SASKATCHEWAN HIGH SCHOOLS
ATHLETIC ASSOCIATION

2014 Coaches Symposium

Evan Hardy Collegiate
Saskatoon
August 18 - 19, 2014

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

306-780-9313
coach@sasksport.ca
www.saskcoach.ca
Name: 
School Affiliation: 
Address: 
School Phone: 
Summer Phone: 
Email address: 

Registration Fee: $150 prior to JUNE 30 
$175 after JUNE 30 

Additional Manual Fees: 
□ NCCP Part A & B Accelerated Manual $60 
□ Volleyball Level 1 Coaching Manual $50 
□ SIAAA Leadership Training 502 $99 
□ Football Rule Book $5 
□ Volleyball Rule Book $15 
TOTAL PAYABLE $ 

PLEASE INDICATE THE SESSIONS YOU WILL BE ATTENDING 
□ Sport Taping (Monday 9:00am-4:00pm) 
□ NCCP Introduction to Competition - Part A & B Accelerated (Monday 8:30am-5:00pm) 
□ Volleyball - NCCP Level 1 Technical Workshop (Monday 8:30am-5:00pm, Tuesday 9:00am-11:45am) 
□ SIAAA LTC 502 (Monday 8:30-12:00pm) 
□ Language of Coaching (Monday 1:00pm-3:00pm) 
□ Volleyball Officiating (Monday 9:00am-12:00pm) 
□ Football Officiating (Monday 1:00pm-4:00pm) 

✓ Opening General Session - 5:45pm @ Evan Hardy 

Monday 6:00pm: 
□ Basketball PAUL HUMBERT 
□ Volleyball DON LAING 
□ Volleyball U OF S COACHES 
□ Badminton CINNATI LOI 
□ Track & Field KEVIN CUMMING 
□ Soccer NATHAN REIS 

Monday 7:30pm: 
□ Basketball JILL HUMBERT 
□ Volleyball DON LAING 
□ Volleyball U OF S COACHES 
□ Badminton CINNATI LOI 
□ Track & Field KEVIN CUMMING 
□ Soccer NATHAN REIS 

✓ Delegate Social - 8:45pm @ Evan Hardy 

Tuesday 9:00am: 
□ Nutrition HEATHER HYNES 
□ Mental Training RALPH SCHOENFELD 
□ Fitness BART ARNOLD 
□ Technology ADAM EWART 
□ Sport First Aid TBA SMSCS 
□ Badminton CINNATI LOI 

Tuesday 10:30am: 
□ Nutrition HEATHER HYNES 
□ Mental Training RALPH SCHOENFELD 
□ Fitness BART ARNOLD 
□ Technology ADAM EWART 
□ Sport First Aid TBA SMSCS 
□ Badminton CINNATI LOI 

✓ Delegate Luncheon - 11:45am @ Evan Hardy (Sponsored by Coaching Association of Saskatchewan) 

Tuesday 12:30pm: 
□ Basketball PAUL MCTAVISH 
□ Basketball SCOTT HUDNSETTH 
□ Volleyball U OF S COACHES 
□ Volleyball KELLY & GREG 
□ Track & Field CARLA NICHOLLS 
□ Soccer NATHAN REIS 

Tuesday 2:00pm: 
□ Basketball PAUL MCTAVISH 
□ Basketball SCOTT HUDNSETTH 
□ Volleyball U OF S COACHES 
□ Volleyball GREG & KELLY 
□ Track & Field CARLA NICHOLLS 
□ Soccer NATHAN REIS 

Send Registration Form and Cheque to: 

SHSAA 
#1 - 575 Park Street 
Regina, SK S4N 5B2 

FOR OFFICE USE ONLY: 
Date Received: 
Payment:
2014 SESSION PRESENTERS

TRACK & FIELD
- Carla Nicholls
The 2014 Symposium Committee is excited to have Carla Nicholls as a session presenter. One of Canada’s top coaches will be able to share her expertise and knowledge in the combined events and hurdles. Carla has worked with and trained athletes from small club development through the University ranks to the Olympic team.

- Kevin Cumming
Kevin is a Senior Coach and Coordinator with the Saskatoon Track and Field Club. He has been involved with the U of S Huskies for a number of years in an assistant coaching position. Kevin has presented in the past and his sessions have always received rave reviews. Kevin teaches at Aberdeen.

BADMINTON
- Cinnati Loi
After a successful playing career, Cinnati has gone on to develop Loi’s Badminton—a badminton program based in Saskatoon that trains some of the top athletes in Saskatchewan. Cinnati also acts as a mentor for provincial coaches in the training and development of provincial team athletes.

SOCCER
- Nathan Reis
Nathan will be presenting on behalf of Saskatchewan Soccer. Reis was a member of the U of S men’s team and continues to enjoy the game in competitive adult leagues. Nathan has a vast array of coaching experiences to share with the delegates.

