

# Wrestling Canada Lutte (WCL) Part B Workshop Information

## Winter 2024

## Overview

This Fall, Wrestling Canada Lutte has scheduled several Part A workshops, as per the schedule below:

Dates	Format	Notes
January 14th and 18th, 2024	Online, using Zoom.	W.C.L. handles the registration and payment.
February 11th and 15th, 2024	Online, using Zoom.	W.C.L. handles the registration and payment.

You can find the schedules on the following pages.

## Group Presentation

As part of the training experience, you will be placed in a group and expected to prepare a presentation for the *Technical and Tactical Part B* portion of the workshop. The groups will be announced towards the end of the *Design a Basic Sport Program* 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 B* workshop, so be prepared to allocate 30 to 60 minutes to meet and work on your part of the presentation at home.

## Workshop schedules

<b>Part B: January 14th and 18th</b>			
<b>Course code: 2024-01-S</b>			
Registration deadline: Wednesday, January 10th, 2024 at 9:00 AM, Eastern Time			
<i>Date</i>	<i>Module</i>	<i>Time</i>	<i>Time Zone</i>
Jan. 14th	Design a Basic Sport Program	9:00 A.M. to 3:00 P.M.	Eastern Time
Jan. 18th	Technical and Tactical Part B	8:00 P.M. to 10:30 P.M.	Eastern Time

<b>Part B: February 11th and 15th</b>			
<b>Course code: 2024-02-T</b>			
Registration deadline: Wednesday, February 7th, 2024 at 9:00 AM, Eastern Time			
<i>Date</i>	<i>Module</i>	<i>Time</i>	<i>Time Zone</i>
Nov. 5th	Design a Basic Sport Program	12:00 P.M. to 6:00 P.M.	Eastern Time
Nov. 9th	Technical and Tactical Part B	9:00 P.M. to 11:30 P.M.	Eastern Time

# Language

The workshops will be offered in English.

# Registration and Payment

## For the online workshops run by W.C.L.:

1. Take note of the course code (above), and use this link to register for the workshops: <https://8hgngy72pbm.typeform.com/to/Zie4zFXP>
2. 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)

The connection information for the Zoom meeting rooms will be sent 24 hours prior to the start of the first scheduled session.

# 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 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 video cameras activated;

10. 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
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. 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!