



outaouais ski zone
zone de ski outaouais

2014 ACA / CSCF Ottawa / Gatineau Regional Coaches PD Seminar Supported by NCD & OSZ

UPDATE to All Coaches SAVE THE DATES

TIME: **Saturday Nov. 1st & Sunday, Nov. 2nd 2014** from 8:15am to 5:00pm

YOU MUST PRE-REGISTAR by Email to: jrosewarne@sympatico.ca

****FEE:** THERE IS a nominal fee of \$70.00 for the 2 days / \$35 for 1 day (to cover room rentals lunch & course materials) payable in cash or cheque only at the door. This fee may vary depending upon financial support contributions.

LOCATION: Club de golf Hautes Plaines, 75 Avenue de la Citadelle, Gatineau, QC J8Z 3L1

Directions: <http://en.hautesplaines.clublink.ca/default.aspx?p=DynamicModule&pageid=329610&ssid=225314#>

2014 Objective: we are planning A TWO day again this year. We hope you can walk away at the end of the sessions with all required credits, but this is still in the works.

NOTE: This schedule & content is subject to change without further notice.
Starting times are firm as it is a full schedule.

Current schedule overview as follows: [as of: Oct. 15th, 2014](#)

Saturday, Nov. 1st, 2014

8:15 am to 9:00 am Registration

ALL COACHES MUST BRING THEIR CSCF NUMBER & full cash payment (NO CREDIT CARDS)!

9:00 am to 10:15 am	Presentation I CSCF update Pierre Ruel
10:30 am to 12:00 am	Presentation II Performance Sports Science Phycology TBC - Kyle Paquette Re-thinking training for peak development & performance 2.0
12:00 pm to 1:00 pm	<u>Complimentary Lunch</u>

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1:00 pm to 4:30 pm

Presentation III TBC (NCCP - training workshop or a first aid course)

Sunday, Nov. 2nd, 2014

8:15 am to 9:00 am

Registration

ALL COACHES MUST BRING THEIR CSCF NUMBER & full cash payment (NO CREDIT CARDS)!

9:00 am to 10:00 am

Presentation IV ACA / CSCF approved FIS, Can Am & National Rules & CSA Safety Risk Management UPDATE

10:15 am to 11:00 am

Presentation V TBC (SQA update Men's Head Coach Chris Powers)

11:00 am to 12:00

Presentation VI Performance Ski Tuning - presentation from Holmenkol WC tech on ski prep / maintenance

12:00 pm to 1:15 pm

Complimentary Lunch

1:15 pm to 2:45 pm

Presentation VII DR Matt Distefano CSCF Course conductor MAKING HEAD WAY - (The broader perspective to the current anxiety about closed head injuries and a practical approach for coaches.)

3:00 pm to 4:30 pm

Presentation VIII Mike Weiss (NCCP - training workshop)

We would like to acknowledge and thank our regional governing bodies NCD & OSZ and Sporting Life for their continued support in the ongoing support of regional coach education & professional development and making this event possible.