

CanoeKayak Coaches Symposium



NOVEMBER 15TH & 16TH 2009
SHERATON WALL CENTRE
VANCOUVER



Coaching
Association
of Canada



Schedule

Sunday November 15th

- 8:00 – 8:30 Registration, reception & continental breakfast
- 8:30 – 10:30 **Dr. Greg Wells**
Sequencing
- 10:45 – 11:45 **Leo Thornley**
Practical athlete monitoring and testing at the club level
- 11:45 – 12:45 Lunch
- 12:45 – 1:45 **Barney Wainwright**
Using biomechanics to examine stroke efficiency
- 2:00 – 3:00 **Kenna Robins**
Applying the CKC Template to Dartfish
- 3:00 – 5:00 **Dr. Istvan Balyi**
Periodization for the Junior Athlete
- 6:00 – 7:00 Tour of Olympic Oval
- 7:00 – 9:00 Dinner & **Dr. Frank Dick** (Guest Speaker)

Monday November 16th

- 8:30 – 10:00 **Greg Redman**
CKC Paddler Screening test and implementing it at the club
- 10:15 – 11:15 **Chuck McDiarmid**
RADAR: Rowing Canada's Talent Identification Program
- 11:30 – 12:30 **Graham Barton & Rob Stott**
National Team Projects for 2009 - 2010
- 1:30 – 4:30 BC Competition Review (Facilitated by Drew Mitchell)
- 4:30 – 8:30 2010 BC Programs

Design & Layout

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Greg Wells

Sequencing

Dr. Greg Wells is a scientist at the Toronto General Hospital and The Hospital for Sick Children. He is an Assistant Professor at the University of Toronto Department of Anesthesia / Faculty of Medicine and also an

instructor at University of Toronto's Department of Physiology.

His research, teaching and clinical practice is focused on improving health and performance under extreme conditions such as respiratory and muscle diseases including cystic fibrosis and metabolic syndrome and competitive situations encountered by elite athletes.

Recently Dr. Wells has been using advanced magnetic resonance imaging and spectroscopy techniques to help elucidate pathophysiologies of disease and improve understanding of elite performance.

Dr. Wells is a Director of Sport Performance and Senior Scientist at the Canadian Sport Centre, where he works closely with Canadian National Team athletes and coaches in the area of physiological performance enhancement.

He is a former international level competitive swimmer, has won a national championship in water polo, has twice completed the world's toughest marathon 600 miles north of the arctic circle at Nanisivik, Nunavut, Canada, and recently completed the 10,500 km Tour D'Afrique bike race.

Leo Thornley

Practical athlete monitoring and testing at the club level

Leo Thornley MSc. CSCS CEP is the Head Exercise Physiologist and Sport Science Coordinator at the Canadian Sport Centre Atlantic.



Leo has been the lead sport scientist with Canoe Kayak Canada since 2005 providing exercise physiology support and coordinating the integrated sport science support team. Leo also works with the National Canadian Sailing Team and helps oversee the programming of sport science support to a number of sports in the Atlantic region.

Barney Wainwright

Using biomechanics to examine stroke efficiency

Barney recently moved to Canada where he's employed by Own The Podium as a High Performance Advisor in Performance Technology. He has been involved in flatwater canoe and kayak for 20 years. He worked with the GB National team as a sport scientist and biomechanist for 12 years. Main area of interest is working with coaches to understand the mechanics involved in canoeing and kayaking and linking this knowledge to identify the most important aspects of technique to improve performance.



Kenna Robins

Applying the CKC Template to Dartfish

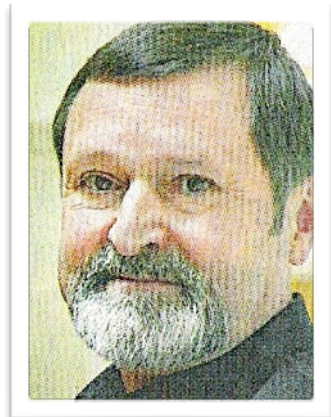
Kenna is currently National Under 23 Women's Kayak Coach. Certified as a National Coaching Certification Program (NCCP) Level Four Coach, she coached at the 2002, 2003 and 2005 Junior World Championships. Prior to her current position, Kenna Kenna was National Women's Kayak Team Coach and National Development Coach with CanoeKayak Canada with .

Kenna followed her older brothers to the Rideau Canoe Club in Ottawa and took up the sport in 1984. She was a member of the 1989 Canada Games team for Ontario and raced the K-2 and K-4 at the Junior World Championships in 1991. She took on the role of Head Coach of the Rideau Canoe Club from 1999-2003 and helped her club win the Canadian Championships in 2002.