VOLLEYBALL
- Don Laing
A very successful high school coach during his teaching days, Don has continued his involvement with the game serving as a member of the SVA Sport Development Committee and as a coach at the Volleyball Canada Centre of Excellence based in Regina. Don has presented at the symposium in the past as both a Level 1 clinician and session presenter.

- Kelly Schneider / Greg Knot
Kelly and Greg not only serve as the administration team at Medstead School but also take the lead with the Sr. Boys and Sr. Girls volleyball programs at ‘Club Med’. Both have been highly successful coaches at the high school level as Medstead continues to develop competitive teams year after year. Last year the Sr. Boys captured the gold medal at the 1A SHSAA provincial championship.

- U of S Women’s Volleyball Coaching Staff
Jason Grieve, Jason Garland, and Shelley Chalmers will be in attendance leading the sessions. The combined experience of this staff at all levels of volleyball will provide an excellent resource for the symposium delegates looking to add some advanced tactics, skill development, and drills into their high school program.

BASKETBALL
- Paul McTavish
Paul coaches the senior boys team at Clavet High School. Since taking over the program, the Clavet team has had four consecutive HOOPLA appearances with Paul at the helm. Those four trips to HOOPLA have produced gold and silver medal finishes. Paul draws on his many athletic experiences and achievements as well as his leadership abilities developed in his career as an in-school administrator

- Scott Hundseth
Scott has numerous years of coaching experience at the high school level as well as at the grassroots level in the Saskatoon Minor Basketball Association. His most recent stint has been with the Holy Cross Crusaders girls basketball team. His run with the Crusaders has produced 3 gold and 2 silver medals in the past five years. Scott’s teams are known for their excellent defense and up tempo game.

- Paul Humbert
Paul has been a regular at the Symposium in presenting NCCP courses related to the Basketball Developmental model. This year we are pleased to have Paul available to present in our general sessions providing an opportunity for more of the delegates to share in Paul’s expertise in coaching basketball.

- Jill Humbert
After a 5 year career as a player with the Huskies, Jill has moved on to become an assistant coach with the team working alongside National Team coach Lisa Thomaidis. Jill has presented in the past and her sessions have always provided delegates with valuable information for them to take back to their student athletes.
SPORT TAPING – Bruce Craven – This 7 hour session teaches the basic sport taping skills. This very popular session has been offered for a number of years at the Symposium.

NCCP INTRODUCTION TO COMPETITION PART A&B ACCELERATED – Rob Tomyn – 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 the $60 manual cost in addition to the Symposium registration.

NCCP VOLLEYBALL – Adam Ewart – Adam is back again to present this very popular NCCP offering. The course will focus on the 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 the $50 manual cost in addition to the Symposium registration.

SIAAA LEADERSHIP TRAINING 502 – Miles Bennett – The Saskatchewan Interscholastic Athletics Administrators Association provides professional development opportunities to in-school personnel that deal with the administration and organization of school sport. LTC 502 is the nuts and bolts of being an athletic administrator. For more information about the course and the SIAAA please contact the SHSAA office. This course can be taken separate from the rest of the Symposium for the $99 manual fee.

LANGUAGE OF COACHING – Don Laing – Don will facilitate this interactive session assisting coaches in all activities in the transfer of responsibility to the players by the end of a competitive season. Analyzing power, never asking why, whose team is it - - questions vs. answers inquiry at its best. This pre-session will be a great kick start to the symposium for those that are looking to get the maximum symposium experience.

OFFICIATING VOLLEYBALL – Scott Cory – This session will look at the practical aspects of being a volleyball official and provide the knowledge and skills to be able to assist as an official at your local high school games. SVA certification and rule books will be available. This session can be taken separate from the rest of the symposium - please contact the SHSAA office for more details.

OFFICIATING FOOTBALL – Murray Taylor – This session will look at the practical aspects of being a football official and provide the knowledge and skills to be able to assist as an official at your local high school games. This session can be taken separate from the rest of the symposium - please contact the SHSAA office for more details.
MONDAY AUGUST 18, 2014

Regular Sessions
Registration 5:00pm

OPENING GENERAL SESSION 5:45pm

SESSION 1 6:00pm – 7:15pm

Basketball – Paul Humbert – Drills, drills, and more drills – Looking for ideas to implement into your practices? Coach Humbert will present some of his favorite ready-to-use basketball drills that he has used with his teams during practices.

Volleyball – Don Laing – Making practice relevant to game preparation – Do you ever wonder why players are constantly looking over to you at the bench during a game? Does a game seem to fast for your players? Let’s plan to create more dynamic practices in the middle and end of your season in order for your team to become their team!

Volleyball – U of S Huskies – session details TBA

Badminton – Cinnati Loi – The fundamentals – All players need a strong base in the fundamental skills of an activity before advancing their play to the next level. Cinnati will offer simple and fun drills that you can use with the students in your high school program to assist them to master the fundamental skills.

Track & Field – Kevin Cumming – The Jumps – Kevin will use a classroom session to provide some video analysis of the drills you can use to develop technique in your student athletes as they become long, triple, and high jumpers.

