

SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

2018 Coaches Symposium



Aden Bowman Collegiate

Saskatoon

August 21 - 22, 2018



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SHSAA COACHES SYMPOSIUM

AUGUST 21 - 22, 2018

ADEN BOWMAN COLLEGIATE - SASKATOON

Online: <https://shsaa.sportngin.com/register/form/867367224>



Name:		School Affiliation:	
Address:		School Phone:	
		Summer Phone:	
		NCCP #:	
Email address:		Dietary Requirements:	

Registration Fee:	\$150 prior to JUNE 30
	\$175 after JUNE 30
Additional Fees:	
<input type="checkbox"/> Volleyball Development Coach e-module; online course must be complete prior to symposium	Register and Complete at: http://coach.volleyball.ca/?page=209 (cost \$89.00)
TOTAL PAYABLE (do not include volleyball e-module cost)	\$

PLEASE INDICATE THE SESSIONS YOU WILL BE ATTENDING

PRE-CONFERENCE SESSIONS
<input type="checkbox"/> Sport Taping - Adrienne Stinson (Tues: 9:00am-4:30pm)
<input type="checkbox"/> Volleyball - NCCP Development Coach - Adam Ewart (Tues: 8:30am-5:00pm, Wed: 8:45am-11:45am)
<input type="checkbox"/> Basketball - Understanding the Role of the Official - Mitch Strom (Tues: 9:00am-12:00pm) (CANCELLED)
<input type="checkbox"/> Volleyball - Understanding the Role of the Official - Lori Banga (Tues: 1:00pm-4:00pm) (CANCELLED)

✓ **Pizza Hut Supper - 4:30pm - 5:15pm @ Aden Bowman** (Sponsored by Pizza Hut)

✓ **Welcome - SHSAA - 5:15pm - 5:30pm @ Aden Bowman**

✓ **Opening General Session - 5:30pm @ Aden Bowman**

Tuesday 5:30pm	<input type="checkbox"/> Basketball Tanner Brightman	<input type="checkbox"/> Basketball Chris King	<input type="checkbox"/> Volleyball Heather and Steven Berezowski	<input type="checkbox"/> Volleyball Paul Sarsons
Tuesday 7:00pm	<input type="checkbox"/> Basketball Tanner Brightman	<input type="checkbox"/> Basketball Chris King	<input type="checkbox"/> Volleyball Heather and Steven Berezowski	<input type="checkbox"/> Volleyball Paul Sarsons

Wednesday 9:00am	<input type="checkbox"/> Multi-Sport Resistance Training Marc Morris	<input type="checkbox"/> Coaching Female Athletes Leah Adelman	<input type="checkbox"/> Nutrition Heather Hynes
Wednesday 10:30am	<input type="checkbox"/> Body Weight Resistance Training Bart Arnold	<input type="checkbox"/> Coaching Female Athletes Leah Adelman	<input type="checkbox"/> Yoga Sarah Junkin

✓ **Delegate Luncheon - 11:45am @ Aden Bowman** (Sponsored by Coaching Association of Saskatchewan)
- presentation by Skillshark

Wednesday 12:30pm	<input type="checkbox"/> Basketball Tanner Brightman	<input type="checkbox"/> Volleyball Paul Sarsons	<input type="checkbox"/> Volleyball Darren and Kendra Lehmann	<input type="checkbox"/> Track & Field Lee Wolfater
Wednesday 2:00pm	<input type="checkbox"/> Basketball Tanner Brightman	<input type="checkbox"/> Volleyball Paul Sarsons	<input type="checkbox"/> Volleyball Darren and Kendra Lehmann	<input type="checkbox"/> Track & Field Lee Wolfater

Send Registration Form and Cheque to:

SHSAA
#1 - 575 Park Street
Regina, SK S4N 5B2

FOR OFFICE USE ONLY:

Date Received:

Payment:

PRE-CONFERENCE SESSION DETAILS:

Sport Taping

Tuesday 9:00am - 4:30pm

Adrienne Stinson is a physiotherapist for the Basketball, Wrestling, Men's Hockey, and Soccer U of S Huskie Teams. She also teaches as a lab instructor for the College of Kinesiology's Injury Prevention and Management Course. Adrienne volunteers around the province for provincial and national competitions as a sport physiotherapist for the Saskatchewan Sport Medicine Science Council.

