



**SHSAA COACHES SYMPOSIUM**  
**MONDAY & TUESDAY AUGUST 19 & 20, 2013**



NAME:	SCHOOL AFFILIATION:
ADDRESS:	SCHOOL PHONE: SUMMER PHONE:
EMAIL ADDRESS:	
REGISTRATION FEE: PRIOR TO JUNE 30	\$100.00
AFTER JUNE 30	\$125.00
NCCP Basketball Manuals	\$110.00
Volleyball Level 1 Coaching Manual	\$50.00
NCCP—Part A and B Accelerated Manual	\$60.00
NCCP—Making Ethical Decisions Manual	\$20.00
SIAAA Leadership Training 502 (contact SHSAA office)	\$99.00
TOTAL PAYABLE	\$

PLEASE INDICATE THE SESSIONS YOU PLAN ON ATTENDING

<input type="checkbox"/> Sport Taping (Monday 9:00—4:30)					
<input type="checkbox"/> Basketball—NCCP Train to Train Competition Advanced (Monday 8:00—5:00, Tuesday 8:00-12:00)					
<input type="checkbox"/> Volleyball—NCCP Level 1 Technical Workshop (Monday 8:30—5:00, Tuesday 9:00—12:00)					
<input type="checkbox"/> NCCP Introduction to Competition—Part A and B Accelerated (Monday 8:30—5:00)					
<input type="checkbox"/> NCCP Making Ethical Decisions Module (Monday 8:30—12:00)			<input type="checkbox"/> SIAAA Leadership Training 502 (Monday 1:00—5:00)		
<input type="checkbox"/> Officiating Basketball (Monday 9:00—12:00)			Officiating Volleyball (Monday 9:00—12:00)		
Monday 6:30	<input type="checkbox"/> Basketball (Intermediate) BARCLAY PATTERSON	<input type="checkbox"/> Basketball (Advanced) JILL HUMBERT	<input type="checkbox"/> Volleyball (Intermediate) TOM ASH	<input type="checkbox"/> Volleyball (Advanced) JASON GRIEVE	<input type="checkbox"/> Soccer JASON JONES
Monday 8:00	<input type="checkbox"/> Basketball (Intermediate) BARCLAY PATTERSON	<input type="checkbox"/> Basketball (Advanced) JILL HUMBERT	<input type="checkbox"/> Volleyball (Intermediate) TOM ASH	<input type="checkbox"/> Volleyball (Advanced) JASON GRIEVE	<input type="checkbox"/> Soccer JASON JONES
Delegate Social 9:15 @ Evan Hardy Collegiate					
Tuesday 9:00	<input type="checkbox"/> Nutrition HEATHER HYNES	<input type="checkbox"/> Weight Training BART ARNOLD	<input type="checkbox"/> Concussion in Sport RHONDA SHISKIN	<input type="checkbox"/> Badminton DENNIS FRANZ	
Tuesday 10:30	<input type="checkbox"/> Nutrition HEATHER HYNES	<input type="checkbox"/> Weight Training BART ARNOLD	<input type="checkbox"/> Concussion in Sport RHONDA SHISKIN	<input type="checkbox"/> Badminton DENNIS FRANZ	
Tuesday 12:30	<input type="checkbox"/> Basketball (Intermediate) WENDY BENSON	<input type="checkbox"/> Basketball (Advanced) NATHAN SCHELLENBERG	<input type="checkbox"/> Volleyball (Intermediate) TERRY GAUDET	<input type="checkbox"/> Volleyball (Advanced) ANDREW MERRYWEATHER	<input type="checkbox"/> Track and Field IVAN TAM
Tuesday 2:00	<input type="checkbox"/> Basketball (Intermediate) WENDY BENSON	<input type="checkbox"/> Basketball (Advanced) NATHAN SCHELLENBERG	<input type="checkbox"/> Volleyball (Intermediate) TERRY GAUDET	<input type="checkbox"/> Volleyball (Advanced) ANDREW MERRYWEATHER	<input type="checkbox"/> Track and Field IVAN TAM

Send Registration Form and Cheque to: SHSAA  
 #1—575 Park Street  
 Regina, SK S4N 5B2

Date Received:  
 Payment Comment:

FOR OFFICE USE ONLY

**Saskatchewan High Schools  
 Athletic Association**

*'Speak up for Sportsmanship'*



**2013  
 COACHES SYMPOSIUM**  
*EVAN HARDY COLLEGIATE  
 SASKATOON, SK*

**MONDAY & TUESDAY  
 AUGUST 19 & 20**



306-721-2151  
 shsaa@shsaa.ca  
 www.shsaa.ca

306-780-9313  
 coach@sasksport.sk.ca  
 www.saskcoach.ca

## 2013 PRESENTERS

### VOLLEYBALL

**JASON GRIEVE**—Jason has vast experience coaching at the elite levels of volleyball in Canada. He has spent time in the ACAC as well as other CIS schools prior to taking on the head coaching position at the U of S. Grieve has also been active with the SVA in both the administration and coaching areas.

