

Information package for the Performance Coach pilot

Date: March 2nd, 2022

Subject: An Invitation to register for the next WCL Performance Coach cohort

To Whom It May Concern,

Your respective PTSO has notified Wrestling Canada Lutte (WCL) that you are a prospective coach for the upcoming Canada Games in 2022. To ensure coaches meet Canada Games coach participation requirements, WCL has prioritized prospective Canada Games 2022 coaches for upcoming coach training and / or evaluation.

N.B.: due to Covid-19 restrictions, we will be delivering this pilot using internet video conferencing software (e.g. Zoom).

We will be offering Performance Coach training this Winter. It is offered at a reduced rate of \$600 + sales tax, and includes not only the training but also your portfolio evaluation. More information on how the training will work can be found on the following pages, including about pricing, payment and how to register. I trust that you will take us up on our offer, and I look forward to hearing from you soon!

For an overview of WCL's coach training program, feel free to download the NCCP Operations manual in the Resources section of the following page: <https://wrestling.ca/programs/coach-training/>

Regards,

Anthony Bhagwandin
WCL Coach Development Consultant

The Training Process

All of the materials and training will be in English.

Timeline

The estimated timeline for the pilot is as follows:

| Step | Start date | End date | Notes |
|---|-----------------------|-----------------------|---|
| <i>Intake</i> | Mar. 2, 2022 | Mar. 13, 2022 | Registration and payment |
| <i>Portfolio</i> | Mar. 14, 2022 | Apr. 15, 2022 | Using templates that will be provided to you, you will submit: <ul style="list-style-type: none"> A. An overview of your Coaching Context, and B. A Leadership Plan. C. Focus Plan D. Prevention and Recovery Plan E. Your Yearly Training Plan (YTP) F. 3 micro-cycle plans G. 3 practice plans (1 from each micro-cycle) H. A home and away emergency action plan (EAP) |
| <i>Introduction and Dartfish Training:</i> | Mar. 15, 2022 | Mar. 15, 2022 | |
| <i>CLA Presentation</i> | Mar. 17, 2022 | Mar. 17, 2022 | |
| <i>Performance Analysis, Representative Design, Task Assignment</i> | Mar. 19, 2022 | Mar. 19, 2022 | |
| <i>Check In</i> | Mar. 24, 2022 | Mar. 24, 2022 | |
| <i>Presentation</i> | Apr. 1, 2022 | Apr. 1, 2022 | |
| Action Plan | April 28, 2022 | April 28, 2022 | Your final action plan is compiled and sent out with recommendations. |

Prerequisites

Any coach who wants to take the WCL Performance Coach workshop needs to have the following modules on their NCCP transcript:

1. NCCP Design a Basic Sport Program or WCL Part B
2. NCCP Developing Athletic Abilities
3. NCCP Psychology of Performance
4. NCCP Prevention and Recovery

Use the **How to Register** section of the follow page to find these workshops in both official languages:

<https://coach.ca/nccp-and-cac-multi-sport-training-modules>

Note: if you have **some but not all** of these modules, send an email to nccp@wrestling.ca.

Pricing

The price is \$600 before any applicable sales taxes, and includes:

- Your training for the WCL Performance Coach program.
- Your portfolio evaluation.
- A one (1) year subscription for the Dartfish video analysis software is included in the price.

N.B.: Dartfish provides the analysis software and online platforms (Dartfish TV) that are used by WCL's high-performance program. You will receive a 12-month license to use the Dartfish Mobile software application. Afterwards you will have the choice to renew the license for your own personal use.

The following are not included in this price:

- Safe sport training.
- Practice evaluation.
- Tournament evaluation.

Payment

WCL will issue an invoice that can be paid using a credit card. If you need to make other arrangements or create a schedule of payments, please send an email to finance@wrestling.ca, and include your invoice number in the message.

Please note that no one can proceed to the mentorship and training stage of this pilot until this payment has been received.

Note: if you need to make installment payments, please use the email above to make the necessary arrangements.

Registration and Feedback

Use the link below to register:

<https://forms.gle/UUe3sMsVdw3ePVSM7>

The Team

Anthony Bhagwandin

Anthony is a multi-sport master coach developer (MCD) and a former coaching consultant with the Coaching Association of Canada (CAC) who specialized in e-learning and online learning. A full-time consultant in the sport sector, he is currently the WCL coach development consultant on a part-time basis.

David Lopez

David is a performance analyst, researcher, and consultant who is a member of the WCL high-performance staff.

Doug Krochak

Doug is a consultant in the field of coaching, mental performance, sport development, and high-performance coaching, is a multi-sport MCD, has been involved in coach education for five decades and is a former coaching consultant at the CAC.

Erin Sargent

Erin is a Sport Physiologist — formerly of the Canadian Sport Institute (Calgary). She is currently a lecturer at Lakehead University, and a member of the WCL high-performance staff.

Luc Morin

Luc is a professional triathlon and track and field (cross country) coach. He is currently the coach for cross-country, track, and triathlon at the Royal Military College (St-Jean, Québec). In addition, he is a sport scientist at the Canadian Sport Institute (Montreal) and a professional high - performance consultant.

Gord Sturrock

Gord is a coach, professor at Douglas College and a lecturer who is also a MCD for the sport of wrestling and the chair of the WCL coach education and development advisory committee (CEDAC).

Acknowledgements

There are two people who deserve to be recognized for their roles in making this program possible:

- Gérard Lauzière, our coaching consultant at the CAC; and
- Tamara Medwidsky, the Executive Director of WCL.

Gérard had a huge role in making this project possible, especially in allowing WCL to access additional grants from Sport Canada to complete the development work. Tamara Medwidsky provided a rock-solid foundation by trusting the team and giving us the latitude to modernize this program and align it with the WCL gold-medal profile.