules within this series each focus on different topics regarding gender-based violence and teen dating violence. Understanding Teen Dating Violence is the foundational module, with the three additional eLearning modules in development. For more information including reference materials and downloadable resources visit [www.coach.ca/SupportThroughSport](http://www.coach.ca/SupportThroughSport)

## Non-NCCP Courses (A-Z)

### **Advanced Taping prerequisite Taping 1**

**5 hours | \$75.00 | 3 PD Points**

Coaches can continue to learn about taping techniques with this second and more advanced taping course. Techniques covered here will be taping for the knee, elbow, and Achilles, as well as tensor wrap techniques for the hamstring, quad, and groin.

Delivered by: Sport Manitoba Coaching

### **Communication**

**2 hours | 2 PD Points**

Who: Coaches, Parents, Board Member

What is it: Coaches have to communicate with many different groups of people. In this session participants will learn different styles of communication and tips on how to communicate with different groups, Coach to Athlete, Coach to Parents, Coach to Board.

Delivered by: Sport Manitoba Coaching

### **Concussion Education 101**

**60-90 minutes | FREE | 1 PD Point**

Who: Coaches, Athletes, Parents, Health Professionals

What is it: The course will address many questions on what a concussion is, how to spot the signs and symptoms, what to do, how to prevent future concussions, and the proper steps to return to the field of play.

Delivered by: Sport Medicine & Science Council of Manitoba

### **Fit Kids Healthy Kids Training**

**2 hours | FREE | 2 PD Points**

If you're an ECE, recreation worker, coach, or volunteer that works with children between the ages of 2-12, Fit Kids Healthy Kids offers free training to help gain the confidence and knowledge of planning a physical literacy program that is fun and active. They teach fundamental movement skills, how to plan a program, and tips when planning your sessions. This is an interactive session where participants get to play different activities and games to get lots of hands-on learning!

For more information please go to:

<https://fkhk.sportmanitoba.ca/programs/training-session>

Delivered by: Fit Kids Healthy Kids

### **Mental Health for Athletes**

**1 hour | FREE | 1 PD Point**

Who: Coaches, Athletes, Parents

What is it: This informative session will help develop your mental health toolkit to improve your performance, no matter what skill level or competitive focus.

Delivered by: Sport Medicine & Science Council of Manitoba

### **Project SCORE**

**2 hours | FREE | 2 PD Points**

This workshop will introduce participants to Project SCORE!, a free online resource for coaches to help deliver positive youth sport experiences. The session will discuss positive youth development in sport and provide an evidenced-based synopsis of

research in the field. Participants will also have an opportunity to log into Project SCORE! and learn more about the 10 lessons designed to provide a deliberate approach to youth development and sport participation.  
Delivered by: Project SCORE Team

### **Social Media Session for Athletes and Cyber-Bullying** **1 hour | 1 PD Point**

In this exciting and informative session, you will learn why social media is such an important topic for athletes in today's sport world. We will discuss the current state of social media and how it relates to an athlete's personal brand. We will discuss the value of building your brand online and why you should care for current and future opportunities. We will provide you with inspirational examples of athletes who are doing social media right, and some who are doing it all too wrong. You will leave this session with action items on how to manage your social media and a top ten "dos and don'ts" for social media that will help you on this path.

Cyber-bullying is at an all-time high. It is having drastic consequences in the lives of teens and adults on a daily basis. One in every five Canadians say they have experienced some form of cyberbullying in the last twelve months. We will walk through what cyberbullying is all about, some real-life examples, what the consequences can be, and what to do if it is happening to you or someone you know.  
Delivered by: Bruce Woods

### **Sport Injury & Prevention** **2 hours | FREE | 2 PD Points**

Who: Coaches, Trainers, PE Teachers

What is it: A look at the most common sport injuries and what to do if they occur and what you can do to prevent them. Delivered by: Sport Medicine & Science Council of Manitoba

### **Substance Use Education - Taking It Program** **60-90 minutes | FREE | 1 PD Point**

Who: Coaches, Athletes, Parents, Health Professionals

What is it: Principles in making informed decisions on substance use and its impacts on health and physical activity performance.

Delivered by: Sport Medicine & Science Council of Manitoba (SMSCM)

### **Taping 1** **3 hours | \$50.00 | 3 PD Points**

Taping 1 is an excellent course for a coach or team manager. The course will equip them with the necessary basic skills to deal with an injured athlete. This course will focus on general taping skills and considerations, such as when to tape and when not to tape. The course includes a practical component focusing on basic taping skills as well as taping techniques for the ankle, wrist, and thumb.

