

Wrestling Canada Lutte (WCL)

Part B Workshop Information

Workshop schedule in each time zone

Please calculate the start and end times for your own time zone. What is shown below is the schedule for the **Eastern Time Zone**.

Workshop	<i>Design a Basic Sport Program</i> workshop	WCL tactical/technical workshop
Date	Sunday, June 11 th	Thursday, June 15 th
Schedule	12:00 PM - 6:00 PM	8:30 P.M. – 11:00 P.M.
Time Zone	Eastern	Eastern

Registration

Use the link and course code provided below to register for the workshops:

- Registration form: <https://8hgngy72pbm.typeform.com/to/Zie4zFXP>
- Course code: CI_2023-06_B

Payment

After you register, WCL will send an electronic invoice by email for \$125 and any applicable sales taxes. You can pay the invoice using a credit card. If you need to make other arrangements, please send an email to finance@wrestling.ca.

Pay the invoice promptly in order to confirm your participation in the workshops. Anyone who does not pay their invoice will not be allowed to take part in the training.

Connection Information (links, add to calendar)

Use this link for both the Design a Basic Sport Program and Technical & Tactical workshops:

<https://us06web.zoom.us/meeting/register/tZwvf-6grD4sHtDCb0gKg1kL-Eq4k3fjpNxK>

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.

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

10. 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>
11. Learn more about joining a Zoom meeting here:
<https://support.zoom.us/hc/en-us/articles/201362193>
12. 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->
13. Learn more about joining by phone:
<https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone>
14. 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!