



Workshop Date: May 2-5, 2019

Workshop Location: Canadian Sport Institute of Ontario, Toronto Pan Am Centre, 100-875 Morningside Avenue, Toronto ON M1C 0C7

Two Delivery Options – Minimum In-person numbers will apply for workshop to run:

- 1) **In-Person** (includes two Integrated Multi Sport Modules – Developing Athletic Abilities and Prevention and Recovery): May 2-5, 2019
- 2) **Online Classroom Delivery (Curling Portion only):** May 3-5, 2019
 - Participants only eligible to participate online if they reside 300km + away from Toronto
 - Participants will have to get Developing Athletic Abilities and Prevention & Recovery Competition Development Multi Sport Modules from their Provincial/Territorial Coaching Organization.
 - Participants must be available for the entire portion of the Online delivery, and are expected to actively participate. A facilitator will be dedicated to online participants.
 - Participants must have access to High Speed Internet and **MUST** use a headset with microphone. They must be in a quiet environment.
 - Participant will receive course materials via courier in week prior to the workshop.

Proposed Schedule: Meals/Breaks will be integrated throughout each day.

Date	Time	Topic	In-Person/Online
Thursday, May 2, 2019	12:00-8:00 pm	Prevention and Recovery	In-Person only
Friday, May 3, 2019	9:00-1:15 pm	Developing Athletic Abilities	In-Person only
	2:15 -5:00 pm	Pathway/Pretask/LTAD/Performance Planning	In-Person & Online
Saturday, May 4, 2019	9:00 – 5:00 pm	Performance Planning/Technical/Analyze Performance	In-Person& Online
Sunday, May 5, 2019	9:00 – 2:30 pm	Manage a Program, Strategy	In-Person & Online

Fee: Full In-person Workshop \$450.00*, Online Curling Portion only \$250.00*

*Tuition subsidies may be available from Coaches Association of Ontario for Ontario Coaches.

Registration Deadline: April 26, 2019 at 9:00 am

Registration: [LINK](#)

Workshop Facilitators: Jennifer Ferris, Rob Krepps and Kyle Turcotte

Have Questions? Contact Program Administrator

Jennifer Ferris at jferris@curling.ca or 289-527-0352