**ANDREW MERRYWEATHER**—Andrew teaches in Colonsay where he has coached both the Sr. Girls and Sr. Boys Volleyball teams. He has served as an assistant coach at the CIS level and brings many years of experience from coaching successful club volleyball teams in Saskatchewan.

**TOM ASH**—Tom is a retired educator who has a wealth of coaching experience with a variety of activities and age groups. He has coached volleyball at the high school, club, and provincial team levels. Presently he is the Sask Volleyball Program Coordinator specifically dealing with the 13U and 14U programs.

**TERRY GAUDET**—Terry is currently the Sr. Boys Volleyball coach at Ecole St. Isidore in Bellevue. Since 2002 the program has developed into one of the most consistent with 1A provincial titles in 2005 and 2011. Gaudet is also involved with club volleyball programs in the Prince Albert area.

### BASKETBALL

**BARCLAY PATTERSON**—Barclay is a teacher and coach at Evan Hardy. His boys basketball teams have experienced much success over the past few years including city championships and numerous HOOPLA appearances. Barclay will definitely bring the high school coach perspective to his sessions.

**WENDY BENSON**—Wendy has been involved with coaching children at the introductory stage of the game right up to the elite level of CIS. Wendy's coaching experience includes both Sr. Boys and Sr. Girls high school programs in Saskatoon as well as involvement in the BSI provincial teams.

**JILL HUMBERT**—Jill has just come off of a year that saw her serve as the interim head coach of the U of S Huskies. Jill has played the game at the international level as a member of Team Canada at the World University Games.

**NATHAN SCHELLENBERG**—Nathan has spent 11 years as an assistant coach with the U of S Huskies. He is also the Director of Basketball Development at Basketball Saskatchewan and has spent many summers involved in coaching the BSI provincial teams.

### TRACK AND FIELD

**IVAN TAM**—We are pleased to have Ivan Tam as part of the presenters group at this year's symposium. Ivan has been involved with track and field as an athlete, coach, and administrator. Working for the U of S Huskies (which included a sweep of the men and women's national titles in 2005 with Tam as head coach) has provided Ivan with valuable knowledge and training techniques that coaches will be able to implement into the training of their high school athletes.

### BADMINTON

**DENNIS FRANZ**—Dennis has coached at the high school level for over 30 years. The Fox Valley program has had many students who have been highly successful at the provincial championships.

### SOCCER

**JASON JONES**—Jason brings a wealth of experience as both a player, coach, and administrator of soccer. After playing soccer at the collegiate level, Jason went on to eventually coach the U of R from 2003-2006 before later becoming the Executive and Technical Director of the Moose Jaw Soccer Association.

## MONDAY AUGUST 19

### PRE-CONFERENCE SESSIONS

**SPORT TAPING—Bruce Craven**—7 hour session to teach basic sport taping skills. This very popular session has been offered by Bruce for a number of years at the Symposium.

**NCCP BASKETBALL—Paul Humbert**—This course builds on the Learn to Train workshop that has been previously offered and is designed for dedicated youth coaches that are looking to provide young athletes in high school senior grades with the proper training to facilitate good basketball habits and skills to maximize their abilities. Contact BSI or SHSAA office for more technical information. *Participant must pay cost of manuals.*

**NCCP VOLLEYBALL—Adam Ewart**—Focus on developing coach by providing basic technical knowledge of coaching volleyball. Completion of Level 1 prepares you to take inexperienced athletes and provide them with safe, educational training sessions. *Participant must pay cost of manual.*

**NCCP COMPETITION TO INTRODUCTION PART A&B ACCELERATED**—8 hour NCCP multisport workshop condenses 26 hours of training into a specifically designed workshop for teacher-coaches who have a Phys Ed degree or combined Kinesiology/Education degree. Upon completion of this workshop you will receive credit for 6 NCCP Comp - Intro modules (Making Ethical Decisions, Practice planning, Nutrition, Teaching & Learning, Designing a Basic Sport Program & Basic Mental Skills). This workshop is the equivalent replacement of the old Level 1 and 2 NCCP Theory. *Participant must pay cost of manual.*

**NCCP MAKING ETHICAL DECISIONS**—A workshop that teaches coaches to analyze a situation that has moral implications and learn how to apply an effective ethical decision making framework. The MED is a required module for all certification in the new NCCP. Coaches who have been trained or certified in the old NCCP Levels will need MED to keep their NCCP certification valid. *Participant must pay cost of manual.*

**SIAAA LEADERSHIP TRAINING 502**—Contact SHSAA office for more info

**OFFICIATING BASKETBALL**—This session will look at the practical aspects of being a basketball official. Video review and on-floor training.

**OFFICIATING VOLLEYBALL**—This session will look at the practical aspects of being a volleyball official. Session will emphasize on-floor training.

