

Sask Athletics Coach Professional Development Opportunity

Planning (Excel) PD Session

When: Saturday March 6 from 9am-12pm

Where: Zoom (link will be provided to registrants closer to the event).

What: A professional development session for coaches of all event groups on planning and periodization. This session will be split into two sessions. The first, will be a presentation on planning, periodization, and their roles in the athlete development process. The second will be a practical session where participants will be guided through a periodization template excel file that will be provided to the participants as a useable take away from the session.

While this session will provide an informational overview on planning and periodization, it will primarily focus on the needs of athletes who are in focused training groups, with consistent training schedules, and who set defined objective performance goals (teams, rankings, medals, records, and results).

Registration: In order to register you must complete the following registration link.

<https://forms.gle/6zqbTVMoZJxWbpPJA>

*Noting that a NCCP # is required to take part in this course. If you do not have one you can create one at <https://thelocker.coach.ca/account/login?mode=login>

Participant Limits: Registration will be capped at 30 participants.

Cost: FREE! There is no cost to attend this session.

NCCP Certified Coaches will receive 3 NCCP PD Points for taking part in this event.

Presenter: Jason Reindl. Jason is a 3x Canadian National Team Coach and current Head Coach for the UofS Huskies Track and Field Cross Country team. Jason has a master's degree in high performance coaching and technical leadership from the University of British Columbia, advanced coach coaching diploma from the Canadian Sport Institute Pacific, IAAF Level 5 Elite Coach Diploma, NCCP Performance Coach Certified in Sprints and Hurdles and Endurance, and is also a Master Coach Developer, Learning Facilitator, and Coach Evaluator for Saskatchewan Athletics and Athletics Canada.

Questions and inquiries can be sent to:

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