

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: The GMP is a road map and gap analysis tool to take our top Junior athletes to the international podium, through a focus on the Key Performance indicators (KPI's) that underlie performance. These KPI's fall under 6 main pillars – technical/tactical skiing, technical/tactical shooting, Physical, Mental, Health and Equipment. In a high-level overview, we will present these key performance indicators that underlie performance and present how we will measure our athletes to ensure they develop these KPI's to world class levels.

Speaker bio: Roddy has a Master of Education (Med) degree in coaching studies from the University of Victoria and has been a full-time coach in biathlon since 2005. Roddy began coaching at the club level with Canmore Nordic, as the Head Coach, from 2006-2011. In 2011-2018, he worked as a coach with the Senior National Team. Since 2018, Roddy has been the Director of Long Term Athlete Development at Biathlon Canada, looking after the National Development Teams, high performance planning and strategy, the anti-doping program, and contributing to coach, and sport development.

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

Wednesday June 3

Presentation Title:
**Growing your Mental
Skills Toolbox**

Presentation description: How much of your daily training is mental? This session will introduce various psychological skills and explore how to train them at home and in practice. We will discuss practical strategies coaches and athletes can use to develop and grow their mental game.

Speaker bio: Renée Matte is a graduate student in Psychology at the University of New Brunswick. Her research has focused on performance enhancement, anxiety sensitivity and sport dropout, coach and athlete behaviour, and hazing in athletics. Outside of university, Renée has been a mental performance consultant for the past decade, working with athletes of all levels in over 20 sports. She also has been an artistic swimming coach for 15 years. The combination of these positions have enabled her to bring research into practice and approach sport performance from multiple perspectives.

Register here: <https://thelocker.coach.ca/event/public/5374963>

Wednesday June 17

Presentation Title:
**Responsible
Coaching Movement -
Club and Division
Engagement**

Presentation description: The Responsible Coaching Movement (RCM) is a call to action for sport organizations, parents, and coaches to enact responsible coaching across Canada – on and off the field. The RCM is a multi-phase movement that affects all sport organizations and coaches across Canada. It stems from extensive and ongoing consultation with the sport community in Canada that showed us some of the systemic issues in sport, the role various parties play, and strategies for addressing these issues. Learn how your Club and Division can take the RCM pledge, and advance in your progress if you have already.

Speaker bio: Isabelle Cayer is the Director, Sport Safety at the Coaching Association of Canada and provides leadership and expertise in the areas of Safe Sport, Professional Coaching, and the Responsible Coaching Movement. She leads the development of programs and initiatives in Women in Coaching including mentorship and apprenticeships, research, policy work, and raises awareness of the importance of diversity and inclusion within the sport community in Canada. An NCCP certified former figure skating coach, she currently contributes to coach development as a learning facilitator and Master Coach Developer for the Coaches Association of Ontario, and as a Women and Leadership Facilitator for Canadian Women and Sport.

Register here: <https://thelocker.coach.ca/event/public/5375028>

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>

SUMMER SERIES

16h00HP/17h00HR/18h00HC/19h00HE/20h00HA/20h30HTN

GOLD MEDAL PROFILE (GMP) Shooting and Skiing sessions have been rescheduled, to July 8th and Sept 2nd

SUMMER SERIES - **save the dates:** July 8 & 22, Aug 5 & 19, Sept 2

Please note the 30min **earlier start times** for the summer sessions!