

# Gold Community Coach Workshop

Dates: August 19 (9:00-16:00) and August 20 (9:00-13:00)

Location: Squamish, BC

Cost: between \$50-100, TBD

The Gold Community Coach Workshop is the second part of Biathlon Canada's NCCP coach training for U13 and recreational teen/adult biathlon programs.

This workshop builds on the technical foundations of the Silver Community Coach workshop by focusing on program design and selecting appropriate training and competition activities for athletes in the Learn to Train stage of the Long Term Athlete Development model (U13). The workshop will cover several topics including program design, practice planning, safe sport, equipment, and how to incorporate biathlon shooting into ski programs and other forms of physical activities.

All active coaches of Biathlon Bears programs or U13 programs should complete the Gold Community Coach workshop and evaluation. This workshop is also recommended for skiing coaches in Track Attack programs who wish to incorporate laser biathlon into their training plans.

Thank you!

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**Sarah McCaw** (she/her)

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