



Coaching Newfoundland and Labrador/Sport

Newfoundland and Labrador

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### Events this Month

The Sport Newfoundland and Labrador Annual General Meeting and Conference took place in St. John's on November 18<sup>th</sup> and 19<sup>th</sup>, 2011. The event was very successful and SportNL would like to thank all those involved in making this year's AGM a successful one.

### Upcoming Events

Due to the resounding success of the Inaugural Sport Newfoundland and Labrador's SportFest this past spring, plans are underway for SportFest 2012. Stay tuned for more information in the coming months!

Visit us at [www.sportnl.ca](http://www.sportnl.ca)

or you can visit our Facebook and Twitter pages at [www.facebook.com/sportnl](http://www.facebook.com/sportnl)



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**SPORTFEST**  
EXPERIENCE THE EXCITEMENT OF SPORT

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## TOP FIVE REASONS FOR PARENTS TO BECOME A COACH:

**1. Stems Personal Growth**

**2. To Teach Teamwork**

**3. To Help Athletes build Self-Esteem**

**4. To Increase Personal Knowledge of Sport**

**5. To Spend Quality Time with Children**

**Click the following link to read about the reasons in-depth:**

<http://www.classesandcareers.com/education/2010/01/14/5-reasons-to-become-a-coach/>

**For more information on how to become a coach**, you can also visit [www.coach.ca](http://www.coach.ca) and click on the tab Become a coach. That will supply with you more information regarding the certification process, how to get started, what it takes to become a coach and what coaching can do for you!



# Coaching Education Courses

## Introduction to Competition – Part A Courses:

Topics include: Making Ethical Decisions, Nutrition for the Athlete, and Practice Planning

- 1) Happy Valley-Goose Bay:** Saturday Dec. 3<sup>rd</sup> (9:00am-5:00pm) & Sunday Dec. 4<sup>th</sup> (9:00am-12:00pm) – **Location TBA**

## Introduction to Competition – Part B Courses:

Topics include: Mental Preparation, Teaching and Learning, and Designing a Basic Sport Program

- 1) St. John's:** Saturday Dec. 3<sup>rd</sup> (9:00 am-5:00pm) & Sunday Dec. 4<sup>th</sup> (9:00am-12:00pm) – MUN
- 2) Happy Valley-Goose Bay:** Saturday Jan. 14<sup>h</sup> (9:00am-5:00pm) & Sunday Jan. 15<sup>th</sup> (9:00am-12:00pm) – **Location TBA**

To register for courses/sessions in your area, please email the following respective individuals:

1. Western, Corner Brook - Dave Carroll at [dcarroll@swgc.mun.ca](mailto:dcarroll@swgc.mun.ca)
2. Central, Gander - Jean Blackie at [jeanblackie@gmail.com](mailto:jeanblackie@gmail.com)
3. Labrador, Happy Valley-Goose Bay - Trevor Paine at [tpaine@gov.nl.ca](mailto:tpaine@gov.nl.ca)
4. Avalon - St. John's – Bruce Knox at [coachingnl@sportnl.ca](mailto:coachingnl@sportnl.ca)

To register for Coach Education Night (Wednesday sessions), email Bruce Knox at [coachingnl@sportnl.ca](mailto:coachingnl@sportnl.ca) by no later than 4:00 p.m. on the Tuesday preceding the Wednesday night session.

To register for weekend courses, please email the individuals above in your respective area by 4:00 p.m. on the Wednesday preceding the weekend course.

For questions on the above information or coaching specific questions, please contact Dave Feener by email at [dfeener@gov.nl.ca](mailto:dfeener@gov.nl.ca) or by telephone at (709)729-6291.

## All courses are free of charge!

**By: Coaching NL in partnership with the Department of Tourism, Culture and Recreation and Sport NL**





## **Facts about Specialization**

The topic of Specialization in sport has been a hot topic for many years. Specialization occurs when an athlete chooses to train and compete in one or two sports exclusively. If an athlete has potential to become an elite performer (university athlete, national team member, professional athlete) in his or her sport, specialization is inevitable and necessary. However it must occur at the right age for the athlete to be successful.

