

## **NOCA Coach Symposium - Thunder Bay** **Friday September 24<sup>th</sup> to Sunday September 26<sup>th</sup>**

Port Arthur CC, host hotel Prince Arthur Waterfront Suites

Join us for an interactive weekend with some of the leading coaches and instructors from Northern Ontario and the Canadian Curling Association.

Open to all coaches and anyone interested in coaching.

A Competition Coach Course will be offered in conjunction with the symposium.

<b>Friday:</b>	7 -10 pm	Welcome, Introductions, Breakout Sessions, Guest Presenter - topic TBA
<b>Saturday:</b>	8:30 - noon	Breakout sessions
	12:30 - 2:00	Lunch at the club with a guest presenter (open to the public)
	2:30 - 5:00	On Ice Instruction/refresher (at PACC)
	6:30	Banquet (open to public) with presentation about the 2010 Olympics by Jim Waite, National Team Leader Presentation of a Volunteer Sports Administrator Award by the Investors Group Town Hall Meeting with a Panel of Guest Speakers
<b>Sunday:</b>	9:00 - noon	Breakout sessions

### **Breakout Session Topics:**

Team Dynamics, Coaching at Provincials and Nationals, What's New in Practice Planning, Fitness and Nutrition for Curling, Statistics for Curling, The New NCCP and the Transition Process for coach certification, Women in Coaching, The New Look of Brushing, Coaching Athletes with Disabilities, Curling for Life; The CCA Long Term Athlete Development Plan, and more

### **On Ice Topics:**

Warm ups for Curling, Line to Target, Balance, Grips and Turns, Skills Analysis, and more

**Registration fee: Only \$150 (includes Banquet)**

With financial assistance from the Ministry of Health Promotion and the Coaching Association of Canada, **subsidies will be provided for travel and accommodation (double occupancy in rooms) for out of town participants.** Load up your vehicle and come in for a great weekend of information sharing, refreshing/updating coaching skills, and networking.

Rooms have been booked at the Prince Arthur Waterfront Suites and will be held until September 13<sup>th</sup>. Please quote #133597, or the block name Northern ON Curling when booking.

You must book your own room. 1-800-267-2675

**Register now at [www.curlnoca.ca](http://www.curlnoca.ca) Deadline September 17, 2010**

### **For more information:**

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