This 7 hour session teaches the basic sport taping skills including: knowing when/when not to tape, ankle wrapping, ankle taping, wrist taping, thumb and finger taping, and tensor bandaging.

Volleyball NCCP - Development Coach Workshop (formally known as Level 1)

Tuesday 8:30am - 5:00pm; Wednesday 8:45am - 11:45am

Adam Ewart is a volleyball coach with over 20 years of experience at the high school, club, provincial, and CIS levels. He has been a volleyball learning facilitator for the past 15 years.

The Development Coach program is the primary entry point for most coaches in volleyball. The course supports coaches working in the "Train-to-Train" stage (age groups of 13-16); however, the course is a good starting point for coaches that are new at any age group or are looking for a basic volleyball coaching refresher.

Participants must complete e-modules prior to taking this course (\$89 cost to be paid when enrolling online at <http://coach.volleyball.ca/?page=209>).

~~Basketball: Understanding the Role of the Official~~

~~Tuesday 9:00am - 12:00pm~~

~~Mitch Strom has been officiating basketball for 15 years, including USport for 8 of those years. He is currently the Referee in Chief for the Saskatoon Basketball Officials Association and the Vice President of the Saskatchewan Association for Basketball Officials.~~

~~This session will focus on a basketball game from the official's perspective. This will include an overview of FIBA's philosophy on basketball officiating, a review of the points of emphasis for Canadian basketball officials, and a practical overview of the rules, on-floor mechanics and officiating 101. This session will have a theme of "coaches and officials working together to give student-athletes a positive athletic experience".~~ **CANCELLED**

~~Volleyball: Understanding the Role of the Official~~

~~Tuesday 1:00pm - 4:00pm~~

~~Lori Banga is a Volleyball Canada National Referee, Level 1 and Level 2 Volleyball Canada Clinician, and Volleyball Canada Supervisor and Evaluator.~~

~~Delegates will learn about perspective of the official to help them learn what the official is looking for, procedural expectations, etc. This session will have a theme of "coaches and officials working together to give student-athletes a positive athletic experience". It will be a practical session where delegates have an opportunity to put a whistle around their neck to experience officiating in a safe environment, learn the basics, and receive some constructive feedback.~~ **CANCELLED**

SESSION DETAILS: (See page 6 for more detailed information and background on each presenter)

Tuesday, August 21 - 5:30pm

Basketball – Tanner will engage participants in the "Spread Ball screen offense", commonly used at all levels of basketball. The session will look at teaching points, breakdown drills, and the offense as a whole, as well as examples of teams across the world who best use this offense. (Advanced Session)

Basketball – Chris King will demonstrate how to build a practice plan with purpose, layering drills for a specific focus area. (Beginner Session)

Volleyball – Heather and Steven Berezowski will look at skill development for beginners. They will breakdown the basic skills needed to play a game of volleyball with the focus on proper technique as well as the mechanics of each skill.

Volleyball – Paul Sarsons will provide an overview and in-depth look at how a program can choose Rotational Systems that produce increased knowledge and easy transitions between differing coaches and teams.

Tuesday, August 21 - 7:00pm

Basketball – Tanner Brightman teaches drills that can be built into the first 30 minutes of a practice to give coaches the ability to implement some fundamental skill work relative to developing the "global player". (Beginner Session)

Basketball – Chris King will demonstrate how to build a practice plan with purpose, layering drills for a specific focus area. (Advanced Session)

Volleyball – Heather and Steven will look at skill development drills for the intermediate player. They will introduce useful ball control drills to incorporate into a practice at the junior high level. The drills will be multi-level to incorporate many different skill levels.