In order for the athlete to be successful they along with their support system (coaches, parents) need to understand whether the sport they are participating in is early or late specialization. Early specialization sports include artistic and acrobatic sports such as gymnastics, diving, and figure skating. These sports involve very complex skills that must be learned before puberty since they cannot be fully mastered if taught after puberty.

Most other sports are late specialization sports. These include common team sports such as hockey, soccer, basketball and baseball. In order to be successful in late specialization sports athletes must learn fundamental movement skills (FMS) such as running, kicking, throwing and catching before puberty. Acquiring FMS before puberty and then teaching sport specific skills will give athletes the base they need to excel in sport. Athletes who show exceptional talent and have realistic dreams of competing at the sports highest level should start looking at specializing in that sport around the age of 15.

If athletes decide to specialize too early, there are many risks involved. Research has shown that specializing in a late specialization sport before the age of 10 contributes to:

- One-sided, sport-specific preparation.
- Lack of ABC's, the basic movement and sports skills.
- Overuse injuries.
- Early burnout.
- Early retirement from training and competition.

The goal of the sport system in regards to late specialization sports should be to make an athlete first and then make the athlete a player, not the other way around. Following this way of thinking will increase the odds that are children will not only succeed in sport but continue to enjoy that sport for life.

When it comes to late specialization sports realize that there is a correct time to focus exclusively in one sport. Until that time comes children should enjoy a wide variety of sports to become a complete athlete.

**For more information visit:**

[www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)

**Bill Taggart**

**Canadian Sport for Life Project Leader**

[btaggart@sportnl.ca](mailto:btaggart@sportnl.ca)

**576-4979**

## THIS MONTH'S FEATURE: Are you an Inspirational Youth Coach: 10 Things to Consider

Is there anything more important than having been a truly positive life influence on those who you interact with regularly?

In the sporting context, coaches, especially those who work in the world of high pressure youth sports have the opportunity to create lasting memories in the minds of the young athletes they are there to lead and teach.

Athletes of all ages have the personal responsibility to take a lead role in their own athletic development, that is, if they are a serious athlete. But as a coach, you have a huge influence.

It is because of your actions and behaviours that, as a coach, determine what minds of your young athletes. You just have to ask yourself: How do I want 20 years from now?



Following are ten things to consider when determining whether you are that kind of coach and whether your players will remember you with fondness and respect. As a Coach, you should behave in a manner that will allow your athletes to remember you as an inspiring presence in their lives:

1. Whether a player is a "star" on your team or someone who plays infrequently, does every player know they are important to the team?
2. Do you set joint—and mutual—expectations early on with your players, so there is less chance of misunderstanding later?
3. Are you always the adult in the relationship? Do you consistently model behaviour that you would be proud to see in your players?
4. How often do you say things in the heat of the moment that you can't take back—and will never be forgotten by the young person you coach?
5. Do you take the time to find out what motivates each of your players, and what makes them love the sport/game they play?
6. Do you yell constantly about mistakes, or instead, create an environment where hard-working players aren't afraid to try things and make mistakes in order to get better?
7. Do you help to build your players' confidence, or do you do things to undermine it?
8. How much time do you spend getting to know your players as individuals?
9. Do you always have the answers, or are you open to ideas from your players? Will your players look back and say you were a great listener?
10. Are you consistent in your accountability system and your approach to discipline, or do you have a "star" system? Do certain players not face consequences?

**For more information, you can check out the blog at:**

<http://takingyoubeyondthegame.blogspot.com/2010/04/are-you-inspirational-youth-coach-10.html>

# Featured Coaches

## Grassroots Coach:

### Gary Pelley- Hockey

**Coaches Full name:** Gary J. Pelley

**Sport(s):** Hockey, Baseball

**Coaching Role:** Head Coach Exploits Valley Pee-Wee B, Coach for Novice and Initiation Division

**Where do you live and how are you involved in the coaching/sport community:** I live in Grand Falls-Windsor and I am very involved with hockey in the winter season, and minor baseball in the summer. Coaching gives me the opportunity to provide leadership and guidance to my own children, as well as many of their friends. It is a great way to have fun and to stay connected with other parents, and the kids. Having been involved in hockey throughout my younger years, being a coach allows me to be a mentor for the younger population; it brings back fond memories of the experiences and mentorship that I received during my minor hockey and triple A years.

