

NCCP Competition Introduction Course

Dear Coach,

Welcome to the Biathlon Canada Competition-Introduction Coach Course and thank you for choosing to further your coaching education in the NCCP. The Part 1 workshop of this course will be hosted by the Highlands Trailblazers in Duntroon, ON November 4-5, 2017. Your Learning Facilitator will be Alexandre Dumond; Cory Lohnes will also act as the local contact and site contact. We expect there to be much sharing, discovery of best practice, and “ah-ha” moments.

Coaches in the Competition stream usually have previous coaching experience or are former athletes in the sport. They tend to work with athletes over the long term to improve performance, often in preparation for provincial, and higher level competitions. The course will cover a number of topics but is centered on learning how to plan and implement a seasonal plan for your athletes - including error detection, and correcting and providing support in competition. This two-part, 32-hour workshop takes place in-class, on-range, and on-snow and will help you prepare effectively for competitive settings, as well as give you advanced technical skiing and shooting skills. Part 1 focuses on shooting and physical preparation in contrast to the Comp-Int Part 2 that focuses on skiing and competition.

The Comp-Int involves a number of tasks that must be completed to become a Certified Competition-Introduction Coach. These tasks will be discussed in the Comp-Int Part 1 and do not need to be completed until after this initial workshop.

This Part-1 weekend workshop is a mix of theory, practical, and group-directed learning. We ask that you come with an open mind and a commitment to 100% engagement with your peers and the workshop.

The fee for each Part of this course will be \$250 (payable at the course by cheque or cash). Part 1 will operate out of Highlands Nordic main lodge located at 1182 Concession 10 S, Clearview Township, Duntroon, ON L0M 1H0.

To register, please contact the facilitator directly by email at Alexander.dumond@gmail.com

You will also need the following equipment for the workshop:

- Notebook, paper, pens, pencils for taking notes;
- Warm outdoor clothing for coaching;
- Rifle (if you have one – air or .22);
- Smartphone or tablet with video camera (if you have one);
- Scope and tripod; and
- Lunch and snacks (there are no commercial outlets near Highlands to access for food).

Should you have any questions about course content or preparation leading up to the workshop, or need suggestions for overnight accommodations or travel directions, please contact Alex or Cory. We look forward to seeing you all and sharing in your development.

Regards

Alex Dumond

BiCAN LF/E

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