



Coach Chronicle September 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.

IPS Coaches

A half day workshop for Integrated Performance System (IPS) coaches has been scheduled for November 2nd. This workshop 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. IPS coaches can [register for this event here](#).

Coaches Association of Canada presents:

Petro-Canada Sport Leadership sportif

CAC's annual Petro-Canada Sport Leadership sportif conference is one of the world's premier conferences for sport leaders. This fall conference brings together coaches, sport administrators, coach educators, and athletes for several days of learning, networking, and celebrating achievements.



**Petro-Canada Sport Leadership sportif 2006
November 3-5, 2006
Sheraton Vancouver Wall Centre
Vancouver, BC**

THEME

The theme for this year's conference is 2020 Vision: Building a Sustainable System.

SCHEDULE

For a tentative schedule of the conference, [click here](#).

REGISTRATION

CAC is in the process of developing the online registration form as well as workshop descriptions and the conference website. Delegates will be able to register for Petro-Canada Sport Leadership sportif 2006 in September. Registration deadline is **October 20**.

SPEAKERS

More than 30 leading experts in sport science, coach education, business management, volunteerism, and other key topics will be presenting at this year's conference. Some of the featured speakers include:

Elaine Allison, International speaker and author of "The Velvet Hammer"
Women in Coaching Breakfast and Plenary

Mary Bluehardt, Director, School of Human Kinetics and Recreation,
Memorial University
LTAD: Integration in Sport Development – From Community to High
Performance Sport

Mike Chambers, President, Canadian Olympic Committee
Canadian Sport Excellence

Kristin Collins, High Performance Advisor, Performance Technology, Own the
Podium 2010
Applying Technology to Sport: Dartfish Applications

Frank Dick, President, European Athletics Coaches Association
Coach as a Synthesizer

Laura Farres, President, Mind in Motion Consulting Inc.
Mental Recovery and Regeneration for Coaches

Colin Higgs, Professor, Memorial University
LTAD: Integration in Sport Development – From Community to High
Performance Sport

Roger Jackson, CEO, Own the Podium 2010
Canadian Sport Excellence

Pierre Lafontaine, CEO/National Coach, Swimming Canada
Coach Best Practices

Marg McGregor, CEO, Canadian Interuniversity Sport
The Pros and Cons of Heading Out-of-Country for School

Allison McNeill, Head Coach, National Women's Basketball Team
The Pros and Cons of Heading Out-of-Country for School

Anne Merklinger, Director General, CanoeKayak Canada
CEO Forum: What are the Right Skills and Leadership Qualities for Today's
Sporting World?

Bob Philip, Athletic Director, University of British Columbia
The Pros and Cons of Heading Out-of-Country for School

Tom Scrimger, Director General, Sport Canada
Canadian Sport Excellence

Nora Sheffe, Facilitator, CAAWS
Effective Networking

Bryan Tisdall, President and CEO, Science World
CEO Forum: What are the Right Skills and Leadership Qualities for Today's
Sporting World?

Richard Way, Project Manager, Long-term Athlete Development
LTAD: Integration in Sport Development – From Community to High
Performance Sport

Henry Wohler, President, Canadian Paralympic Committee
Canadian Sport Excellence

ACCOMMODATIONS

Petro-Canada Sport Leadership 2006 is being held at the Sheraton Vancouver Wall Centre. A special conference rate of \$125 Cdn/night has been secured at the hotel. Delegates must make their reservations by October 6 to qualify for this rate. When making reservations, indicate that you are attending "Petro-Canada Sport Leadership 2006".

To make a reservation, please call 1-800-663-9255 or 1-604-893-7120. You can

also e-mail your reservation request to reservations@wallcentre.com or fax it to 1-604-893-7123.

Some of the highlights of this year's conference include:

Coaching Research Symposium:

CAC will be hosting the second annual Coaching Research Symposium on Thursday November 2, 2006 in conjunction with Petro-Canada Sport Leadership sportif 2006.

Sport Exchange Forum

CAC will be hosting a Sport Exchange Forum on Friday November 3, 2006 in conjunction with this year's Petro-Canada Sport Leadership sportif conference. NSOs, P/TSOs, and MSOs are invited to share programs/services and best practices in system development, innovation, research, accessibility, and outreach. For more information, [click here](#).

SPIN Summit

The **SPort INnovation (SPIN) Summit** is a sport technology and sport performance conference featuring presentations by renowned international experts, poster presentations, presented papers, exhibits, and special guest presentations by high performance athletes and coaches. By bringing representatives from the areas of sport technology and sport performance, the conference will build knowledge, networks and tools for future sport success through technological advances. The conference goal is to identify and develop technological opportunities for sport while better understanding sport technology and science applications that lead to improved human performance.

The SPIN Summit is an initiative of PacificSport with support from our partners at Camosun College and the Province of British Columbia. See the link below in regards to the SPIN Summit October 2-4.

<http://www.pacificsport.com/Content/Main/PSBC/Events/SPINSummit/SPINSummit.asp?langid=1>

Women in Coaching Initiative

A new initiative aimed at increasing the number skill levels of female sports coaches in the province was announced today during the BC Summer Games in Kamloops. The Coaches Association of BC (CABC), in partnership with ProMOTION Plus and the BC Games Society is launching the program that will pair up experienced coaches with females who are interested in pursuing a career in coaching, and supporting them in training to a higher level. BC Games Society President and CEO Kelly Mann said the program to bring more women into coaching is an initiative that BC Games happily and readily endorses. "We

don't program, but we provide opportunities. Full marks to ProMOTION Plus and the Coaches Association for recognizing the platform is there, and for presenting their vision for the future of coaching with women."

