Wrestling Canada Lutte
Performance Coach
workshop information

Schedule

Notes:

- All of the materials and training will be in English.
- We have adapted the schedule to accommodate coaches who live in the Western half of Canada. As such, these sessions are ending very late for those in the rest of the country. Those are not typos!
- WCL Analyze Technical and Tactical Performance will be taught by Dr. Gordon Sturrock and David López Gonzalez.
- WCL Performance Planning will be taught by Luc Morin.

Workshop	Date(s)	Time	Time Zone
WCL Analyze Technical and Tactical Performance	June 24th (Sat.)	4:00 P.M. to 6:00 P.M.	Eastern Time
	June 25th (Sun.)	12:00 P.M. to 8:00 P.M.	Eastern Time
	June 27th (Tues.)	10:00 P.M. to 12:00 A.M.	Eastern Time
WCL Performance Planning	July 3rd (Mon.)	9:00 P.M. to 11:30 P.M.	Eastern Time
	July 5th (Wed.)	9:00 P.M. to 11:30 P.M.	Eastern Time
	July 7th (Fri.)	9:00 P.M. to 11:30 P.M.	Eastern Time

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

You can access your NCCP transcript by connecting to your Locker account: https://thelocker.coach.ca/.

You can also use the **How to Register** section of the following 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 template package and one (1) introductory session on how to fill them out.
- A one (1) year subscription for the Dartfish video analysis software.
- A one (1) year subscription for the Kōjō Plan yearly training plan software.

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.
- Portfolio evaluation.
- 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, send a message to the email address above to make the necessary arrangements.

Registration

Use the link and course code below to register for this training:

- Link: https://8hgngy72pbm.typeform.com/to/GUnx0FES
- Course code: CD_2023-06

Zoom Links

You will need to use these links to sign in each time you connect to one of the workshops in the schedule.

WCL Analyze Technical and Tactical Performance:
https://us06web.zoom.us/meeting/register/tZckcuusrjgsE9C_W0n92VHBxPq9tegpqF_-

WCL Performance Planning:

https://us06web.zoom.us/meeting/register/tZcqcOuqrTwoHNxcmH8U4JLJSdmP27zb9oiw

Workshop Notes

The following will help make your workshop experience smoother.

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. <mark>Connect 10-15 minutes early</mark> 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 be visible at all times;
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.

1. 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
2. Learn more about joining a Zoom meeting here:
   https://support.zoom.us/hc/en-us/articles/201362193
3. 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-
4. Learn more about joining by phone:
   https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone
5. Learn more about using your mobile device with Zoom:
   https://support.zoom.us/hc/en-us/sections/200305413-Mobile
6. 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.

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!