



Coach Chronicle

January/February 2007

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.

HAPPY NEW YEAR!

BCWBS started off 2007 with a bang by hosting a High Performance Coaching Clinic and Athlete Training Camp at Douglas College in New Westminister. This camp led by expert Coach Mike Frogley involved BC provincial team athletes and the 2007 Canada Winter Games athletes. It was a great way to head into the rest of the 2007 season.



Coach Mike Frogley with Canada Games Athlete Jon Vliegthart

3rd Annual BC Sport Tourism Events Marketplace

Friday, February 9, 2007

Tourism British Columbia and 2010 Legacies Now are pleased to invite you and your sport tourism colleagues to attend and take advantage of this unique networking and learning event. The BC Sport Tourism Events Marketplace offers a valuable business-to-business opportunity. BC community tourism industry representatives and Provincial Sport Organizations (PSOs) will be able to meet one-on-one to explore sport event hosting opportunities. In addition, engaging educational sessions will provide practical insight into the sport tourism industry. This full day event will take place at the Renaissance Vancouver Harbourside Hotel, located in downtown Vancouver. A special BC Sport Tourism Events Marketplace room rate has been arranged. For more information contact: Event Coordinator, Rita Albano, at ralba@telus.net or 604-683-8331.

Active Living Alliance Youth Exchange 2007

This Exchange, administered through the YMCA Youth Exchanges Canada program which is funded, in part by the Department of Canadian Heritage will be held in Ottawa at Carleton University from June 27th to July 3rd. The ALA encourages young Canadians between the ages of 14 and 17 years as of June 1st, 2007, to sign up before the March 1st, 2007 deadline. Space is limited since we can only accept 50 participants! For more information on the 2007 Youth

Exchange visit our website at: <http://www.youthambassadors.ca/ye07/index.html>
or contact Nadia Smith at nadia@ala.ca

CABC 2006 COACH OF THE YEAR AWARDS

The Bob Bearpark Foundation supports the Coaching Association of BC (CABC) in providing recognition awards for the BC coaches in four categories:

Recreational/Grassroots

Regional/Provincial Development

Secondary Schools

International

The purpose of the Coach of the Year Awards is to recognize a history and dedication to coaching in British Columbia. Each recipient will be selected for their outstanding achievement in the category in which they have been nominated, and for their unique contribution to the advancement and well-being of athletes and their sport. The award does not reflect the accomplishments and contributions of the coach in any one year. The award is designed to recognize contributions the coach has made to his / her sport and its athletes over a number of years. Each recipient of a CABC Coach of the Year Award will receive a trophy, a bursary of \$250 from the Bob Bearpark Coaching Bursary Fund, a five year CABC membership and a coveted CABC baseball cap.

www.coaches.bc.ca

Following the Functional Path

February 17– 18, 2007; Seattle, WA

Here is a great opportunity for all coaches to learn from one of the world's best known coaches who has brought functional training to the forefront. Vern Gambetta will be coming to the Red Lion Inn at Sea-Tac airport in Seattle, Washington, February 17-18, 2007. There are special discounted rates for all coaches. The seminar is on "Following the Functional Path". For more information on Vern Gambetta you can visit his website, www.gambetta.com.

ProMOTION Plus Leadership Awards

Deadline for nominations is March 1, 2007

To identify, recognize and celebrate the accomplishment(s) of an individual or group in BC who has challenged the traditional limits attributed to women and girls in physical activity and sport, and in doing so has encouraged them to participate more fully in physical activity and sport as participants, competitors, and leaders. Awards will be given out at the International Women's Day Sport Conference on March 8th, 2007 in Vancouver. Details and application form available at www.promotionplus.org.

2007 Bobbie Steen Awards of Excellence

Deadline: February 8th, 2007

In partnership with BC Games Society, BCRPA, Sport BC and Sport Branch (Ministry of Tourism, Sport and the Arts, BC Government), we will be awarding two (2) Bobbie Steen Awards of Excellence, one as a *Career Achievement Award* and one as a *Development Award*. The Bobbie Steen Awards of Excellence were created and funded to recognize outstanding individuals or organizations who demonstrate exemplary leadership in sport and recreation making a contribution to promote access and opportunity for girls and women in the province of BC. *Note:* The Career Achievement Award does not include a cash disbursement; however the Development Award has a \$1,500 disbursement. Details and application form available at www.promotionplus.org.

2007 Bobbie Steen Legacy Foundation Award

Deadline: February 8th, 2007

The Bobbie Steen Legacy Foundation has been created to provide financial support to charitable activities dedicated to advancing gender equity in physical activity and sport and/or the community betterment resulting from female involvement in physical activity and sport. The Bobbie Steen Legacy Foundation Award in the amount of \$1000 is awarded to an emerging leader whose dedication to the women and girls of BC parallels those of Bobbie Steen and the Foundation. Details and application form available at www.promotionplus.org.

Coaching Tip of the Month:

Recruiting Volunteers

As coaches we have to wear many hats, one of the jobs that always seems land on our list of thing to do is to recruit volunteers. Here is a pdf from the Coaching Association of Canada's Coaching Toolbox on "Recruiting Volunteers and Coaches"

Where to start?

- Be specific – know what it is you are looking for and what needs to be done.
- Outline which tasks can/should be done by volunteers.
- Determine when, where, and how you will recruit the volunteers.
- Define the jobs of the volunteers, give them job a description.
- Determine the qualifications a volunteer would need.

"Eighty percent of those not volunteering say the primary reason they did not volunteer was simply because they were not asked!"

Tips for Finding Volunteers

- Spread the word to everyone you know.
- Call local high schools, more specifically the physical education departments.
- Talk to the parents of the participants.
- Go to other organizations and clubs – ask around.

- Ask your league director or local association president for names of people who might want to assist.

Tips for Keeping Volunteers

- Keep them busy doing things they will enjoy.
- Acknowledge their contributions.
- Have clear goals and expectations of their duties and responsibilities.
- Provide food and beverages.
- Say “Thank you” and mean it.
- Ensure that your volunteers understand your organization’s mission, goals, and overall strategy of their project.
- Have giveaways to reward them – small but meaningful.
- Have retreats, parties, or picnics – something away from work.
- Give out titles, attach an importance to their job.

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

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