

# Wrestling Canada Lutte (WCL)

## Part B Workshop Information

Workshop schedule in each time zone

<b>Time Zone</b>	<b><i>Design a Basic Sport Program</i> workshop schedule</b>	<b>WCL tactical/technical workshop schedule</b>
	Sunday, December 11th, 2022	Thursday, December 15th, 2022
Pacific (Vancouver)	9:00 A.M. – 3:00 P.M.	4:00 P.M. – 6:30 P.M.
Mountain (Edmonton)	10:00 A.M. – 4:00 P.M.	5:00 P.M. – 7:30 P.M.
Central Standard (Regina)	11:00 A.M. – 5:00 P.M.	6:00 P.M. – 8:30 P.M.
Central (Winnipeg)	11:00 A.M. – 5:00 P.M.	6:00 P.M. – 8:30 P.M.
Eastern Standard (Toronto/Montreal)	12:00 P.M. – 6:00 P.M.	7:00 P.M. – 9:30 P.M.
Atlantic (Halifax)	1:00 P.M. – 7:00 P.M.	8:00 P.M. – 10:30 P.M.
Newfoundland (Saint John's)	1:30 P.M. – 7:30 P.M.	8:30 P.M. – 11:00 P.M.



## Workshop Notes

The following will help make your workshop experience smoother. Later on in this document you will find the workshop schedules and the connection information for each day.

3. Use a desktop computer, laptop, or tablet to connect to the online sessions. **Do not use a mobile phone.**
4. Use the Zoom links on the next page to ensure that you are familiar with the software.
5. **Connect 10-15 minutes early** to give yourself time to verify that everything is in order and that your sound and video are working properly;
6. Ensure that you received all workshop materials, see the note further down in this letter for more details;
7. Use earbuds or headphones;
8. Have a phone and charger available in case you cannot connect to the Zoom audio channel with your computer's microphone and speakers;
9. This is an interactive workshop, and as such we expect all participants to have their cameras on;
10. If others are streaming video or gaming, that may affect your Zoom experience, depending on the bandwidth included in your internet plan; and
11. If you are using a VPN, that may also affect your Zoom experience, depending on the bandwidth included in your internet plan.

## Using Zoom

We have included some quick and easy articles from Zoom on how to connect to a meeting as a participant below. Please review them prior to the training session.

12. Zoom provides a Test Meeting room that you can use to get familiar with the software:  
<https://support.zoom.us/hc/en-us/articles/115002262083-Joining-a-Test-Meeting>
13. Learn more about joining a Zoom meeting here:  
<https://support.zoom.us/hc/en-us/articles/201362193>
14. Learn more about testing your built-in computer or mobile device audio:  
<https://support.zoom.us/hc/en-us/articles/201362283-How-Do-I-Join-or-Test-My-Computer-Audio->
15. Learn more about joining by phone:  
<https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone>
16. Learn more about using your mobile device with Zoom:  
<https://support.zoom.us/hc/en-us/sections/200305413-Mobile>
17. Sharing your screen in Zoom:  
<https://support.zoom.us/hc/en-us/articles/201362153-Sharing-your-screen>

## The Documents

All documents for both workshops will be sent after you have registered and paid for the workshops.

### Should I print the documents or not?

That is up to you. Please note that the *Planning a Practice* workbooks comes as a fillable PDF.

### Using multiple devices at the same time

Some of you will prefer to connect to the web conference with one device and work on another computer/tablet or with the printed materials. Let the learning facilitator know in case they ask you to share your screen, because in that case it will not be possible!