

Information package for the WCL Advanced Practice Planning workshop (Competition – Development)

Date: April 19th, 2022

Subject: An Invitation to register for the next WCL Advanced Practice Planning cohort

To Whom It May Concern,

We are happy to announce that we are offering the Advanced Practice Planning workshop to take place on May 6th and 7th.

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

The costs for this workshop will be \$125 + tax.

However, for those who registered and paid for the Comp-Dev Performance Coaching package, this workshop is included in the package so there will be no extra cost to you. The content is new, and we are piloting new learning activities as well as workshops based on Block Periodization. We believe that this is a first in the NCCP.

We hope that you will be able to join us and help us test out this new content!

Note: 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

While the training is in English, the learning facilitator is fluently bilingual and can provide support in both official languages.

Malgré le fait que la formation sera en anglais, la personne – ressource est bilingue et elle est capable de vous aider dans les deux langues officielles.

Timeline

Class Name	Date	Time
Advanced Practice Planning - part 1	Friday, May 6, 2022	19:00 - 21:30 EST
Advanced Practice Planning - part 2	Saturday, May 7, 2022	19:00 – 21:30 EST

Prerequisites

It is recommended that any coach who wants to take the WCL Advanced Practice Planning workshop needs to have already taken the WCL Planning workshop and the Performance Analysis and Biomechanics portion of the training.

If you have already taken the NCCP Advanced Practice Planning workshop, you do not need to take this course as they are equivalent to each other.

Pricing

The price for the Performance Coach training is \$600 +tax, and the WCL Advanced Practice Planning workshop was included in the fee that you paid.

The price for the Advanced Practice Planning training on its own is \$125 + tax.

Registration and Feedback

Use the link below to register:

<https://forms.gle/tKc853SXrsQonBDm8>

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.