





2018 Coach Development Conference

Revised July 9th, 2018

SUNDAY – JULY 22		At the CANADA'S NATIONAL BALLET SCHOOL
9h00	Coaches meet at Delta Toronto East	
9h15	Bus departs from Delta Toronto East 2035 Kennedy Road, Toronto, ON M1T 3G2	
10h00	Arrival National Ballet School	
10h15 – 12h15		Transformation coaching with Jennifer Turnnidge, Queen's University - Jarvis Room Part 1 <i>There is growing recognition that effective coaching is not only about developing better athletes, but also about developing better people. To achieve this important goal, coach education programs are needed to help coaches foster high-quality interpersonal relationships. Developed by a team of researchers across Canada and the United States, the Transformational Coaching Workshop is an innovative, evidence-informed workshop designed to enhance your leadership skills, and ultimately improve the quality of your interpersonal relationships. By becoming a more effective leader, you can positively contribute to your athletes' performance, long-term participation, and personal development. This interactive workshop will enhance your understanding of yourself as a leader and help you to develop leadership skills that will inspire, empower, and bring out the best in your athletes. Interactive and reflective activities will increase your understanding of the principles of Transformational Coaching and your ability to develop strategies for implementing Transformational Coaching behaviours in your coaching practice. Additionally, you will be provided with an opportunity to develop practical action plans for making positive changes in your leadership behaviours.</i>
12h15 – 13h	Lunch, supplied by Synchro Canada & observe dance class	
13h-14h15	Transformation coaching with Jennifer Turnnidge, Queen's University – Jarvis Room Part 2	
14h30-16h30		Extension & Flexibility with Nini Ho - Jarvis Room <i>Ms. Cheng-ni (Nini) Ho graduated with Distinction from the Teacher Training Program at Canada's National Ballet School and is the proud recipient of the Betty Oliphant Award for Excellence in Teaching. Additionally, she maintains her Registered Teachers Status with the Royal Academy of Dance and her Cecchetti Associate Qualifications. Nini has taught professional dance programs in Taiwan and in private studios in the GTA. She is currently also a teacher in the Professional, Associates Ballet programs and Adult Ballet Program at Canada's National Ballet School. Her passion for dance is evident in her teaching style and she is dedicated to working with her students to inspire a love of dance that will help them achieve their goals.</i>
16h40	Bus Departs National Ballet School	
17h30	Arrival Delta Toronto East	

MONDAY – July 23	At TPASC
7h45	Arrival of coaches
8h00-8h45	Observe athlete Flexibility session with Nini Ho
9h00 – 12h00	<p>Gymnastics skills for the Artistic Swimmer Module – part 1: theory</p> <ul style="list-style-type: none"> • New module piloted for all Swim Synchro & Synchro Instructor, Competition Introduction, Competition Development, and Advanced Coaching Diploma Coaches • In partnership with Gymnastics Canada <p><u>Learning Facilitator:</u></p> <p>Pam Lumb Collett <i>High Flyers Gymnastics Club, Technical Director Level 4 Certified Coach FIG Brevet WAG Judge Technical Consultant for: Cayman Islands Gymnastics Association ; Bermuda Gymnastics Association; Iqaluit Gymnastics Club; Rankin Inlet Gymnastics Club Gymnastics Canada Gymnastique Life Member Gymnastics Ontario Life Member</i></p>
12h00 – 12h45	Lunch
12h45 – 15h00	<p>Gymnastics skills for the Artistic Swimmer Module – part 2: theory & practical</p> <ul style="list-style-type: none"> • New module piloted for all coaches Swim Synchro & Synchro Instructor, Competition Introduction, Competition Development, and Advanced Coaching Diploma Coaches • In partnership with Gymnastics Canada <p>Practical observation with Pam & Suzanne Fisher:</p> <p><i>Suzanne Fisher is a NCCP Level 3 gymnastics coach, with extensive experience coaching Women’s Artistic Gymnastics and Trampoline. She now works at Gymnastics Canada as the Program Manager of Education.</i></p>



Cost = \$125

Professional Development points = 3

Registration open until Friday June 13, 2018

Register at

<https://synchrocoach.ca/index.php?page=233>