



Western Region Coaching December Newsletter

- Please see Base Camp for all the latest coaches' updates
<https://3.basecamp.com/4131766/projects>
 - Big call out to Karla Xavier for all her hard work providing the information
- Ringette Ontario has released our Coach Webinar Series, which started Tuesday, February 9th, at 7:30pm. Coaches were asked to pre-register to receive a welcome email and login information prior to each session. There was no cost to attend. Coaches will receive 3 PD points for attending 3 or more sessions.

<https://forms.gle/T3Dp8pjkov1xGA5WA>

Starting in April there will be monthly sessions to continue Coach Development over the summer and into the fall. If you have any topics you think your coaches would be interested in getting into please let Karla Xavier know.

Topics thus far as follows:

- **Effective use of Video Review** with Chris Belan (JNT Lead Scout)
Tuesday February 9 7:30pm - 9:00pm
 - **Goalie Focus** with Halli Berry & Emily Ferguson
Tuesday February 16 7:00pm - 8:15pm
 - **Bullying Prevention** Lead by Dare to Care
Tuesday February 23 6:30pm - 9:00pm
 - **Building an Effective Bench Staff** with John Mezenberg
Tuesday March 9 7:00pm - 8:15pm
 - **Coach Roundtable**
Tuesday March 23 7:00pm - 8:30pm
- Holistic Return to Sport (please see Karla Xavier Jan 7th base camp post).
 - Sessions were held January/early February. Thanks to all who attended.
 - [Holistic Return to Sport \(basecamp.com\)](https://3.basecamp.com/4131766/projects)
 - Questions you needed to ask yourself
 - What is my tolerance for risk, and how does my risk profile compare to that of my colleagues?

- How do we get everyone on the same page and adopting behaviours that help to keep everyone feeling safe and valued?
 - With so much uncertainty, how do we continue to perform our duties and strive for excellence?
 - How do we create trusting, respectful, and safe work and training environments where we can be both vulnerable and courageous ... even in the same moment?
- **There was a Respect In Sport NCCP# issue**
 - Coaches were saying they completed Respect in Sport but not seeing it on their transcript. It was discovered if people click the box to allow the respect in sport website to communicate with the NCCP locker but don't put their NCCP # in the box, it creates a new (2nd) NCCP number for them.
- **Junior Coach Leadership Series**
 - "Ringette Ontario is accepting registrations for our Junior Coach Leadership Series. This series is designed to help young on-ice volunteers, player-coaches and registered junior coaches, kickstart their coaching careers."
- **Managers on Bench**
 - Registered and qualified managers are still permitted on the bench if your numbers allow but cannot be used to fill the female coach on the bench role.
- **Remember E-learning courses are available online.**
 - Respect in Sport for Activity Leaders [Ringette Ontario requirement]
 - Making Headway in Sport [Ringette Ontario requirement]
 - NCCP Coach Initiation in Sport [Ringette Ontario requirement]
 - Keeping Girls in Sport
 - NCCP Coaching Athletes with a Disability
 - NCCP Emergency Action Plan
 - NCCP Sport Nutrition
 - Safe Sport Training
- **Remember online classroom courses are courses that require live attendance with interactions with the facilitator and fellow candidates.**
 - Make Ethical Decisions [Ringette Ontario requirement]
 - NCCP Basic Mental Skills
 - NCCP Advanced Practice Planning
 - NCCP Coaching and Leading Effectively [Competition Development Course prerequisite]
 - NCCP Developing Athletic Abilities [Competition Development Course prerequisite]
 - NCCP Empower+
 - NCCP Manage a Sport Program [Competition Development Course prerequisite]
 - NCCP Leading Drug-Free Sport

- NCCP Mentorship
 - NCCP Performance Planning [Competition Development Course prerequisite]
 - NCCP Planning a Practice
 - NCCP Prevention and Recovery [Competition Development Course prerequisite]
 - NCCP Psychology of Performance
 - NCCP Teaching and Learning
- **Remember Coaches should make sure they have completed the required number of PD points to maintain their qualifications.**
 - For more information on possible PD opportunities coaches should contact their association coaching coordinator.
- **Remember coaching qualifications can be found at this link. <https://ringetteontario.com/the-people/coaches/coaching-pathways> - Coach Qualification Chart 2020-2021**
 - House League Coach
 - Junior Coach
 - FUN1/FUN2 Coach
 - U10 Coach
 - U12A Coach
 - U12B/C Coach
 - U14AA Coach
 - U14A Coach
 - U14B/C Coach
 - U16AA Coach
 - U16A Coach
 - U16B/C Coach
 - U19AA Coach
 - U19A Coach
 - U19B/C Coach
 - 18+AA Coach
 - 18+A Coach
 - 18+ University Coach
 - 18+B/C/Dev Coach
 - Trainer Position
 - Manager Certification
 - On Ice Assistant Role (will not be added to official TRF)
- **COVID Safety Leader – all coaches need to remain diligent in reducing the risk of COVID and continue to connect with their associations CSL**

Thanks to all for their continued efforts this year