The Coaches Association of BC is the voice for all coaches in 66 sports province wide. By improving the quality of coaches at all levels through professional development, certification and ongoing education, the CABC fosters a positive and meaningful experience for athletes at all levels. For more information contact the CABC at www.coaches.bc.ca

Basketball Coaches Clinic

Oct 21, 2006 Oregon State University - Legendary NBA assistant coaches Bob Kloppenburg and Tex Winter will be the lead speakers at the Oregon State Basketball Coaches Clinic on Saturday, Oct. 21.

Kloppenburg has nearly a half-century of coaching experience from high school to the NBA, most notably 12 years with the Seattle Supersonics as their defensive coordinator. He helped develop the pressure defense used throughout the game today, and he has given clinics all over the world teaching his SOS Pressure Defense system.

Winter developed the Triangle Offense, which won nine NBA championships in a span of 12 years when he was an assistant coach with the Chicago Bulls and Los Angeles Lakers. He coached for 57 years in the college and professional levels, including stints as head coach in the NBA with the Houston Rockets and in college at Marquette, Kansas State, Washington, Northwestern and Long Beach State. For more information on this clinic go to: www.osubeavers.com

Principles of Positive Coaching

A seminar for community sport coaches, parents and administrators

Presented by: North Vancouver Sport and Recreation Council

Facilitated by: Target Performance Education Group (Tpeg)

Date: October 20, 21, 2006

*Team Building * Nutrition for Community Sport * *Personal and Social Responsibility * Parents as Allies **Parents Guide to Coaching * Coaching Female Athletes * Performance Enhancement Workshops * Be A Buddy, Not A Bully. This series of seminars is targeted towards the advancement of coaches at the grassroots and developmental levels.

Friday October 20th 6:00-9:00pm

Saturday October 21st 9:00-5:00pm

Delbrook recCentre-600 West Queens Rd.

TPEG : Target Performance Education Group "stretching the limits of creativity"
TPEG is a trio of experienced sport educators who are enthusiastically and professionally dedicated to the enhancement of sport for all peoples. TPEG uses innovative, interactive, and brain-friendly techniques to enhance the learning experiences of all participants. They believe in "fun with a purpose" and catering

a variety of learning styles. www.tpeg.ca For more information or registration contact Laura Pitt at pittl@northvanrec.com

Tip of the Month: INTRODUCTORY BALL HANDLING TIPS

To be a top-flight ballhandler (which is key to being a great point guard) one must be able to survey the floor while handling the ball. The ball-handler cannot afford to be concerned with whether he/she is going to be able to control the ball at high speeds especially while running a break. Everyone on the team relies on the ball-handler to get the ball down the floor and be the catalyst toward making something happen for the team.

A classic rule of life applies here: If you can handle two of something, then mastering one thing will be much easier. In other words, if you can handle two balls at high speeds while keeping your eyes looking ahead, handling one will be a piece of cake.

Drill: Sit at one end of the court. Hold one basketball in each hand. Begin to move forward toward the opposite baseline, bouncing the ball in your right hand first. In the fraction of a second after the ball in your right hand has hit the floor, bounce the left ball. In the fraction of a second after the left ball hits the floor, bounce the right ball. Continue in this fashion down the court. As you begin to feel more comfortable doing the drill, start to pick up your pace. Ideally, you will eventually be able to sprint down the floor, bouncing both balls with equal skill. Don't underestimate the importance of this ball handling tip! It sounds simple, and it is, so make sure to master ball-handling and you're on your way to a great basketball career!

AROUND THE WORLD

Ball Handling Tip #1: Circle the ball around your head, then your neck, than your waist This exercise will give you a great feel for the ball in addition to hand coordination and speed.

FIGURE 8 DRIBBLING

Ball Handling Tip #2: This is a drill to practice your ball-handling. Dribble the ball as quickly as possible in a figure 8. Use the fingers when you dribble, and dribble very low and quickly. Switch from the right to the left and back to the right.

Example: start with the right hand dribbling the ball in front with your right hand, switch to your left hand and dribble from the back, around your left side... then switch to your right hand behind the body and around the right side. Try to go as fast as possible and your dribbling skills will improve with daily practice.

ONE ON TWO

Ball Handling Tip #3: A good drill to use to better your dribbling under pressure is to try to advance the ball against two defenders. This will force you to use a variety of manuevers while being alert to the defense.

SQUEEZE THE BANANA

Ball Handling Tip #4: This is a drill that helps increase the strength in your

fingers. Hold the ball in front of you at eye level with two hands. By squeezing your fingers and thumb together with one hand at a time, you move the ball from one hand to the other as quickly as you can. More finger and arm strength will improve your ball control.

UP THE LADDER

Ball Handling Tip #5: Hold the ball out in front of you and pass it back from hand to hand using only your finger tips. Go from out in front of your waist to above your head and back. This will help you develop the finger tip control that you will need to properly handle the ball.

**BCWBS Coach Chronicle Archives are available
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