



Coach Chronicle October 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 by the 15th of the month.

BCWBS Fall Classic Tournament

Team BC will be hosting the 2007 Canada Winter Games teams from Alberta and Manitoba, as well as the junior varsity team from Seattle in an exhibition tournament being held at Douglas College in New Westminister on October 28th & 29th. Volunteers are needed for scorekeeping and other minor tournament duties. Please contact the BCWBS office if you are interested in assisting our BC team in their quest for the 2007 Canada Winter Games title. If you can't help out just come and cheers loudly for Team BC! A complete game schedule will be available shortly on the BCWBS and Douglas College websites.

BCWBS Officials Clinic

October 27 & 28, 2006

BCWBS is hosting a Wheelchair Basketball Officials Clinic to provide training and mentoring opportunities for officials from around the province of BC. This clinic is being held in conjunction with a Canada Games level tournament, the BCWBS Fall Classic. The clinic will give officials the opportunity to learn the "three man" system that is used in Canada Games, and international wheelchair basketball competitions. Internationally, certified referees Dean McKinnon and Gilles Briere will offer training and evaluation for officials at various levels in their development. BCWBS is taking this opportunity to educate, recruit and promote wheelchair basketball within the able bodied officiating community, with the goal of attracting some new officials. The clinic will also assist in identifying some of our existing officials for access to more advanced opportunities.

The clinic will take place at Douglas College in New Westminister October 27 & 28th, 2006. It will consist of a three hour classroom session on Friday night in Room 1231 commencing at 7pm. Saturday will include game assignments, evaluation and feedback from 9am to 4pm. The fee for this clinic is \$20.

This clinic is open to officials from across Canada, and BCWBS is suggesting that this will be a great "tune up" for officials preparing for the Canada Winter Games in 2007..

BCWBS Classification Clinic

The BCWBS Classification Clinic will also be held October 27, 28, 2006. The fee for this clinic is \$20. Internationally certified Classifier Anne Lechance will be offering this clinic and participants will be certified to classify at the national level upon successful completion of this clinic.

Classification is the process unique to wheelchair basketball in that it is a functional evaluation taking into consideration each player's ability to perform skills specific to the sport; dribbling, passing, rebounding, shooting. Classifiers are a group of individuals familiar with the sport, medical training is not necessary.

For further information or registration for either of these please clinics contact marni@bcwbs.ca

IPS Coaches Workshops

Three half-day workshops have been scheduled for Integrated Performance System (IPS) coaches who are expected to attend one of these three sessions, in their own geographic area. These workshops will provide the new IPS coaches with information on accessing sport science experts in their communities, the role of the Performance Directors, and accessing other services offered throughout the BC sport system. For more information check out www.cabc.bc.ca

Kamloops: October 12, 2:30pm-5:30pm; Best Western

Information and registration: [PacificSport website](http://www.pacificsport.ca); 250-828-3583

Kelowna: October 13, 1:00pm-5:00pm; UBC Okanagan

Information and registration: [PacificSport website](http://www.pacificsport.ca); 250-469-8854

Vancouver: November 2, (afternoon); Sheraton Wall Centre

Vancouver Island and Vancouver area coaches can [register for this event here](#).

Coaches Breakfast

The Kitsilano Community Centre will be hosting a PacificSport Coaches' Breakfast on Tuesday October 10th. The topic for this session will be Functional Assessment and will be led by Wendy Epp, a Vancouver-based physiotherapist. Doors will open at 7:00, with light breakfast foods available, and Wendy will start her talk at 7:30. Coaches from all levels are welcome to attend this complimentary workshop, but pre-registration is required. This is a great opportunity for coaches to network and learn from an expert in the field. If you would like to attend, make sure you register as soon as possible as space is limited. The deadline for registering is Friday October 6th.

Event Date

10/10/2006

Event Time

7:00 AM - 9:00 AM

Location

Contact Info

Kitsilano Community Centre
2690 Larch Street
City: Vancouver

Steve Bates
Tel: 604-730-7223
Email: sbates@pacificsport.com

Coaches of Canada Summit

This is an annual two-day event focused on delivering action-packed, hands-on training for Canada's top coaches. Sessions and activities are created to foster learning and to further expand individual's leadership abilities with professional coaches coming together to learn and lead, and to interact with experts in the field and from each other. It is being held on October 31st to November 1st in conjunction with the [Petro-Canada Sport Leadership sportif](#) event presented by the Coaching Association of Canada. Coaches Summit is open to all members of Coaches of Canada, as well as delegates from other sport constituencies such as National Sport Organizations, Canadian Olympic Committee, provincial coaches associations and Canadian Interuniversity Sports to name just a few. For more information and registration go to www.coachesofcanada.com

Coaching Association of Canada Petro-Canada Sport Leadership Conference

As previously mentioned in the BCWBS Coach Chronicle the CAC is hosting their annual coaching conference in Vancouver, BC this year. Detailed program description and online registration is available at the following link: http://www.coach.ca/eng/story_details.cfm?ID=211

NCCP Introduction to Competition Part A & B

The following dates and locations are available for NCCP theory courses in October 2006. For more info check out www.cabc.bc.ca

