



## Coach Chronicle

March 2006

Welcome to the BCWBS Coach Chronicle. You are receiving this publication because you are a valued member of the BC Wheelchair Basketball Society. To submit information to the Coach Chronicle please email [marni@bcwbs.ca](mailto:marni@bcwbs.ca) by the 15<sup>th</sup> of the month.

### Coaches Breakfast

The PacificSport Regional Sport Centre, Greater Vancouver is having another Coaches Breakfast. We are pleased to have Stephanie Beare, Education Coordinator from SportMedBC, deliver an Athletic Taping workshop. The focus will be on the instruction of ankle taping as well as other taping procedures requested in the allotted time. Coaches of NCCP levels 1 - 3 are welcome to participate in this complimentary workshop. This is great opportunity for coaches to network and be involved in a hands-on learning experience. A continental-style breakfast will be available from 7:00am - 7:30am, prior to the start of the workshop.

**WHEN:** Thursday, March 9th, 7:00am - 9:00am

**WHO:** Stephanie Beare, SportMedBC

**TOPIC:** "Athletic Taping"

**WHERE:** Telus Centre for Sport #500, 1333 West Broadway, Vancouver [Map](#)

**PARKING:** Free parking is available along 'Birch' and on other nearby side streets

**COST:** FREE

[Online Registration](#) is available on PacificSport's website. RSVP deadline is March 3<sup>rd</sup>. Please register early to avoid disappointment, as space is limited.

If you would like to register or have any questions in regards to the 'Coaches Breakfast' please contact Kelly Briggs @ [kbriggs@pacificsport.com](mailto:kbriggs@pacificsport.com) or T: 604-730-7223.

### Carol Anne Letheren Scholarship

The scholarship is a national, three-year, \$1,500 per year, university scholarship awarded to one outstanding female high school graduate. The award is named in honour of the late Carol Anne Letheren (1942-2001), former Chief Executive Officer of the COC. The Carol Anne Letheren Leadership and Sport Scholarship is given to a female student (Canadian citizen or permanent resident) presently enrolled at a Canadian high school or CEGEP (private or public) in their graduating year and applying to a Canadian University or college in Business, Sport Management, Marketing or physical education related fields. In addition to demonstrating qualities and personal values that personify

the Olympic values, the eligible candidate will have a minimum grade average of 85% or above in their final year of high school. She will also be an accomplished athlete in high school, community or provincial level competitive sport(s). Please note that athletes competing at the national level (junior and senior) will be given preference. To learn more on how to apply please visit:

[http://www.olympic.ca/EN/funding/letheren\\_award.shtml](http://www.olympic.ca/EN/funding/letheren_award.shtml).

Applications must be received at the COC Toronto office **by mail** by **5:00 p.m. EST, March 31, 2006**. Selections will be made shortly thereafter and the successful candidate(s) will be notified by April 28, 2006.

### Reflections on Torino

On April 8th, 2006, the Coaches Association of BC will be hosting a “Coach Reflections on Torino” seminar. This event will bring together four of Canada’s National Team coaches who have just returned from the 2006 Winter Olympic/Paralympic Games in Torino. These four National coaches will be sharing the highs and lows, what went well, what didn’t, and what they have learned from this Games experience that other coaches could benefit from. “Reflections” will include coachable moments that made a difference in the outcome of a performance, communication in the final preparation as the competition unfolded, and the year leading up to the event. This event will be an important building block for Canadian Coaches preparing for the Winter Olympics Vancouver 2010, or for those coaches preparing for other multi-sport Games.

To lead off our event, Mr. John Furlong, CEO of VANOC, will offer his perspective on the Torino Games, and provide his insights into what the coaching community in British Columbia, and the rest of Canada, can do to enhance our athletic performances. Guest Coaches will include Elaine Dagg-Jackson - Curling, Melody Davidson - Women’s Hockey and Neal Marshall - Long Track Speed Skating.