Delivered by: Sport Manitoba Coaching

## Sport Manitoba Performance (A-Z)

Sport Manitoba Performance focuses on strategies and guidelines that coaches, recreation leaders, or teachers can use to improve the abilities of participants relating to performance and long term development. Please reach out to Sport Manitoba Performance to schedule any of the courses listed below.

### **Bodyweight Strength & Conditioning Clinic**

#### **2 hours | 2 PD Points**

In this course you will learn foundational bodyweight exercises that should be in almost every strength and conditioning program. The course is part lecture, approximately 20%, but mostly is taught with the participants actively performing and teaching exercises. All participants should be prepared to move. With movement in mind, all hosts need to have the appropriate space allocated to host this course. A classroom can be managed but tables/chairs will need to be moved out the way to create an open space to explore all the exercises and variations you will learn in this course.

### **Developing a Strength and Conditioning Program for Adolescent Athletes**

#### **60-120 minutes | 1-2 PD Points**

This lecture takes coaches and teachers through the 'big picture' concepts and considerations when developing, refining, and designing a strength and conditioning program for developing athletes. The session will introduce 10 important exercise types, discuss progressions and regressions, and how to target different abilities.

Location: Virtual / On-Site In Person

### **Energy System Training and Introductory Nutrition**

#### **60-90 minutes | 1 PD Point**

Originally developed for athletes, this session discusses the body's three energy systems, training the systems, and introductory nutrition considerations regarding macronutrients, calorie intake and hydration. This session can be customizable to focus more on aerobic (endurance) or anaerobic (explosive) energy systems.

Location: Virtual / On-Site/Off-Site In Person

### **Exceed with Speed and Progressing Plyometrics**

#### **60-90 minutes | 1 PD Point**

This session defines and provides the principles of developing speed, agility, and power through plyometrics and technical speed training. Coaches are introduced to different exercises and important considerations when it comes to loading, intensity and rest. \*Note: only Progressing Plyometrics is currently available.

Location: Virtual / On-Site or Off-Site In Person (Open gym required for participation)

### **Introducing a Learn to Train Program**

#### **60-90 minutes | 1 PD Point**

This session introduces the LTD, bodyweight exercises, and important movements that can be incorporated into a strength and conditioning program for athletes as they mature to a training environment. \*Note: Session is expected to be available October 2021)

Location: On-Site In Person (Some off-site availability may be requested at their team's field of play.)

### **Load Management and Peaking for Performance**

#### **1 hour | 1 PD Point**

This session introduces some important concepts and considerations for managing and monitoring athletes' workloads at various parts of the season.

Location: Virtual / On-Site In Person

### **Mobility as a Utility**

#### **60-90 minutes | 1 PD Point**

Functional range and mobility training is essential for joint health, injury prevention, and developing usable range of motion. In this interactive session, coaches and teachers will be introduced and try PAILS and RAILS (Angular Isometric Loading), CARS (Controlled Articular Rotations), and PNF Stretching (Proprioceptive Neuromuscular Facilitation) to mobilize and revitalize their workouts. *\*Note: Session is expected to be available October 2021)*

Location: Virtual / On-Site or Off-Site In Person (Studio needed for participation)

### **RAMPing Up Your Warm-Up**

#### **60-90 minutes | 1 PD Point**

This lecture helps coaches and teachers develop a thorough warm-up from start to finish. Using the RAMP acronym of Raise, Activate, Mobilize, and Potentiate, coaches will leave with an understanding of how to progress a warm-up, and a repertoire of drills and exercises that they can implement immediately.

Location: Virtual / On-Site or Off-Site In Person (Open gym required for participation)

### **Rest, Recovery and Sleep Recommendations**

#### **60-90 minutes | 1 PD Point**

Originally developed for athletes, this session discusses various topics related to rest and recovery that may be influenced by coach actions and programming.

Location: Virtual / On-Site/Off-Site In Person

### **Strength and Conditioning for Endurance Sports**

#### **2 hours | 2 PD Points**

Who: Coaches, Phys Ed Teachers

What is it: This session will focus on specific exercises and drills to develop the endurance athlete. It will look at incorporating strength and conditioning into the endurance athlete's training schedule to increase performance and decrease injury. Their training demands are a little different given the energy system they use (aerobic vs anaerobic) but at the end of day we are still looking to build a stronger, more powerful athlete for whatever skill they need to execute to be successful in their sport.

### **Strength and Conditioning for Speed Power Sports**

#### **2 hours | 2 PD Points**

Who: Coaches, Phys Ed Teachers

What is it: The Speed and Power workshop will be focused on developing speed and power in athletes. We will look at specific drills and exercises that can be implemented into a training program to maximize strength and speed to result in



power gains. An increase in power can result in an increase in overall performance which is ultimately an important end goal coaches and athletes should have. This workshop really is open to any sport or athlete. It will be a very basic and informative course so everyone is welcome!

