

Information package for the WCL Competition-Development program (Winter, 2025)

Notes

- All times given are in the **Eastern Time Zone**, please adjust for your local time zone!
- All of the training will be conducted in English.
- Materials will be available in both official languages (English and French).
- The learning facilitators will be: Anthony Bhagwandin, David Lopez, and Gordon Sturrock.
- There are prerequisites that you need to take before registering for the training. Review the **Prerequisites** section, below.
- All times given are in the **Eastern Time Zone**, please adjust for your local time zone!!

List of workshops

The training that is provided will cover the following three (3) WCL modules:

1. WCL Analyze Performance
2. WCL Motor Learning
3. WCL Performance Planning

Please note that *WCL Analyze Performance* and *WCL Motor Learning* will be offered together, as a package.

Prerequisites

Each person must have taken the following training prior to registering for these workshops:

1. Either NCCP Design a Basic Sport Program **or** the old WCL Part B workshop;
2. NCCP Developing Athletic Abilities
3. NCCP Prevention and Recovery
4. NCCP Psychology of Performance

Cost and Scheduling: WCL Analyze Performance and WCL Motor Learning

Cost: \$300 + sales tax

There are three (3) options for everyone, that include schedules both on the weekends and during the week.

All times use the **Eastern Time** zone, so please convert to your local time zone.

- Option 1, Monday - Friday: 09:00 - 10:30 Eastern Time, Feb. 9 through Feb. 13
- Option 2, Monday - Friday: 12:00 - 13:30 Eastern Time, Feb. 16 through Feb. 20
- Option 3, Sundays: 09:00 - 12:30 Eastern Time, Feb. 15 and Feb. 22

Cost and Scheduling: WCL Performance Planning

Cost: \$300 + sales tax

All times use the Eastern Time zone, please convert to your local time zone.

- Option 4, Monday - Friday: 12:00 - 13:30 Eastern Time, Feb. 9 through Feb. 13
- Option 5, Monday - Friday: 09:00 - 10:30 Eastern Time, Feb. 16 through Feb. 20
- Option 6, Sundays: 14:00 - 17:30 Eastern Time, Feb. 15 and Feb. 22

How to Register and Pay

Payment

An invoice will be sent once you have registered. In the invoice will be a link that will allow you to pay the total online. If you cannot pay the full amount all at once, do not worry. You can use and reuse that link to pay your course fees in installments. Just be sure to send an email to finance@wrestling.ca to let our Finance Manager know!

Registration

Use this link to register for the dates and times that best fit your schedule:

<https://8hgngy72pbm.typeform.com/to/PA1GShQ9>

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. 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 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>