

Biathlon Canada Professional Development Spring Series 2020

4:30PT/5:30MT/6:30CT/7:30ET/8:30ALT/9:00NLT

(All sessions about 1.5hrs)

Questions contact: jakerman@biathloncanada.ca

Wednesday April 22

Presentation Title:
**COVID-19 Training
Considerations for
Biathletes**

Presentation description: This panel discussion will highlight COVID-19 specific training considerations for biathletes. Panelists will share advice towards creating safe training environments, as well as direction for good quality physical training, nutrition and a strong mental outlook while under the constraints of COVID-19.

Panelists:

Biathlon Canada Team Doctor, Andy Reed
CSI Calgary and Biathlon Canada Team Physiologist, Jessica Kryski
Biathlon Canada Team Psychologist, John Coleman
CSI Calgary and Biathlon Canada Team Nutritionist, Kelly Drager
Canmore Nordic Ski Club - Lead Biathlon Coach, Rachel Koroscil

Register here: <https://thelocker.coach.ca/event/public/5368536>

Wednesday May 6

Presentation Title:
**Psychological Load
and Practice
Enhancement**

Presentation description: Training is about developing much more than just fitness. This session will explore how the concept of psychological load can help coaches design more effective practices and training plans. We will discuss decision-making, recovery, and the psychology of optimal practice.

Speaker bio: Stuart Wilson is a Ph.D. researcher in Human Kinetics at the University of Ottawa. His research examines factors influencing the long-term development of expertise in athletes, including recovery, self-regulated learning, and skill acquisition. His work draws on both academic and professional experiences with various sport organizations, including Hockey Canada, Canoe Kayak Canada, and Canadian Sport Institute Ontario, to improve athlete development outcomes and experiences.

Register here: <https://thelocker.coach.ca/event/public/5368541>

Wednesday May 20

Presentation Title:
**Gold Medal Profile
(GMP) Overview**

Presentation description: Check back next week to read about this presentation

Speaker: Roddy Ward, Director Long Term Athlete Development, Biathlon Canada

Register here: <https://thelocker.coach.ca/event/public/5368542>

Wednesday June 3

Presentation Title:
**GMP Technical,
Tactical, Equipment
Report Card –
Shooting**

Presentation description: Check back next week to read about this presentation

Speaker: Roddy Ward, Director Long Term Athlete Development, Biathlon Canada

Register here: <https://thelocker.coach.ca/event/public/5368544>

Wednesday June 17

Presentation Title:
**GMP Technical,
Tactical, Equipment
Report Card – Skiing**

Presentation description: Check back next week to read about this presentation

Speaker: Roddy Ward, Director Long Term Athlete Development, Biathlon Canada

Register here: <https://thelocker.coach.ca/event/public/5368546>

Wednesday June 24

Presentation Title:
**Gender Equity
Research Project**

Presentation description: A presentation and interactive workshop on our Gender Equity Research Project. Biathlon Canada recognizes that achieving gender equity within our organization and our sport is crucial to our future.

BrockU with funding from Sport Canada is assisting us in examining our current practices as they relate to gender equity. We are examining everything from participant registrations to race invitations to our own governance structures, a gender audit will allow us to complete this organization-wide examination.

Biathlon Canada's commitment aligns with the Canadian government's commitment to achieving gender equity in sport by 2035. We will use the information collected by the gender audit to guide the development

of stronger policies, programs and ways of conducting business, and to achieve gender equity at Biathlon Canada.

Presenters: Biathlon Canada, Centre for sport Capacity Brock University

Register here: <https://thelocker.coach.ca/event/public/5368547>