Volleyball – Paul provides a breakdown of Setter specific technical skills and corresponding drills. He will dissect athlete characteristics that are best suited for a Setter.

Wednesday, August 22 - 9:00am

Multi Sport Resistance Training – Marc Morris will discuss the steps of coaching compound barbell movements - the squat, bench press, and deadlift - from start to finish, including set-up, technique, troubleshooting, and programming considerations.

Coaching Female Athletes - Leah Adelman will provide coaches with tips and tricks that could be used to help the females that they work with to develop into better athletes, teammates, and people. The session will touch on strategies to motivate female athletes, as well as overcoming some struggles that sometimes come with coaching female teams.

Nutrition - Heather Hynes will focus on high performance sport nutrition guidelines for high school athletes. Coaches will learn about what their athletes should be eating, when they should be eating, and how much they should have in prep for training and competitions.

Wednesday, August 22 - 10:30am

Body Weight Resistance Training– Bart Arnold will highlight the potential benefits that can be achieved from resistance training with only body weight or minimal equipment. Creativity and correct movement patterns will be a major focus of this session.

Coaching Female Athletes - Leah Adelman will provide coaches with tips and tricks that could be used to help the females that they work with to develop into better athletes, teammates, and people. The session will touch on strategies to motivate female athletes, as well as overcoming some struggles that sometimes come with coaching female teams. (repeat of first session)

Yoga - Sarah Junkin will lead a session about "Mental Training Relaxation: Do it through Yoga". This session is for coaches that are interested in wholistic coaching and whole person development for their athletes. During the session, coaches will receive tools, tips, resources, as well as have an opportunity to be guided through a practical/applied experience of how to incorporate relaxation yoga sequencing into their coaching program for the benefit of athletes and themselves.

Wednesday, August 22 - 12:30pm

Basketball – Tanner introduces participants to his favorite Decision-Making Drills. It will focus on drills used to help your players make game-like decisions in breakdown drills and includes everything from 1on1 to 5on5.

Volleyball – Paul will emphasize the importance of an efficient and focused Warm-Up (a Drill Packet will be provided to participants).

Volleyball – Darren and Kendra Lehmann look at "Setting up an effective practice (beginners-advanced)". The session will focus on how to set up practice plans which utilize multiple drills that can reinforce the skills of serving, passing, hitting, and blocking. The group will also analyze common errors that occur when doing these skills and how to correct them.

Track and Field – Lee Wolfater will focus on the preparation, training, and technique for horizontal jumps including Long Jump and Triple Jump.

Wednesday, August 22 - 2:00pm

Basketball – Tanner Brightman and Chris King join forces to present "Offense vs Defence - Countering What Your Opponent Throws at You". The session will be a joint presentation with Tanner coaching the offense and Chris coaching the defense; the coaches will show different strategic and tactical adjustments to demonstrate a variety of Offenses and Defenses.

Volleyball – Paul delves into the Texas-Wash Drill. This drill will lead coaches through the process of taking a specific game-play situation, build up the basic skill, and then apply that skill to the game where it can be effective in competition.

Volleyball – Darren and Kendra look at "how to read the game of volleyball". The session will focus on different cues that athletes can use to help them play better defense. The group will utilize drills that can help athletes read the serve, setters read the pass, and defenders read the hitters to help them be more efficient on the court.

Track and Field – Lee will focus on the preparation, training, and technique for combined-events such as the Quad.

TECHNICAL SESSION PRESENTERS:

Tanner Brightman (Basketball)

Tanner has coached the Basketball Saskatchewan Provincial Team, U15 - U17 club teams, Balfour High School Team, and the Luther College High School Team. He has run various basketball camps and clinics and is an RCBA Technical Committee Member.

Chris King (Basketball)

Chris is in his 10th year as the head coach for the Lakeland Rustlers Women's Basketball (ACAC). He has also coached the Saskatchewan Developmental Boys 2018 U15 Team, the 2013 U17 Team Alberta Women's Canada Games, and the 2012 U16 Team Alberta Women's Team.