Costs for this event are \$40.00 for CABC members, and \$55.00 for non-members. Coaches can register online. This event will take place in the Labatt Room of SFU Harbour Centre, in downtown Vancouver, just a block from the sky train station. To register go to [www.coaches.bc.ca](http://www.coaches.bc.ca)

### LONG TERM ATHLETE DEVELOPMENT WORKSHOPS

You are invited to attend one of the Long-Term Athlete Development (LTAD) Workshops scheduled for **April 7<sup>th</sup>** (Vancouver) and **April 10<sup>th</sup>** (Victoria). Key sport and physical activity technical and programming decision makers from sport organizations, the recreation system, educational institutes and government departments are being invited to attend the applicable workshop listed below.

<i>Date</i>	<i>Requested Audience</i>	<i>Location</i>	<i>Time</i>
Friday April 7	Provincial Sport Organizations (limit 2 reps. per PSO)	Labatt Room, Simon Fraser University Harbour Centre, Vancouver	9:00 am – 12:00 pm
Friday April 7	Multi-Sport Organizations, University and College Reps, Health and Education Reps	Labatt Room, Simon Fraser University Harbour Centre, Vancouver	1:00 pm – 4:00 pm

Monday April 10	Victoria-based PSO Reps, MSO Reps, University and College Reps, Health and Education Reps.	Lecture Theatre 124B, Camosun College Interurban, Victoria	9:00 am – 12:00 pm
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There is no charge for the workshops. A waiting list will be kept for the April 7<sup>th</sup> PSO (am) workshop, and if space permits, additional PSO reps will be able to attend.

**Register by March 31, 2006 online at**

**[www.sportweb.ca/content/LTADWorkshopRegistration.asp](http://www.sportweb.ca/content/LTADWorkshopRegistration.asp)**

**What is Long-term Athlete Development?** Long-Term Athlete Development is a 7 stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in athlete development. It differs from other athlete development models because it acknowledges that physical education, school sports, competitive sports and recreational activities are mutually interdependent. LTAD also positively affects the quality of training and competition by taking into consideration factors such as developmental age and critical periods of optimal trainability. It builds athletic ability beginning with a foundation of fundamental movement skills and introduces fitness and sport skills at the appropriate developmental age. (Canadian Sport for Life, 2005)

Long-Term Athlete Development will provide the framework for strategic investment and system planning for all levels of physical activity participation and athletic development in British Columbia. The first 3 of 7 stages in the LTAD encourage physical literacy, basic movement education and sport for all. The next 3 stages focus on excellence. The final stage encourages life-long activity. Every funded sport in Canada will align their development system to the principles of the Long-Term Athlete Development Model over the next few years. For more information on the Canadian Long-Term Athlete Development Model, please go to [www.ltad.ca](http://www.ltad.ca). The Canadian Sport for Life booklet can be downloaded from this site.

## Tip of the Month

### How to Correct Errors

One of the most important and difficult jobs of a coach is correcting technical errors. Here is the process recommended by Coach Jack Donohue:

1. Create for yourself a mental picture of what adequate performance of the skill is, for the age and experience of the athletes.
2. Watch the athlete perform the skill several times, from different angles, without saying anything, and compare each performance with your mental picture.
3. Identify the part or parts of the skill which, every time, the athlete does correctly. Tell the athlete these points first.
4. Identify the part or parts of the skill which, every time, does not correspond to your mental picture of adequate performance.
5. If there is more than one consistently incorrect part, decide which is the most important to correct at this stage. A good knowledge of biomechanics, the study of human movement, will help here.

6. Decide what causes this error: physical – athlete lack of strength, endurance, flexibility etc; mental – athlete didn't hear or understand the instructions, chose the wrong cue, etc; psychological – athlete is afraid, bored, unmotivated, etc.
7. Give the athlete specific but simple instructions on how to correct that one error only.
8. Make sure the athlete understands the instructions – ask! Then watch while the athlete tries the correction several times.
9. Comment on this correction only, always telling the athlete first what is right.
10. Repeat to above steps for other inadequate parts of the skill when appropriate.
11. When performance of the skill is adequate, praise and set a new standard.

*Jack Donohue was coach of Canada's National Basketball Team from 1972 – 1988, and was a nationally recognized coaching expert.*

**BCWBS Coach Chronicle Archives are available on the BCWBS website at  
[www.bcwbs.ca](http://www.bcwbs.ca)**

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