



Coach Chronicle November 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.

PacificSport Coaches' Breakfast

PacificSport is hosting a coaches' breakfast, all levels of coaches are invited.

Date: Thursday, November 16th, 2006

Time: 7:00am *Doors Open*

7:00am - 7:30am *Light Breakfast*

7:30am - 8:30am *Concussion Seminar*

Location: Sport BC, #106 - 1367 West Broadway, Vancouver, BC

Who's Invited: Coaches of all levels

Cost: Free

The topic of this seminar will be Concussions. Deanna Shick, Assistant Professor School of Human Kinetics at Trinity Western University, will be speaking to this topic. A few points that will be discussed are:

- How to recognize symptoms
- What to do if a concussion occurs
- Return to play

In order to secure your spot, please register by November 10, 2006. For more information and to register, please visit www.pacificsport.com

CAC Announces New Agreement with General Motors of Canada

The Coaching Association of Canada (CAC) is pleased to announce that General Motors of Canada (GM Canada) has launched Making Dreams Possible, a \$1.2 million program which will create a competitive advantage for Canadian athletes by directly supporting coaches at the elite and local club levels.

CAC will administer the distribution of grants to high performance coaches as well as coaching grants to sport clubs in local communities. For more information about Making Dreams Possible, read the attached news release or visit www.coach.ca/makingdreamspossible/index.htm.

Six British Columbia Coaches Win Coaching Excellence Awards

Six British Columbia coaches were among the 40 recipients of this year's Petro-Canada Coaching Excellence Awards announced today by the Coaching Association of Canada (CAC).

The Petro-Canada Coaching Excellence Awards are presented to coaches whose athletes have won medals at open world championships, Olympic Games, or Paralympic Games. The winners are to be presented with their awards at the Sport Leadership Awards Dinner on Friday November 3 in Vancouver. The dinner is the highlight of the three-day Petro-Canada Sport Leadership sportif 2006 conference being held at the Sheraton Vancouver Wall Centre.

The British Columbia recipients are:

Justin Abdou, Port Moody: Wrestling coach Justin Abdou helped Lyndsay Belisle win a silver medal at the world wrestling championships in China last month. Abdou has been the men's wrestling head coach and the women's wrestling assistant coach at Simon Fraser University since 2002, and is also the head coach of Burnaby Mountain Wrestling Club.

Leslie Clarke, Whistler: At her first Paralympic Games, Leslie Clarke coached alpine skier Lauren Woolstencroft to a gold medal in the women's giant slalom and a silver medal in the women's Super G. She has been the head coach of the Canadian disabled alpine ski team since 2003.

Tim Frick, Port Coquitlam: The national women's wheelchair basketball team won the gold medal at the world championships in Amsterdam this year under the guidance of head coach Tim Frick. Since becoming head coach of the team in 1990, he has led Canada to numerous medal victories.

Joe Rea, Prince George: Joe Rea led Canada's wheelchair curling team to a gold medal at the Paralympic Games. He has been involved with wheelchair curling for the last four years and is a member of the 2010 high performance coaching group in British Columbia.

Gerry Richard, Kelowna: Captain of the Kelowna Fire Department, Gerry Richard is a natural born leader as he led the women's curling team to a bronze medal finish at the world curling championships.

Mike Spracklen, Victoria: Men's national rowing coach Mike Spracklen coached Kevin Light and Malcolm Howard to a bronze medal finish at the world rowing championships in Eton, U.K. Since 1975, he has coached rowers to more than 30 medals at the world level.

Nominations open for CABC Coach of the Year Awards

Each year the CABC in conjunction with the Bob Bearpark Foundation invites nominations for Coach of the Year in four categories: Recreation/Grassroots, Regional/Provincial Development, Secondary School, and International. The purpose of the awards is to recognize a history and dedication to coaching in British Columbia. Everyone is invited to submit a nomination for a coach that deserves this recognition. The deadline for 2006 nominations is February 15, 2007. For more information go to www.coaches.bc.ca

Coaches Corner- Kamloops Integrated Whole Body Strength Training Using Dumbbells and Instability Equipment

Calling all coaches... come network with us. We meet the second Thursday of every second month at Fogg N' Suds, 577 Victoria Street. We will provide you with the latest information on topics that relate to coaching. Please call 250 828-3583 to pre-register for this free event.

Event Date

11/9/2006

Event Time

12:00 PM - 12:40 PM

Location

Fogg N' Suds

City: Kamloops

Region: Interior BC

Province: British Columbia

Country: Canada

Contact Info

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Tip of the Month:

Pre-Season Planning

Before your season starts you must set upon the task of goal setting. Setting goals for your season is critical to the coach. This gives the coach an outline to start the planning process. Defining the skills that need to be taught is the first step in goal setting.

Lower mainland regional coach Mike Prescott has developed some materials to assist coaches around the province. He has created some plans for junior programs and also some developmental wheelchair basketball skills sessions. We will be happy to distribute these materials for you to implement in your programs. Please contact marni@bcwbs.ca for more information on the resources currently available.

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

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