She graduated with a Bachelor degree in Electrical Engineering and worked as a hardware designer for 3 years. Kenna then went on to become a teacher and taught high school physics and math, before taking on her coaching roles with CKC. She is also certified in strength and conditioning from NSCA.

Istvan Balyi

Periodization for the Junior Athlete

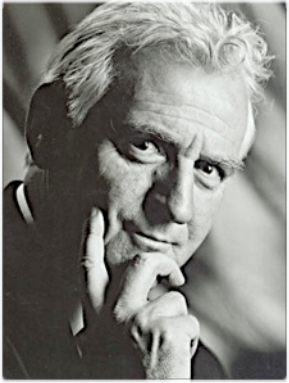


Istvan Balyi is a world renowned coaching educator and his series on Long-term Athlete Development (LTAD) and periodization have been published in Australia, Canada, the United States and the United Kingdom.

From 1994 he had been the resident sport scientist of the National Coaching Institute British Columbia, Victoria, Canada. He has worked with 16 Canadian National Teams as high performance advisor and planning and periodization consultant for Major Games.

He presently works with 19 Canadian sports to develop LTAD models, including Athletics Canada, Basketball Canada, Boxing Canada, CanoeKayak Canada, Cricket Canada, Cross Country Skiing Canada, Curling Canada, Field Hockey Canada, Gymnastics Canada, National Karate Association, Rowing Canada, Rugby Canada, Sailing Canada, Shooting Canada, Soccer Canada, Speed Skating Canada, Swimming Canada, Triathlon Canada and Water Polo Canada.

He authored 3 books, published over 80 chapters and articles and delivered over 400 presentations at national and international conferences on LTAD and Planning and Periodization.



Frank Dick

Keynote Speaker

Renowned as one of the best motivational speakers today, Frank Dick's presentations are highly amusing and anecdotal, challenging and inspirational, making uncomfortable

listening for anyone prepared to accept second best.

Coaching has been Frank's raison d'être for decades, inspiring world-beating performances from some of the top names in sport - Daley Thompson, Boris Becker, Gerhard Berger, Denise Lewis, Marat Safin and Katarina Witt.

His expertise derives from years of detailed research into individual success and achievement. Frank combines this wealth of knowledge and experience into an informative and motivational approach to achieving long-lasting transformation of both individual and team performance.

Currently he is the President of the European Athletics Coaches Association, Chair of Scottish Athletics, and member of the IAAF Coaches Commission. Frank held the post of Chairman of the British Olympic Coaches Advisory Programme (1983 - 1994), and Director of Coaching for the British Athletics Federation (1974 - 1994). Under his leadership, Britain enjoyed a period of unprecedented international success.

Greg Redman

CKC Paddler Screening test and implementing it at the club



Greg Redman is a manual therapy and sport physiotherapy professional and has had success with many Olympic champions, international, national and weekend warriors. He has been a therapist with the Canadian Olympic team at the Athens, Torino and Beijing Olympic Games.

Greg has been the Head Physiotherapist for Canoe Kayak Canada for 8 years and the Royal Canadian Golf Association for 5 years. In addition he is a consultant to the Canadian Sport Centre where he works with Track and Field, Wrestling, Skeleton, Luge, Diving and Swimming athletes. Greg developed the Paddler Screen for Canoe Kayak Canada, this has since been used as a model by other Canadian Olympic Sports.

Greg was on the Canadian Canoe and Kayak team for 8 years as an athlete.



Chuck McDiarmid

RADAR: Rowing Canada's Talent Identification Program

Currently the Provincial Coach for Rowing British Columbia, Chuck McDiarmid has spent the last three years working with specialist at the Canadian Sports Center – Pacific to restructure rowing and athlete development in the province. This includes establishing three Provincial Rowing Academies and the hiring of Regional Development Coaches. Chuck has also developed and implemented a number of standards and protocols to help guide athletes towards National Development programs.

Prior to his time in BC, Chuck spent eight years as the provincial coach for Manitoba Rowing and Head coach of the Winnipeg Rowing Club. Chuck has worked with Rowing Canada's Development programs heading up a satellite center in 2004 working with a U23 LWT men's 2x, and in 2006 acted as the lead coach for the Commonwealth Regatta and FISU Rowing Championships.