If you have a Performance-related topic or sport-specific idea you're interested in but don't see above, we can assist in developing a session for your coaches. Please inquire at [performance@sportmanitoba.ca](mailto:performance@sportmanitoba.ca)

## Online Courses

### **Respect in Sport for Activity Leaders**

**3 hours | FREE | 3 PD Points**

Sport Manitoba believes in being proactive in ensuring sport in our province is safe and welcoming for all participants and therefore, has mandated this program for every active coach in Manitoba.. Respect in Sport (RiS) helps us promote those values through a simple and convenient online training course for coaches and sport leaders. It is designed as a tool to assist coaches in identifying and dealing with abuse, neglect, harassment, and bullying in sport. RiS is a required online training for all coaches registered with a Provincial Sport Organization in Manitoba and is free of charge. To take the course please go to

<https://www.sportmanitoba.ca/coaching/respect-in-sport/>

### **Gender Equity LENS**

**1 hour | \$25.00 | 2 PD Points**

Canadian Women & Sport's *Gender Equity LENS* e-learning module gives you the information and tools you need to act on your commitment to gender equity, helping you make policy and program decisions to better serve women and girls in your sport.

<https://womenandsport.ca/learning-opportunities/e-learning/gender-equity-lens/>

### **Keeping Girls in Sport**

**2 hours | \$17.00 | 2 PD Points**

Learn how to create safe and respectful environments for girls to participate in sport and physical activity with this e-module for coaches and activity leaders, developed by Canadian Tire Jumpstart Charities in partnership with Canadian Women & Sport and the Coaching Association of Canada.

<https://jumpstart-kgis.respectgroupinc.com/>

### **Commit to Kids for Coaches**

**2.5 hours | \$12.00 | 3 PD Points**

The Commit to Kids (C2K) for Coaches online training empowers coaches and other sport leaders with practical information to help them enhance child and youth safety in sport. It highlights the importance of understanding boundaries, sexual misconduct and reporting inappropriate behaviour. A certificate of completion will be issued upon completion of all modules and a successful knowledge validation test.

<https://protectchildren.ca/en/get-involved/online-training/commit-to-kids-for-coaches/>

## Special Olympics Canada Modules

Special Olympics Canada has developed modules for coaches and volunteers working with individuals with an intellectual disability. The content in these courses focus on equipping you with skills and strategies to enrich the sporting experience for the athletes you coach. If you want to learn more about working with athletes with an intellectual disability, Special Olympics provides NCCP workshops in multiple contexts.

### **Coaching Athletes with Down Syndrome**

**20–30 minutes | FREE | 1 PD Point**

Special Olympic Canada’s Coaching Athletes with Down Syndrome eLearning module is designed for those who coach athletes with Down syndrome. In this module you will learn how to empower athletes with Down syndrome to become active and successful participants in sport. This module will take you approximately 20–30 minutes to complete. Once you have completed the module, you will be able to:

- Explain Down syndrome and the characteristics of individuals with Down syndrome;
- Describe the benefits of physical activity for individuals with Down syndrome;
- Explain how individuals with Down syndrome learn best; and
- Apply coaching practices that will support optimal outcomes for athletes with Down syndrome.

<https://thelocker.coach.ca/onlinelearning#SPE-CDS-E>

### **Diversity and Inclusion in Action**

**30–40 minutes | FREE | 1 PD Point**

The Diversity and Inclusion in Action eLearning module is designed for volunteers, coaches, staff, board members, and/or other stakeholders of your organization. In this module, you will learn how to contribute to the success of an organization that reflects, respects, and promotes diversity and inclusion. This module will take you approximately 30–40 minutes to complete. Once you have completed the module, you will be able to:

- Recognize your implicit (unconscious) biases and their potential negative impact;
- Explain why it’s important to create an organization that is diverse and inclusive; and
- Apply strategies to foster diversity and inclusion.

<https://thelocker.coach.ca/onlinelearning#SPE-DIA-E>

### **Supporting Individuals with Autism in Recreation Settings**

**60–90 minutes | FREE | 1 PD Point**

In this module coaches will receive additional training regarding autism, specific to sport and coaching. The four sections will introduce coaches to autism and what it looks like in a recreation setting, 1:1 strategies for supporting individuals with ASD, and group coaching strategies for supporting individuals with autism. This module was developed in collaboration with the Canucks Autism Network. This module will take

you approximately 60–90 minutes to complete. Once you have completed this module you will be able to:

- Explain autism and the characteristics of individuals with autism;
- Better understand how to support individuals with autism;
- Implement and use prompting and modeling in a recreational setting;
- Effectively use visual supports and motivational strategies.

<https://thelocker.coach.ca/onlinelearning#SPE-CAA-E>