Paul Sarsons (Volleyball)

Paul has been a High School coach, a club coach (13U-18U), and a Provincial Team Coach (x2).

Heather and Steven Berezowski (Volleyball)

Heather coached 1 year of Junior Boys Volleyball, 4 years of Elementary Volleyball, Soccer, Track and Field, and Badminton, 1 year of Senior Boys Volleyball, 3 years of Club Volleyball, and 5 years of Figure Skating.

Steven coached 1 year of Senior Boys Volleyball and 3 years of Club Volleyball.

Darren and Kendra Lehmann (Volleyball)

Darren has been coaching Senior Boys Volleyball for the last 17 years. He has taken his teams to Provincials in 17 consecutive years, winning 11 gold, 1 silver, and 1 bronze. He was named the 2007 Male Coach of the Year by the South West Athletic Conference.

Kendra has been coaching volleyball for 18 years. She has coached at all levels from grade 6 to 12. Prior to starting her coaching career, she played with the University of Saskatchewan Huskies Volleyball Team. She was named the 2018 Female Coach of the Year by the South West Athletic Conference.

Lee Wolfater (Track and Field)

Lee was a multi-sport athlete in High School, participating in Volleyball, Football, Basketball, Curling, Badminton, and Track and Field. He went on to win six different national track and field medals and represented Canada at World Youth Games in 2001. Lee has been coaching with Saskatoon Track and Field Club (bantam and midget) for six years. He was the throws coach for the Western Canada Games Team in 2015 and the Youth Head Coach at Tri Province in 2016. Lee has been coaching at the Legion Track and Field Camp for the past six years.

THEORY SESSION PRESENTERS:

Marc Morris

Marc is a Certified Strength and Conditioning Specialist (CSCS) and has a PhD in Human Nutrition. He has been involved in Strength and Conditioning for 10 years. He is the Head Coach of the Canadian Powerlifting team (2016-present) and attended the 2017 Open Equipped World Championships.

Bart Arnold

Bart is an Associate Professor in the College of Kinesiology at the University of Saskatchewan. He has been a high school and university football coach for 24 years and a hockey coach for 6 years.

Leah Adelman

Leah started coaching High School athletics during her time at the University of Saskatchewan. She completed her coaching practicum with the U of S Women's Volleyball Team. She has continued coaching at LCBI High School in Outlook as well as the communities of Outlook, Plenty, and Lipton. She has coached a variety of levels from grade 4-5 to Senior Basketball, Volleyball, and Track and Field.

Heather Hynes

Heather is a Registered Dietitian and Sports Nutrition consultant with the Sport Medicine and Science Council of Saskatchewan and the Canadian Sport Centre. She completed her undergraduate degree in the College of Pharmacy and Nutrition and her Masters of Science in the College of Kinesiology at the U of S. She has worked with numerous provincial teams, as well as individual athletes at the national and international levels. Heather has been a member of three Canada Games teams (as an athlete, a manager, and mission staff), was the sport nutrition lead for "Own the Podium", was a doping control officer with the Canadian Centre for Ethics in Sport, and part of the VANOC anti-doping team in Whistler for 2010 Winter Olympics. Heather has also been a sessional lecturer at with the College of Kinesiology.

Sarah Junkin

Sarah has a Masters Degree in Kinesiology and is a certified yoga instructor. She is a NCCP Certified Coach and Coach Developer for Athletics (Track and Field). Her coaching experience includes the University of Saskatchewan Huskies Track and Field varsity program and Saskatoon Track and Field Club (STFC) with midget, junior, and senior athletes across most event areas including combined events. She was a Team Sask Assistant Coach for Sask Athletics at the Western Canada Games (2015) and Canada Summer Games (2009, 2013, 2017). Sarah also serves on the Coaches Association of Canada (CAC) Board of Directors.

*Thank you for your time and dedication
to the student-athletes of the SJSAA*

