



2010 Coaching Clinic - March 20-21

Join us for a two day coaching clinic that offers comprehensive training for beginning to advanced coaches.

Cost: \$45 + tax NPC Participants, \$90 + tax non-NPC participants
Registration Deadline March 16th, 2010

Day 1 - Classroom – 9:00 am – 3:00 pm - Nanaimo Regional Hospital

Nanaimo Regional General Hospital – 1200 Dufferin Crescent
<http://maps.nanaimo.ca>

You will learn:

Role of the Coach – *Guest speaker – Catharine Edwards – Pacific Sport*
Code of Conduct – *Guest Speaker – Catharine Edwards – Pacific Sport*
On water Safety – *Coast Guard Auxiliary*
Team Development
Season Planning and Practice Structure
Video Analysis – *Coaching tool*
On and off water Training – *Simon Lillyman – Pinnacle Health & Fitness*
On Water technical and endurance drills – *Holly Wylie – Go Row & Paddle*
Technical Stroke – *Mechanics of stroke – Bob Wylie – Dragon Adrenaline*
Steering – *Bob Wylie – Dragon Adrenaline*
Role of Drummer – *Holly Wylie – Go Row & Paddle*
Questions and Answer

The first day will have components of brain storming, activities and coach participation.



Day 2 – On Water – 11:00 – 3:00 - Nanaimo paddling Center docks

Nanaimo Paddling Center Dock – next to Lighthouse Bistro – Anchor Way
<http://maps.nanaimo.ca>

You will learn:

- On water Safety
- Role of the boat
- Hands on Coaching
- Observation
- Steering
- On water drills
- Warm Up drills
- Cool down drills
- Discussion on drills and their role

Don't forget to dress appropriately and comfortably, the day will be spent on the water!

To register contact:

GO Rowing and Paddling
Association
(250) 754-1991
info@gorowandpaddle.org

**For more information on the
clinic contact:**

Holly Wylie
Go Rowing and Paddling
250-756-2746
250-616-0592
holly@gorowandpaddle.org