



## 2007-2008 NCCP LEVEL 4/5 COACHING TASKS

*These courses are open to all competitive coaches.*

### **Level 4 Task 6: Recovery and Regeneration**

Review common skating injuries and mechanisms for healing and recovery; non-adaptive responses to training/stress; neurological fatigue and recovery; physical therapies to aid recovery; techniques to aid relaxation. The course assignment will be completed in class.

Presenter: **Barry Bartlett**

Date: Dec. 9 (19:00-22:00) & Dec. 10 (09:00-17:00)

Location: Toronto, ON Marriott Toronto Airport 901 Dixon Rd.

### **Level 3 Technical/Level 4 Task 9: Advanced Skills Training in Singles**

Plan, conduct and evaluate a variety of practical coaching sessions (planning a practice, analyzing performance) of skills training for competitive figure skaters in singles.

Presenter: **Doug Leigh**

Date: Monday, January 21 (9:00–16:00)

Location: Burnaby, BC Burnaby 8 Rinks 6501 Sprott St.

### **Level 4 Task 8: Psychological Preparation of the Athlete**

Develop, implement and refine a mental training program/performance plan for competitive figure skaters to mentally prepare for training in the pre-competitive, competitive and post-competitive phases.

Presenter: **Dr. Penny Werthner**

Date: Sunday, February 3 (8:30-16:30)

Location: Ottawa, ON Westin Hotel, 11 Colonel By Dr.

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For more information contact Shannon Youmelle, Coaching Administrator at  
[syoumelle@skatecanada.ca](mailto:syoumelle@skatecanada.ca) or 1-888-747-2372 ext. 2572

*\*\*Registration form is attached.*



National  
Coaching  
Certification  
Program

**NCCP LEVEL 4/5 COACHING TASKS  
REGISTRATION FORM**

Name: \_\_\_\_\_ SC #: \_\_\_\_\_  
Address: \_\_\_\_\_ CAC Passport #: \_\_\_\_\_  
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Email: \_\_\_\_\_

NCCP Level of certification: \_\_\_\_\_

**Please indicate ( ✓ ) selected task or tasks.**

<input type="checkbox"/>	Task 6	Recovery and Regeneration	Dec. 9&10/07	Mississauga, ON	\$150
<input type="checkbox"/>	Task 9	Advanced Skills Training in Singles	Jan. 21/08	Vancouver, BC	\$125
<input type="checkbox"/>	Task 8	Mental Prep for the Athlete	Feb. 3/08	Ottawa, ON	\$100
					_____ <b>Total</b>

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865 Shefford Rd. Ottawa, Ontario K1J 1H9  
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Email: [syoumelle@skatecanada.ca](mailto:syoumelle@skatecanada.ca)

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