

Biathlon Coaching Workshop

Competition Introduction Part 1 – Dry Land

- Registration link: <https://thelocker.coach.ca/event/registration/13458>.
- Dates: September 7, 14, 21, Oct 5 (not meeting on September 28 due to National Day for Truth and Reconciliation)
- Times: 6:30-930pm PT
- Location: online via Zoom
- Cost: \$150 + the Locker processing fees

The Competition-Introduction workshop is designed for coaches of athletes in the Train-to-Train stage of [Biathlon Canada's Long Term Athlete Development Model](#), in a competitive biathlon program, and competing at divisionally sanctioned competitions. Part 1 of the workshop is a 12 hour course that will be delivered online over four 3-hour sessions. You are expected to attend all four sessions to receive credit for the course. This course is open to coaches who are 16 years and older AND who are [registered members of Biathlon Canada](#)

Part 1 will cover the following topics:

- Course Introduction
- Setting the Scene
- Creating the Training Environment
- Designing a Seasonal Plan
- Supporting the Competitive Experience

The full outline will be emailed to participants 1 week prior. Should you have questions prior to that, please reach out to your Learning Facilitator for the course: Sheri Adams-Selinger at sadamsselinger5@gmail.com or 306.519.2092

Recommended Training

Coaches are encouraged to complete the Canadian Firearms Safety Course and the following NCCP multi-sport modules prior to the Competition-Introduction biathlon coach workshop:

- Coach Initiation in Sport;
- Make Ethical Decisions;
- Safe Sport Training;
- Understanding the Rule of Two; and
- Creating a Positive Sport Environment.

Required NCCP Multi-Sport Modules

It is recommended that the following NCCP multi-sport modules, which are required in order to achieve “trained” status, be completed prior to the Competition-Introduction biathlon coach workshop:

- Planning a Practice;
- Design a Basic Sport Program;
- Nutrition;
- Teaching and Learning; and
- Basic Mental Skills.