CONFERENCE REGISTRATION 5:45—6:15

OPENING GENERAL SESSION 6:15—6:30

#### **SESSION 1: 6:30—7:45**

**BASKETBALL (intermediate)—Barclay Patterson** - One of the keys to success in the game is success at practice. Success at practice begins with having a plan in place. Barclay will cover how to effectively plan and carry out your in-season practices.

**BASKETBALL (advanced)—Jill Humbert** - Creating advantage situations and then capitalizing on those situations will be the focus of this session.

**VOLLEYBALL (intermediate)—Tom Ash** - Tom's session will deal with using modified games (specifically "Triple Ball") to develop young athletes. Standard 6-on-6 volleyball with modifications to the way rallies are initiated.

**VOLLEYBALL (advanced)—Jason Grieve** - Jason's sessions will focus on teaching and adaptation during skill development. This session will feature serving and passing.

**SOCCER—Jason Jones** - Looking for ideas for small sided games (like 7v7)? Then this session is designed for you and your team.

#### **SESSION 2: 8:00—9:15**

**BASKETBALL (intermediate)—Barclay Patterson** - There are many ways to attack a zone defense. In this session Barclay will look at a number of options you might incorporate into your strategies.

**BASKETBALL (advanced)—Jill Humbert** - Using ball screens effectively is a key skill in many of today's offenses. Jill will look at effectively utilizing this skill in your offense.

**VOLLEYBALL (intermediate)—Tom Ash** - Fundamental skill development using some of Tom's favorite drills.

**VOLLEYBALL (advanced)—Jason Grieve** - Jason's sessions will focus on teaching and adaptation during skill development. This session will feature attacking and blocking.

**SOCCER—Jason Jones** - Skill and system development in the 11v11 game will be the focus for Jason in this session.

DELEGATE SOCIAL @ Evan Hardy 9:15 p.m.

## TUESDAY AUGUST 20

#### **SESSION 3: 9:00—10:15**

**CONCUSSION IN SPORT—Rhonda Shishkin** - Rhonda has been the head therapist for Huskie Athletics since 1997. She will share the most up to date information on concussion protocol in sport.

**WEIGHT TRAINING—Bart Arnold** - A graduate of the U of S (MSc), Bart has many years of training elite athletes competing at the provincial, national, and international levels. His session will show how to use weight training to round out your athlete's development.

**NUTRITION FOR OPTIMAL PERFORMANCE—Heather Hynes** - Heather is a Registered Dietitian and Sports Nutrition consultant with the Sport Med and Science Council. This session will look at healthy snack choices for training and competition and importance of fluid intake during the school day as well as nutrition planning for tournaments.

**BADMINTON—Drills and Mini Games** - In this session, **Dennis Franz**, will provide teachers/coaches with drills and games for juniors and school teams.

#### **SESSION 4: 10:30—11:45**

**CONCUSSION IN SPORT—Rhonda Shishkin** - Rhonda is the chairperson of the Sport Physio Canada. She will share the most up to date information on concussion protocol in sport.

**WEIGHT TRAINING—Bart Arnold** - Bart has been an assistant coach with the Huskies football program since 1991. His session will show how to use weight training to round out your athlete's development.

**GROCERY STORE TOUR—Heather Hynes**—Heather has worked with numerous provincial teams, as well as athletes at the national and international level. A review of athlete's needs for pre and post game nutrition. Find optimal snack choices by knowing what to look for on food labels.

**BADMINTON—Drills and Mini Games** - This session will continue what **Dennis Franz** started in session 3.



LUNCH sponsored by CAS  
Evan Hardy  
11:45—12:30



#### **SESSION 5: 12:30—1:45**

**BASKETBALL (intermediate)—Wendy Benson** - Wendy will look at ways to practice transition into your game play by providing a number of drills that are practice ready.

**BASKETBALL (advanced)—Nathan Schellenberg** - Session details to be announced. Please check SHSAA website for updates.

**VOLLEYBALL (intermediate)—Terry Gaudet** - This session will address early season drills to develop ball control and enhance the passing skills of each player.

**VOLLEYBALL (advanced)—Andrew Merryweather** - Andrew will cover the details of different offensive systems and how they can be incorporated into your program.

**TRACK & FIELD—Ivan Tam** - Ivan will be presenting on sprinting and hurdles.

#### **SESSION 6: 2:00—3:15**

**BASKETBALL (intermediate)—Wendy Benson** - Shooting fundamentals are important for all players and are the key to any team offense. Wendy will break down the skill and provide drills to improve your team's shooting.

**BASKETBALL (advanced)—Nathan Schellenberg** - Session details to be announced. Please check SHSAA website for updates.

**VOLLEYBALL (intermediate)—Terry Gaudet** - Serve receive and transition to offense from the serve receive will be the focus of this session.

**VOLLEYBALL (advanced)—Andrew Merryweather** - Hitting trouble balls and out of system offence will be the concepts that are looked at during this session.

**TRACK & FIELD—Ivan Tam** - Ivan will be presenting on sprinting and hurdles.