

# Wrestling Canada Lutte (WCL) Part A Workshop Information

## Workshop schedule in each time zone

<b>Time Zone</b>	<b><i>Planning a Practice workshop schedule</i></b> <b>August 13th</b>	<b><i>Technical &amp; Tactical Part A workshop schedule</i></b> <b>August 17th</b>
Pacific Daylight (Vancouver)	9:00 A.M. – 2:00 P.M.	4:00 P.M. – 6:30 P.M.
Mountain Daylight (Edmonton)	10:00 A.M. – 3:00 P.M.	5:00 P.M. – 7:30 P.M.
Central Standard (Regina)	10:00 A.M. – 3:00 P.M.	5:00 P.M. – 7:30 P.M.
Central Daylight (Winnipeg)	11:00 A.M. – 4:00 P.M.	6:00 P.M. – 8:30 P.M.
Eastern Standard (Toronto/Montreal)	12:00 P.M. – 5:00 P.M.	7:00 P.M. – 9:30 P.M.
Atlantic Daylight (Halifax)	1:00 P.M. – 6:00 P.M.	8:00 P.M. – 10:30 P.M.
Newfoundland Daylight (Saint John's)	1:30 P.M. – 6:30 P.M.	8:30 P.M. – 11:00 P.M.

## Language

The workshops will be offered in English.

## How to Register

This is the course code that you need to use when you register: **2023-08\_Part-A**

Use this link to register for the workshops:

<https://forms.gle/jbewKnCbdiCZPkvJA>

## 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 Ashley Welock: [awelock@wrestling.ca](mailto:awelock@wrestling.ca).

Pay this invoice promptly in order to confirm your participation in the workshops.

## Connection Information (Zoom)

Use this link for both Planning a Practice and the Technical & Tactical Part A workshops:

<https://us06web.zoom.us/join/register/tZEvcemtrT8iEtHJgope-djubY0lteSCyhO3>

# 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 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 video cameras activated;
8. Your experience with the Zoom meeting can be affected if there are other people who are at the same location as you and are streaming video or using online video games ; and
9. If you are using a VPN, that may also affect your Zoom experience, depending on the bandwidth included in your internet plan.

## Note: Group Presentation

You will be placed in a group and expected to prepare a presentation for the *Technical and Tactical Part A* portion of the workshop. The groups will be announced towards the end of the *Planning a Practice* module, and you will all be given a chance to start working together on the presentation.

You may need to arrange for an additional group meeting in the lead-up to the *Technical and Tactical Part A* workshop, so be prepared to allocate 30 to 60 minutes to meet and work on your part of the presentation at home.

# 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* workbook 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!