

## NCCP Community Coach Workshop Schedule

**October 17, 2015**

**University of Alberta Wrestling Room  
Edmonton, Alberta**

**8:00 am – 8:30 am: Introduction**

- Goals of the workshop
- Brief overview of the NCCP
- Your role as a community coach

**8:30 am – 9:00 am: Learning The Rules**

- Equipment
- Rules of wrestling
- Rule modifications for different age groups

**9:00 am – 9:30 am: Building & Maintaining A Wrestling Program (Owen Dawkins)**

- How to identify and introduce athletes to your program
- How to incorporate all athletes into your program
- How to incorporate all involved parties into your program
- How to ensure your program thrives and grows year to year

**9:30 am – 10:00 am: Safety Check**

- Identify safety issues in the practice room
- Determine how to best minimize the identified risks
- Emergency Action Plan

**10:00 am – 11:00 am: EWC Youth Practice**

- Observe, Report and Partake in a youth wrestling practice

**11:00 am – 12:30 pm: EWC Junior High/High School Practice**

- Observe, Report and Partake in a cadet/juvenile wrestling practice

**12:30 pm – 1:30 pm: LUNCH BREAK**

**1:30 pm – 2:00 pm: Putting Together A Practice**

- Practice De-Briefing
- Reflection on practice modification for different age groups
- Identifying issues that arise during a practice and how to solve them

**2:00 pm – 3:00 pm: Ethics**

- Identifying ethical issues in your coaching role
- Analyzing a situation that is relevant to you

**3:00 pm – 3:30 pm: Competition Organization**

- How to best keep athletes organized and safe on competition day
- Ensuring wrestlers receive a proper warmup
- How to best utilize volunteers, coaches, parents

**3:30 pm – 4:00 pm: Wrap-Up**

- Questions from the group
- Reminder: Making Ethical Decisions Online Module