



OWHA High Performance Coaching Symposium



The OWHA is proud to present the 2016 High Performance Coaching Symposium.

Who: Targeted for any coach that is HP trained or certified as well as any assistant coach in Bantam AA, Midget AA, Intermediate AA, CIS or CWHL.

What: This is a 3 day symposium based on what it takes to coach High Performance hockey athletes. Seminars will be on sport specific nutrition, mental skills, evaluation, safe talk, communication and what it means to be High Performance.

Where: St. Catharines, ON

When: Evening arrival on January 8, 2016 with an afternoon departure on January 10, 2016

Why: To help coaches understand the needs of their athletes and what it takes to be High Performance. Coaches will also receive 3 points towards maintaining the HP1 certification.

There is a fee of **\$100** which includes 2 nights' accommodation (based on double occupancy), meals, seminars and tickets to 2 of Canada's U18 World Championship games.

Please make cheques payable to the OWHA and send them to:
225 Watline Ave.
Mississauga, ON
L4Z 1P3

To register, please go to:

<https://www.surveymonkey.com/r/ZT7KGSB>