Part A

Oct 10, 24, 31, Nov 7, 2006	Vancouver	Cycling BC	online registration only
Oct 14, 15, 2006	Surrey	Tong-Louis Family YMCA	(604) 575-9622
Oct 14, 15, 2006	Castlegar	Selkirk College	(250) 365-1208
Oct 14 & 21, 2006	Madeira Park	Pender Harbour Community School	(604) 883-2826
Oct 20, 21, 2006	Penticton	PacificSport - Okanagan	(250) 490-2423
Oct 20, 21, 2006	Vernon	PacificSport - Okanagan	(250) 545-6035
Oct 21, 22, 2006	Duncan	Malaspina University-College	(250) 746-3519
Oct 21, 22, 2006	Victoria	Pearkes Recreation Centre	(250) 475-5400
Oct 21, 22, 2006	Victoria	University of Victoria	(250) 721-7282
Oct 21, 22, 2006	Kamloops	PacificSport - Interior	(250) 828-3500
Oct 21, 22, 2006	New Westminster	Douglas College	(604) 527-5472
Oct 21, 22, 2006	Vancouver	Langara College	(604) 323-5322
Oct 28, 29, 2006	Salmon Arm	Okanagan College	(250) 804-8888
Oct 28, 29, 2006	Vancouver - UBC	UBC Rec	online registration

Part B

Oct 12, 19, 26, Nov 2, 2006	Vancouver	Cycling BC	online registration only
Oct 14, 15, 2006	North Vancouver	North Van Rec Commission	(604) 987-7529
Oct 21, 22, 2006	Nanaimo	Malaspina College	(250) 753-3245 ext 1-2072
Oct 21, 22, 2006	New Westminster	Douglas College	(604) 527-5472
Oct 27, 28, 2006	Prince George	PacificSport - Northern	(250) 614-7843
Oct 27, 28, 2006	Kelowna	PacificSport - Okanagan	(250) 469-8800
Oct 28, 29, 2006	Surrey	Tong-Louis Family YMCA	(604) 575-9622
Oct 28, 29, 2006	Vancouver	Langara College	(604) 323-5322

Level Three

Oct 28, 29 & Nov 25, 26, 2006	Penticton	PacificSport - Okanagan	(250) 490-2423
Nov 4, 5, 18 & 19, 2006	Courtenay	PacificSport - Vancouver Island	(250) 338-1000
Nov 18, 19 & Dec 2, 3, 2006	Vancouver	Western Leisure Consultants	(604) 731-7066
Feb 3, 4, & Mar 10, 11, 2007	Kamloops	PacificSport - Interior	(250) 828-3583

Sport BC High Performance Event

You work in sport. You run a good game. Sometime, though, that may not be enough. It's time to up your game and rise above the rest in your league. Nowadays the delivery of that game, whether on the floor, mat, mountain or road may require a highly coordinated strategy to make your "game" an event that rises above all others. Applying professional skills to event logistics can mean the difference between a run of the mill tournament and a memorable and talked about event that is enjoyable for athletes, volunteers, coaches, sponsors and media. This 3 hour workshop is perfect for staff and volunteers who manage sport programs and events. October 17th 9:30am or 6pm at Sport BC. For registration email workshops@sport.bc.ca

Coaching Tip

Game on...Game off: by Bruce Pinel, Mental Skills Trainer / Sport Psychologist, PacificSport
Competing at the highest levels in sport requires a tremendous amount of time and energy each day dedicated to the pursuit of excellence. However, having 'sport' on your brain 24/7 is not healthy and may actually negatively impact your sport performance. Interestingly, often one of the best things you can do to improve your performance is to actually get away from your sport and take 'breaks' during the day; not just physical breaks, but mental breaks as well so that you come back refreshed and ready to go! If you find that during your physical breaks (i.e. between training sessions, competitive events) you continue to process and think about your sport, you are not providing the mind and body the appropriate rest time needed to regenerate and recuperate the energy levels (both physical and mental) required to perform at your best when required. This is when it is important to develop the ability to '**switch off / on**' from your sport using the skills of *Symbolic Release* and *Symbolic Capture*.

Symbolic Release = a physical action or gesture that represents your commitment to 'switching off' your *sport-brain* and 'switching on' your *other-life-interests-brain*. Examples of the 'switch' are:

- closing your locker containing your sport-related gear
- zipping up your gear-bag
- putting on your regular clothes
- your first step out of the sport complex
- putting away your training / competition journal after you have made your entry

Symbolic Capture = a physical action or gesture that represents your commitment to 'switching on' your *sport-brain* and 'switching off' your *other-life-interests-brain*. Examples of the "switch" are:

- packing your gear bag
- getting into your car to go to training
- your first step into the sport complex
- putting on your training gear
- touching a team logo before training

By developing skills to "switch on and off" between sport and other life interests you are better able to:

- maximize your training / competition by not 'bringing' external concerns and issues onto the field of play with you
- maximize your time outside of sport by not 'bringing' sport concerns and issues into other life interests.

Consistent with the above message, it is very important for performance athletes to have goals in other areas of life beyond sport (school, career, family, relationships, hobbies, etc.) and to have appropriate outlets to pursue these interests. PacificSport Athlete / Coach Services (ACS) have resources and personnel available to assist you in this pursuit, which will ultimately contribute to maximizing your sport performance.

For more information and other great Performance Points please check out:
www.pacificsport.com



**BCWBS Coach Chronicle Archives are available on the
 BCWBS website at www.bcwbs.ca**

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