**NCCP Status:** Development 1 and Trainer Course

**How long have you been coaching:** I have been coaching for approximately six or more years

**What is your greatest coaching moment/achievement:** My greatest achievement as a coach would be at the initiation level...I love watching a child who has never skated, or even been on skates, be able to move freely on the ice within a two week period. This year I was fortunate enough to have this pleasure as a father once again with my youngest son. It is so amazing. Although winning is not important, it is also very rewarding to see the smile on the players faces when they win a game...it is priceless.

**What do you enjoy most about coaching:** Working with the players and having the opportunity to give back to my community is very important. Coaching provides the opportunity to help build character within the players. Many of the kids I coach will probably never make the NHL, but giving them the encouragement to think they can make, is worth the effort and time commitment I put into each season.

## Elite Coach:

### Devonne Ryan- Gymnastics

**Coaches Full name:** Devonne Ryan

**Sport(s):** Artistic Gymnastics

**Coaching Role:** Competitive coach at Cygnus Gymnastics Training Center.

**Where do you live and how are you involved in the coaching/sport community:** I reside in St. John's, Newfoundland. Being from a small province, myself and fellow coaches have recognized the disadvantage that we are at. Therefore, we developed a coaching strategy that recognizes our individuals strengths. Myself, Allison Kirby, Laura Hurley and Jessica Cole all co-coach a large group of athletes. We each try to stick to the area that we are strongest at. For example, I coach all the athletes on bars, while Allison coaches them all on beam. We all share responsibility of floor and vault. Over the course of the last few years this method has proven to be quite successful.

**NCCP Status:** NCCP Level 3

**How long have you been coaching:** I have been involved with artistic gymnastics for about 13 years. Five of these years I participated as an athlete and the rest of which I have participated as a coach.

**What is your greatest coaching moment/achievement:** My greatest coaching moment was seeing six of the athletes make the 2011 Canada Winter games in Halifax. Other highlights throughout my coaching include this past 2011 Eastern Canadian Championships one of the athletes won the first ever gold medal for the province on floor exercise.

**What do you enjoy most about coaching:** I enjoy the atmosphere within Cygnus; all the coaches can work together because they love the sport. Secondly, I also enjoy the challenge of teaching young children new skills. In order to excel at gymnastics, it generally takes a lot more time than many other sports. Many of the athletes spend upwards of 20 hours a week training, which makes it is easy to build relationships with athletes and watch them grow both as individuals and as athletes.



“You get the best effort from others not by lighting a fire beneath them, but by building a fire within.”

-Bob Nelson

## Grant Recipient Information

Coaching Newfoundland and Labrador offers grants to coaches and organizations interested in furthering their coaching education. Grants are available to those interested in taking a coaching course for certification or coach education purposes. Provincial Sport Organizations may also avail of this grant if they wish to provide a coaching education opportunity for coaches in their sport. If you would like to avail of or offer coaching education resources, please download the **Coaching Fund Application** found on our website and sent it to our office. The application can be found at [www.sportnl.ca](http://www.sportnl.ca) under the tab NL Coaching Council.

If you have received a grant and would like to comment on how it has benefited you and your sport, please contact Dave Feener – [defeener@gov.nl.ca](mailto:defeener@gov.nl.ca) to be featured in an upcoming newsletter!

## NCCP NEWS

Registration for our coaching courses has continued and will continue as we near the end of the fall season. The Part A course took place this month, which had a great turn-out, hopefully registration numbers continue to rise for Part B as the course date comes closer. Overall, we have had a good turn-out for most of the courses offered this fall. We would like to thank everyone who came out and showed interest in the courses and of course to our facilitators for organizing and presenting the courses. For more information on upcoming winter courses, please visit us at:

[www.sportnl.ca](http://www.sportnl.ca)