What is BC RADAR

BC RADAR is a program established to identify, track and monitor athletes. BC RADAR is a series of tools that take a multi layered look at an athlete and their development. These tools are used by Rowing BC and it's Provincial Rowing Academy to create an integrate pathway for athlete development in BC. It is a systematic approach to support and help talented athletes, their coaches and their club to develop from a grassroots level through to the National Team. BC RADAR also allows

Rowing BC to compare athletes from across the province to the same standard. This will inevitably lead to a streamlined selection system for BC's Provincial programs.

Tool #1: Talent Identification – TID This tool provides athletes, clubs and coaches information on the potential of their athletes to perform at an elite level. This information allows athletes to be targeted to the appropriate stream within a club or provincial program. This tool can also identify athletes that are currently not involved in rowing, and direct them to the sport based on a TID score.

Tool #2: Talent Development and Monitoring – TD&M Rowing BC has identified three areas that it believes are essential to ensure increased performance as athletes develop.

These areas are as follows:

- Physiology – building a rowing specific engine*
- Skill – Ability to move the boat effectively*
- Performance – Putting it all together*

How does it work:

- Talent Development– By looking at the athlete with a multi layered approach we can identify their strength and weaknesses. This becomes very clear and transparent for both the coach and the athlete. By maintaining an athlete's strength and targeting their weaknesses an athlete can develop to the next level. BC RADAR provides the roadmap to individual development*
- Talent Monitoring – Much the same as a development, a coach can look at how an athletes' assessment changes over time. An improved RADAR score reflects athlete improvement. This is not always reflected in ergometer performance.*
- Scoring system: Each area in the Talent Development and Monitoring Tool is assigned a specific score. By achieving a certain standard for each identified skill the athlete accumulates points. The total score is determined and compared to the score needed for each Academy / IPS level. Once complete the results can be used as a developmental report card for the athlete and the coaches working with the individual.*



Graham Barton

High Performance Director,
CanoeKayak Canada

Graham Barton was named High Performance Director of CanoeKayak Canada in 1999. Since that time Graham has guided the organization's high performance program in a steady climb to be one of Canada's most successful Summer Olympic sports. Under Graham's leadership, CanoeKayak Canada is now regarded, both nationally and internationally, as a leader in the development of high performance athletes and coaches. Canada's sprint canoe/kayak program is consistently ranked in the top 5 nations in the world and was Canada's most successful sport at the 2004 Summer Olympic Games with a third place global finish.

Graham brings a wealth of experience to CanoeKayak Canada's high performance program. His previous experience as a national team athlete, club coach, provincial coach, national development coach and Olympic Team Coach have provided him with an extremely valuable perspective on the needs of high performance athletes and coaches in paddling. An avid supporter of coaching education, Graham co-authored many of the coaching resources used by CanoeKayak Canada. He continues to be an influential leader in the design and implementation of athlete and coach development programs across Canada.

Rob Stott

National Development
Coach, CanoeKayak
Canada



Rob Stott is a new addition to CKC's Sprint High Performance Program, taking on the role of National Development Team Coach. Rob previously coached the Pan Am Canoe Team in 2006 and the Junior World Team in 2007. In 2008, Rob was coaching the Ontario Provincial Team before taking on his role with the National Team.

He brings with him a wealth of diverse coaching experience to this position. He was head coach at the Balmy Beach Canoe Club from 1994-2007. Prior to that he was co-founder and head coach of the Toronto Canoe Club and also coached at Burloak, Mississauga and Orenda.

He has been involved in the sport and competed at various levels since his youth. Rob is a NCCP Level 3 certified coach and is currently working towards his NCCP Level 4 certification.

Dinner Menu

First Course

- Chilled prawn cocktail and served with our house cocktail sauce
- *or Crab, shrimp, avocado salad and served with a red pepper aioli*
- *or Scallops wrapped in Canadian back bacon*

Second Course

- Fresh garden salad *or* Seafood chowder
- *or* Manhattan clam chowder

Entree

- PACIFIC HALIBUT Queen Charlotte Island Halibut oven baked in a lemon caper butter sauce and garnished with Pacific shrimp
- *or* BLACKENED SALMON Wild spring salmon baked with a Cajun spice and served with fire grilled tiger prawns
- *or* FILET MIGNON AND CRAB AAA filet mignon topped with fresh shrimp, crab meat and sauce béarnaise
- *or* SOLE ALMONDINE Pacific sole pan fried in lemon butter and topped with slivers of almonds

Dessert

- Triple chocolate cake
- *or* Deep Dish Apple Pie
- *or* Vanilla ice cream with strawberries and Grand Marnier

