

## Carving the Future Coach/Technical Leadership Workshop Agenda

**Thursday, October 1, 2009**

8:30 am to 9:00 am	Continental breakfast (Muffins, Coffee, Juice)
9:00 am to 9:10 am	Introductions, workshop overview
9:10 am to 10:30 am	Para-Alpine Development Pathway (Ozzie) <ul style="list-style-type: none"><li>• What are we doing well?</li><li>• Where can we improve</li><li>• Implementation strategies</li></ul>
10:30 am to 10:45 am	Break
10:45 am to 11:30 pm	CPAST Senior Team Presentation (JF Rapatel)
11:30 am to 12:00 pm	Expectations of provincial programs (JF Rapatel/Ozzie) <ul style="list-style-type: none"><li>• Descriptions of programs by each province</li></ul>
12:00 pm to 1:00 pm	Lunch
1:00 pm to 1:30 pm	Expectations of provincial programs (JF Rapatel/Ozzie) <ul style="list-style-type: none"><li>• Creating consistency Canada wide</li><li>• Competition opportunities</li><li>• Collaboration opportunities (CTF/CADS/ACA)</li></ul>
1:30 pm to 2:30 pm	Program planning (Mike Clarke/Lasse Ericsson/Ozzie) <ul style="list-style-type: none"><li>• Yearly program plans</li><li>• National race series</li><li>• NorAm / IPC DAR races</li><li>• Recruitment/talent ID</li><li>• Expectations of the CPAST Development Group (Mike Clarke / Lasse Ericsson)</li></ul>
2:30 pm to 2:45 pm	Break
2:45 pm to 4:30 pm	Program tracking (Mike Clarke/Lasse Ericsson/Ozzie) <ul style="list-style-type: none"><li>• Athlete tracking (what we want, what we see)</li><li>• Where are the provincial athletes coming from?</li><li>• Connecting grass roots to development</li><li>• Connecting development to Active for life options<ul style="list-style-type: none"><li>○ Coaching</li><li>○ Race management / support</li></ul></li><li>• Club race development</li></ul> The plan moving ahead for 2009-10 and beyond

4:30 pm to 4:50 pm	Break – informal discussion
5:00 pm to 6:00 pm	Dr. Stephen Norris (Guest Speaker) - Bio attached
<b>Agenda: Friday, October 2, 2009</b>	
8:30 am to 9:00 am	Continental breakfast (Muffins, Coffee, Juice)
9:00 am to 9:10 am	Introductions, review of Thursday key points (Ozzie)
9:10 am to 10:30 am	Coaching (Keith Robinson – CSCF/Ozzie) <ul style="list-style-type: none"> <li>• Para-Alpine coach pathway</li> <li>• Provincial coach requirements</li> <li>• Certification options</li> <li>• Para-Alpine Senior Coach requirements</li> <li>• Professional development</li> <li>• Mentor opportunities</li> <li>• Intern or apprentice opportunities with provincial or national teams</li> <li>• Coach succession planning in Para-Alpine</li> </ul>
10:30 am to 10:45 am	Break
10:45am to 12:00 pm	The role of the PSO (Jim Davis/Ozzie) <ul style="list-style-type: none"> <li>• Existing club programs</li> <li>• Template for providing clubs Para-Alpine information</li> <li>• Competition opportunities</li> <li>• Coach development through PSO</li> <li>• Officials training in Para-Alpine</li> <li>• Provincial CADS / Alpine Canada relationship</li> </ul>
12:00 pm to 1:00 pm	Lunch
1:00 pm to 2:30 pm	Next steps (Round table) <ul style="list-style-type: none"> <li>• Points of agreement that we must see nationally</li> <li>• Unique provincial opportunities</li> <li>• Collaboration between provinces</li> <li>• Getting a provincial program off the ground</li> <li>• Making the LTAD a real pathway with no gaps</li> <li>• The future of “Carving the Future”</li> <li>• Other discussion items</li> </ul>
2:30 pm to 3:00 pm	Informal discussions <ul style="list-style-type: none"> <li>• Departures to airport where required</li> <li>• One on one discussions</li> </ul>

**Bios:**

<b>Mike Clarke:</b>	Head Coach, Development Team (CPAST)
<b>Jim Davis:</b>	High Performance Director, Alberta Alpine Ski Association
<b>Lasse Ericsson:</b>	Coach, Development Group (CPAST)
<b>Jean Francois (JF) Rapatel:</b>	High Performance Director (CPAST)
<b>Keith Robinson:</b>	Canadian Ski Coaches Federation (CSCF) High Performance Coach Education Director
<b>Ozzie Sawicki:</b>	Workshop Facilitator

**Guest Speaker:**

**Dr. Stephen Norris:** Originally from England, Stephen is currently the Director of Sport Physiology & Strategic Planning at the Canadian Sport Centre Calgary where he focuses on winter Olympic sports and acts as an advisor to 'Own the Podium' (the winter arm of Podium Canada; Canada's high performance sport agency). He is also an adjunct assistant professor within the Human Performance Laboratory at the Faculty of Kinesiology, University of Calgary where he is a member of the Altitude Research Group and the Sport Physiology Group (both headed by Dr. David Smith).

Stephen's main role is working with national team officials and coaches to devise and enact programs that increase the likelihood of success at international level competition. This often requires an integrated multidisciplinary approach utilizing expertise from several different areas in order to support a given sport's performance objectives. In addition, Stephen plays a key role as a consultant to the 'Own The Podium' program high performance/technical group, which is the agency tasked to spearhead Canada's Winter Olympic Sport performances led by Dr. Roger Jackson. Aside from this role, Steve also acts as a graduate student advisor and committee member, and is in increasing demand internationally both as an external examiner and as a 'high performance' consultant. Aside from the exciting challenges of his liaison with various sports, Stephen has been a contributor to the 'Canadian Sport For Life' program concerning athlete/participant development within Canada over the past five years, a topic that he is fiercely passionate about.

Stephen's research areas embrace the 'umbrella' of 'sustainable performance', particularly issues to do with hypoxia / hyperoxia, cardiovascular / cardiopulmonary responses to 'stress', and assessing recovery and regeneration states. His focus of attention ultimately centres upon the implementation of sport science into practical settings, particularly aspects to do with the planning, periodization, sequencing and

monitoring of training. Stephen is primarily involved with ‘sliding and gliding’ sports (those on ice, snow and water) such as hockey, all disciplines of skiing, snowboarding, luge, skeleton, and bobsleigh, as well as having an interest in sailing and swimming.

In recent years he has been a Board of Directors member for Cross Country Canada/Ski du Fond (2005-7), Swimming Canada/Natation Canada (2004-7), and Bobsleigh Skeleton Canada (2006-7) and strives to help such organizations establish ‘sustainable’ frameworks, practices and performance focus. He is currently on the editorial board of the International Journal of Sport Physiology and Performance as well as being a ‘*main board*’ director for Paramount World (a leading global corporate, personnel, personal security and risk assessment group based in the UK).

On a personal level, Stephen has extensive personal and professional experience of harsh environmental situations and extreme human performances under highly stressful conditions. He is an avid board sailor, snowboarder, mountain biker and paraglider pilot; attempts to participate in squash, tennis and golf, and is currently pursuing kitesurfing.