ONTARIO WRESTLING
Coaches Conference 2021

Holiday Inn and Conference Centre, Burlington, ON [1]

Coaches are invited to take part in the 2021 OAWA Coaches Conference. Whether you are starting your NCCP training, continuing it or are already a certified coach looking to continue to enhance your skills and earn PD points, we have something for you!

NCCP A (Sport Coach) Course: **$100.00 ($50.00 for OAWA Members) ***

- Runs Saturday and Sunday. 10:00 am – 4:00 pm
- Includes Technical (on-mat) training, please come ready to work in!
- This is a complete course including Introduction to the NCCP, Planning a Practice, and Technical (on-mat) Skills.

NCCP B (Club Coach) Course: **$125.00 ($50.00 for OAWA Members) ***

- Runs Saturday and Sunday. 10:00 am – 4:00 pm
- Includes Technical (on-mat) training, please come ready to work in!
- This is a complete course including Design a Basic Sport Program, Technical (on-mat) Skills.

Professional Development (PD) Opportunity for Coaches: Sunday 10:00 am – 3:00 pm

Coaches attending will receive NCCP PD points for this session

Special Workshop **$85.00 ($25.00 for OAWA Members) ***

10:00 am Session

Canadian Sport Institute Ontario - Sport Science/Sport Medicine (SS/SM)

- What is SS/SM?
- Introduction to the following topics:
  - Sport Psychology
  - Nutrition
  - Injury and Rehabilitation
  - Strength and Conditioning

1:00 pm Session:

The afternoon will feature a series of mini-sessions, each one 25 minutes or so. Basically, introduce a topic, present some ideas, and start them thinking plus give the coach some resource information:

- Grow your program - the importance of Youth Wrestling, Womens' Wrestling.
- Administrative - Fundraising, websites, etc.
- Tours and Exchanges
- Equipment - mats, other equipment, etc.

The workshop will wrap with a short discussion where OAWA wants to hear from you! What sort of Coaching support can we provide you with?

**** 2021 Coach Workshop Fees have been reduced through the OAWA COVID-19 Recovery Program***

To register:

Fill out the following registration form

[1] Everyone entering the Holiday Inn must show proof of vaccination

Reminder – Competition/Introduction Coaching Certification Requirements

The following must be completed by the Coach under WCL requirements to become certified Competition/Introduction:

Note: Cost listed is to take the course on-line.

- **NCCP Make Ethical Decisions** – Course Cost: $75.00 through Coaching Association of Canada or Coaches Association of Ontario. Complete the course module and evaluation, or you can go direct to the Evaluation. Note: if you complete the course module, the cost of your MED Evaluation is free. If you go directly to the evaluation, the cost is $85.00
- **NCCP Planning a Practice** – Course Cost: $85.00 through Coaching Association of Canada or Coaches Association of Ontario. – plus complete the (free) EAP module on line through e-Learning while you are logged in to 'The Locker'
- **NCCP Sport Nutrition**– Course Cost: $20.00 through Coaching Association of Canada or Coaches Association of Ontario.
- **NCCP Basic Mental Skills** – Course Cost: $75.00 through Coaching Association of Canada or Coaches Association of Ontario.
- **NCCP Design a Basic Sport Program** – Course Cost: $75.00 through Coaching Association of Canada or Coaches Association of Ontario.
- **NCCP Teaching and Learning** – Course Cost: $85.00 through Coaching Association of Canada or Coaches Association of Ontario.
- Wrestling Canada Lutte Technical/Tactical A (Sport Coach) Course Cost: Included in the fee for the A workshop.
- Wrestling Canada Lutte Technical/Tactical B (Club Coach). Course Cost: Included in the fee for the B workshop.

Once all training is complete, the Coach can be evaluated:

- Competition/Introduction Evaluation – contact OAWA to request Evaluation.