Soccer – Nathan Reis – session details TBA

SESSION 2 7:30pm – 8:45pm

Basketball – Jill Humbert – Advantage Gained - If your team can create advantage situations you are more likely to get good looks on offense. Using screens on ball and off ball to create these advantage situations will be the focus of this session

Volleyball – Don Laing – Tournament Skills – Does your team repeat the same mistakes every competition? Can’t seem to figure out how to make your team a more competitive team by the end of the season? What are tournament skills? Bring your ideas to this interactive session to look at improving performance at tournament competitions.

Volleyball – U of S Huskies – session details TBA

Badminton – Cinnati Loi – The fundamentals continued – Cinnati will continue with the previous session. Delegates are invited to be active participants in the sessions in order to get the most out of the presentation.

Track & Field – Kevin Cumming – Training Adaptations – Weather and facilities can be a significant issue for many high school track coaches in our province. In this session, Kevin offers ideas as to how you can train your athletes with limited facilities or when hampered by inclement weather.

Soccer – Nathan Reis – session details TBA

DELEGATE SOCIAL 8:45pm
Join us for pizza and a visit
SESSION 3  9:00am – 10:15am

Nutrition – Heather Hynes – Heather is a Registered Dietitian and Sports Nutrition consultant with the Sport Medicine and Science Council. The session will look at healthy snack choices for training and competition as well the importance of fluid intake and nutrition during the school day when planning for tournaments.

Mental Training – Ralph Schoenfeld – Ralph has presented at the symposium in past years and has always provided insightful sessions into the cognitive aspects of athletic training. This presentation will focus on maximizing your student athlete’s physical abilities by assisting them with dealing with the things that get in the way of them achieving their best performances.

Fitness – Bart Arnold – Bart has many years of training elite athletes competing at the provincial, national, and international levels. His sessions provide great ideas as to how to enhance an athlete’s performance by developing strength and fitness levels.

Technology – Adam Ewart – Adam teaches at Centennial Collegiate and is the head coach of the boys volleyball program. This session will look at various ways that coaches can use technology to assist their coaching including skill analysis, game uses, and communication with players.

Sport First Aid – Saskatchewan Sport Medicine and Science Council – A session dealing with some of the more common injuries that occur at our athletic events.

Badminton – Cinnati Loi – Developing the advanced badminton player – Cinnati will share his techniques, tactics, and drills that he has used when working with some of the elite badminton players from our province.

SESSION 4  10:30am – 11:45am

Nutrition – Heather Hynes – Heather has worked with numerous provincial teams and national athletes in their preparation for competition. In this session, Heather will take the participants on a grocery store tour looking for optimal snack choices for your student athletes.

Mental Training – Ralph Schoenfeld – A repeat of session 3. Dr. Schoenfeld works with athletes and teams from grassroots to elite and professional levels, drawing on his experience as an athlete, coach, counselor and sport psychology consultant.

Fitness – Bart Arnold – A repeat of session 3. Bart’s sessions always take into account that not all coaches and athletes have access to the latest in training facilities. There are many ways to develop your athlete’s fitness levels without all of the fancy equipment.

Technology – Adam Ewart – A repeat of session 3. Adam is one of the provinces elite coaches and has presented a number of NCCP clinics at the symposium over the years.

Sport First Aid – Saskatchewan Sport Medicine and Science Council – A repeat of session 3.

Badminton – Cinnati Loi – Advanced badminton ideas – In this session Cinnati will continue sharing his techniques that you can use in your high school program to assist your student athletes in fine-tuning their game.
SESSION 5 12:30pm – 1:45pm

Basketball – Paul McTavish – Motion Offense – What is the motion offense? What does it look like? How do I coach it? All of these questions will be answered during this session as Paul offers his expertise on the topic.

Basketball – Scott Hundseth – Turn the game around with defense – Relentless defensive intensity and pressure can turn a game in your favor. Scott will provide some insight as to how he develops these traits in his teams.

Volleyball – Kelly Schneider & Greg Knot – 100 ways to do the same thing - Running drills to practice the basics of serving, passing and hitting in different ways. This session will present basic volleyball drills to assist the beginning coach, or to help a coach who feels their practices could use some variety.

SESSION 6 2:00pm – 3:15pm

Basketball – Paul McTavish – Developing the individual skills for use in a motion offense – Paul will discuss the skills needed to run an effective motion offense and will cover key teaching points and drills to add these skills to your player’s skill set.

Basketball – Scott Hundseth – Transition – Quickly turning a new possession into an offensive attack limits the defensive possibilities for the opposition. Here are some drills and tactics to add this dimension to your team.

Volleyball – Kelly Schneider & Greg Knot – Stuff to use tomorrow – Some basic drills on things from passing to serve receive and team play from two small town coaches. Giving kids with a variety of skill levels some success.

Track & Field – Carla Nicholls – Combined Events – Carla will bring her coaching insight on the combined events to this session where she will focus on developing student athletes for the SHSAA Quadathlon.

Thank you for your time and dedication to the student athletes of the SHSAA