



ISWO Delegates
-COACHES CALLOUT-

2019 ONTARIO COACHES CONFERENCE
CALL FOR APPLICATIONS

The Ontario Coaches Conference (OCC) is the place to be for sport in Ontario! A weekend of learning, growth and development for sport leaders from across Ontario. Whether you work with a PE class, are training your athletes to learn a specific technical skill, or competing in the next day's championship, #OCC19 is designed to help you Win Every Play!

WHO:

Coaches of First Nation, Métis and Inuit descent are encouraged to apply! Must be 16+ years of age. Those selected will attend CAO's 2019 Ontario Coaches Conference.

WHAT:

Apply to become one of six (6) Ontario residents to receive a FULL PACKAGE REGISTRATION (\$219 value) covered on behalf of the Indigenous Sport and Wellness Ontario (ISWO) and the Coaches Association of Ontario (CAO). This package Includes all breakout and keynote sessions, Saturday social, exhibitor marketplace, daily breakfast, lunch, and nutrition breaks. Bonus NCCP option 'Make Ethical Decisions' is included. Pre-registering for the Aboriginal Coaching Module course is mandatory unless already certified within this NCCP course. Additionally, a total of up to \$200 will be reimbursed by ISWO for any receipts presented for purposes of travel and/or accommodations only. Any further expenses must be covered by the applicant or a sponsoring business, organization or band.

WHEN:

April 5th – 7th, 2019.

WHERE:

TORONTO, ON. / MARRIOTT MARKHAM HOTEL

DEADLINE: FRIDAY, MARCH 22, 2019 - 11:59 PM (EST).

Completed application forms can be sent to Mekwan Tulpin, ISWO High Performance Coordinator **VIA EMAIL** mekwan.tulpin@iswo.ca, **VIA FAX** 905-412-0325 or **VIA ONLINE**





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info@iswo.ca
iswo.ca

(iswo.ca). Successful applicants will be notified on Monday, March 25, 2019 to complete registration.



Visit the CAO website (ontariocoaches.ca) for an #OCC19 agenda, info on speakers/venue and more!

AGENDA

Friday, April 5, 2019

9:00 a.m.-6:00 p.m.	NCCP: Aboriginal Coaching Module
9:00 a.m.-4:30 p.m.	NCCP: Mentorship
12:30 p.m.-4:30 p.m.	NCCP: Resistance Training
3:00 p.m.-4:30 p.m.	Kicking it Into High Gear: Using Evidence to Transform Your Coaching Practice
4:30 p.m.-5:00 p.m.	Networking & Nutrition Break
5:00 p.m.-6:15 p.m.	Transforming the Culture of Sport Hazing
6:30 p.m.-8:00 p.m.	The Art and Science of Building Buy In

Saturday, April 6, 2019

8:30 a.m.-9:00 a.m.	Breakfast
9:00 a.m.-10:15 a.m.	The Science of FUN: The Missing Ingredient to Quality Sport
10:15 a.m.-10:45 a.m.	Networking & Nutrition Break
10:45 a.m.-12:00 p.m.	Winning Over Parents
10:45 a.m.-12:00 p.m.	The Mental Health Huddle: The Balance Between Performance & Wellbeing



#ACTIVATINGWELLNESS





12:00 p.m.-1:30 p.m.	Lunch & Special Guest, Jerry Howarth – The Voice of the Blue Jays
1:30 p.m.-2:45 p.m.	Getting Out of The Comfort Zone: Fostering a Growth Mindset
1:30 p.m.-2:45 p.m.	Community Sport Matters: Making a Sustained Impact
1:30 p.m.-2:45 p.m.	Building Athlete Resilience Against Traumatic Injuries
2:45 p.m.-3:15 p.m.	Networking & Nutrition Break
3:15 p.m.-4:30 p.m.	The Mystery of Talent & Athlete Selection: Pitfalls, Probabilities & Perfection
3:15 p.m.-4:30 p.m.	The 10,000 Hour Myth: Deliberate Practice Makes Perfect
3:15 p.m.- 4:30 p.m.	You Snooze, You WIN: Keeping Athletes On Top of Their Game With the Science of Sleep
6:00 p.m.-9:00 p.m.	Saturday Social: Sip, Savour & Enjoy the Flavours!

Sunday, April 7, 2019

8:30 a.m.-9:00 a.m.	Breakfast
9:00 a.m.-10:15 a.m.	Untapped Potential: Creating the Next Wave of Coaches
9:00 a.m.- 10:15 a.m.	Can We Play a Game: Designing Games for Learning
10:15 a.m.-10:45 a.m.	Networking & Nutrition Break
10:45 a.m.-2:45 p.m.	NCCP: Make Ethical Decisions
10:45 a.m.-12:00 p.m.	Getting Out of The Comfort Zone: Fostering a Growth Mindset
10:45 a.m.-12:00 p.m.	Training into Practice: Preventing & Reducing Injuries
12:00 p.m.-1:00 p.m.	The Power of Opportunity – Closing Keynote & Lunch

