

From: Nancy-CCBC <programs@crosscountrybc.ca>

Date: Friday, November 18, 2022 at 9:26 AM

To: Nancy-CCBC <programs@crosscountrybc.ca>

Cc: Nicole Perrin <nicoleoperrin@gmail.com>, Heidi Horlacher <heidihorlacher@gmail.com>

Subject: *READ ME* Whistler CC workshop - November 26-27, 2022 - materials & other good stuff

Hello,

You are registered for the Community Coaching workshop in Whistler this coming weekend. Please read this email to the end as there is important information you need to know prior to attending the workshop.

Please ensure that you have completed BOTH of the prerequisite online modules:

- 1. Coach Initiation in Sport online module**
- 2. Introduction to Community Coaching online module**

Both are available in the eLearning section of the Locker. These modules are the prerequisites to attend this CC workshop.

WORKSHOP MATERIALS

To prepare, attached are the Reference Materials you will be using during the workshop. We ask **all participants to please bring a Laptop with the materials already downloaded to your computer or a USB stick.** (In this way we don't need to rely on WiFi). Please note that there is not a Step 3 attached....that is on purpose so no need for concern.

The Workbook and Working Copies are attached to this email. **Please print the workbook and working copies to bring with you.**

Please ensure that you bring along:

- Computer with material downloaded (or on a USB)
- Power Cord for your computer
- Extension Cord
- Any printed materials from this email to bring with you
- Pen & Notepaper
- Any ski equipment, change of clothing, lunch, etc. that your club/facilitator has directed you to bring

Also attached to this email is a Making Ethical Decisions section. You would have touched on this subject in your ICC workshop. The attached section gives you more information that will be useful to have beside you to complete your Making Ethical Decisions evaluation test in the eLearning section of the Locker. This evaluation is free to anyone who has completed the ICC & CC workshops. I have also attached the

Teaching Children section from the ICC workshop, as having this handy for review will be helpful.

Please remember to register for your Coaching License via Nordiq Canada's website. A link to the registration can be found [HERE](#).

NEW RESOURCES IN NORDIQ CANADA'S ONLINE ATHLETE DEVELOPMENT MATRIX (ADM)

Nordiq Canada keeps adding new resources for coaches to its online Athlete Development Matrix! Video clips that include diagrams and tips for the key technique benchmarks of each step of our sport's LTAD Model now offer a technique library page with technical analysis as well. In addition detailed explanations of each training zone, with examples of corresponding workouts, are available, along with samples of yearly, seasonal and weekly training plans. You can access the Matrix [HERE](#).

And finally, more great Coaching Resources can be found on the CCBC Website – [HERE](#). You'll find lots of great information on the Long Term Athlete Development model and much more. The SkiFun video can be found at our dropbox link [HERE](#). Check them out!

Enjoy the workshop and I hope you have an wonderful season!

Kindest regards,

NANCY BEAUMONT / PROGRAM COORDINATOR
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**FIS Nordic Junior World Ski Championship/
U23 Cross-Country World Ski Championship**
January 27 – February 5, 2023
[Website](#)

Coaching questions? ☐ Click [HERE](#) to check out the new FAQ document on our website!



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