



DRAFT SCHEDULE

(vers of 12 Oct 2018)

Details for on-line registration are on next pages.

Saturday Nov 17th – X-country Tech Building - Otway

8:30 – 9:00 Introductions (all registrations are pre-done at <https://thelocker.coach.ca> by Nov 6)
9:00 – 9:15 Content of the Resource materials (personal laptop useful for this)
9:15 – 9:45 Rifle and Range safety and rules
9:45-10:30 Shooting Theory – Fundamental concepts of shooting
10:30 – 10:45: Break
10:45 – 11:30: Basic Ski Technique - Technique demo videos and on-snow if possible
11:30 – 12:15: Lesson planning and Tasks of a silver coach
12:15 – 13:30 : Lunch (bring lunch)
13:00 – 13:20: Zeroing and use of the scope – setting up zeroing for race (should athletes have access to scopes or not?) Do's and don'ts of zeroing – and Emergency Action Plan (EAP) -
13:20 – 14:45 : Basic Rifle fitting and maintenance and coach's bag
14:45 – 16:30 : Range session with live fire – safe set-up of range for practice, EAP and safety checklist, role of range officer, Prone set-up, Position and natural alignment, Dry Fire, precision shooting on paper

Sunday Nov 18th – X-country Tech Building - Otway

8:30 – 9:00: Goals of the Gold Program
9:00- 9:30: Setting the Scene, LTAD and Windows of Opportunity
9:30: - 10:00 Tasks of the Gold Coach (Leadership and Risk Management)(Module 2-1st part)
10:00 – 10:30 Emergency Action Plans and Liability (Module 2 2nd part)
10:30 – 11:00 Lesson planning
11:00 – 11:30 Ethics and Coaching
11:30 – 12:15 Intro to Biathlon Bears Program
12:15 – 13:15: Lunch and move out to range (bring bag lunch)
13:15 – 13:30: Set-up a safe range and designation of range teams
13:30 – 13:45: Position, Natural alignment and sight picture
13:45 – 14:15: Discuss trigger control, breathing control and follow through
14:15 – 14:45: Zeroing and zeroing for races
14:45 – 15:30: Review of learning progression. Precision shooting, biathlon shooting and Combos
15:30 – 16:10: Combo fun race
16:10 – 16:30: Clean-up range and wrap-up.
16:30-17:00: Debrief and evaluations. Action Cards and Discussion of “Homework”

Gold Certification Requires:

- 1) NCCP number
- 2) Gold and Silver Workshops
- 3) Up to date BiCan Membership
- 4) Firearms Licence (PAL)
- 5) Lesson Plan
- 6) Emergency Action Plan (EAP)
- 7) On-line Community Coaching Ethics course and exam

Pierre Beaudry

NCCP Biathlon Learning Facilitator

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Steps to Register for the Biathlon Silver and Gold Workshop (17-18 Nov)

- 1) Go to <https://thelocker.coach.ca>
- 2) Enter your NCCP number or get a new number if you don't have one (a number is required)
- 3) For new numbers, fill in the account information (Required for all NCCP workshops).
- 4) Go to HOME page and you should see a page like the following and Click on "Calendar":

The screenshot shows the top navigation bar of the coach.ca website. The 'Coach Training' link is circled in red. Below the navigation bar, there are icons for ELEARNING, CALENDAR, PATHWAYS, CERTIFICATION, PROFESSIONAL, and PROFILE. The CALENDAR icon is highlighted with a red box.

OR, if you can't find your way to the "Home" page

- 5) Go to "Coach Training" tab (see circled item above)
- 6) Choose NCCP Workshop Calendar (the "Calendar" is ultimately where you want to be).
- 7) On the calendar, filter for "November" and "Biathlon" in drop down boxes above monthly calendar
- 8) On the 17 and 18 find the Bears Silver and Gold workshops (select one at a time). Do Not, by mistake, register for the "Biathlon Competition Introduction 2" course.

The screenshot shows the calendar page on thelocker.coach.ca. The 'Calendar' menu item is highlighted with a red box. The calendar is filtered for November 2018 in British Columbia. The events listed are:

- 17-NOV-2018 - 18-NOV-2018: [Biathlon Competition Introduction 2 On Snow Workshop](#) (Vernon, BC)
- 17-NOV-2018: [Biathlon Silver Coach Workshop](#) (Prince George, BC)
- 18-NOV-2018: [Biathlon Gold Coach Workshop](#) (Prince George, BC)

The calendar grid shows that the Biathlon Silver Coach Workshop is on November 17th and the Biathlon Gold Coach Workshop is on November 18th.

- 9) Click on the button on the right panel that says “REGISTER FOR THIS EVENT” – see screenshot below. When you click on this button you are immediately registered and there is nothing you need to enter as all of your data will come directly from your NCCP profile.

The screenshot shows the 'the locker' website interface. At the top, there are navigation links for 'Home', 'eLearning', 'Calendar', 'Pathways', 'Events', and 'Pierre Beaudry'. The 'Events' tab is selected. Below the navigation, the event title 'Biathlon Silver Coach Workshop' is displayed, along with the dates '17-Nov-2018 to 17-Nov-2018' and the location 'Prince George, BC'. The event details are organized into sections: 'Event #', 'Sport', 'Context', 'For', and 'Organization' on the left; 'TIME & PLACE' with 'Date', 'Host', 'Location', and 'Language' in the middle; and 'REGISTRATION' on the right. The 'REGISTRATION' section includes instructions to contact the organization for payment confirmation, course details for Saturday and Sunday, and a '15 of 15 spots available' status. A 'REGISTER FOR THIS EVENT' button is prominently displayed and circled in red. At the bottom, a map shows the location at '8141 Otway Rd, Prince George, BC' with 'Directions' and 'Save' buttons.

- 10) You are now properly registered, as long as all of your information was correctly input when you registered for an NCCP number.
- 11) Record your NCCP number and keep it in a safe place. This is your permanent record for all of your future NCCP workshops or tasks, for the rest of your life.
- 12) In the future when you pass a certain part of your NCCP workshop it will be recorded on your NCCP# transcript.
- 13) When you have registered for the event please send me a quick note saying you have done so and I will verify in the NCCP database that all is ok. I don't think that NCCP sends out a confirmation e-mail that you have registered, although I may be wrong on that.
- 14) If you want to register for the Silver course only, then please only register for the Saturday event (17 Nov). If you want to register for the Gold Course also, please register individually for both course (Saturday and Sunday 17 and 18 Nov).
- 15) The costs will be as follows:
- Coaches working with CNSC programs and with a CNSC membership: **FREE** as the club is paying your registration fees (value of \$150 per coach candidate)
 - Others: \$25 for both Silver and Gold, \$15 for Silver only
- 16) **Registration is on a first come first served basis**, with a limit of 15 participants for each day
- 17) For more information about each of the courses go to the following link:
<https://www.coach.ca/biathlon-p154506>.

18) Required for course:

- a. Biathlon Canada/Biathlon BC membership (registered as a coach) : <http://biathloncanada.ca/membership/> This is an absolute necessity.
- b. NCCP registration and number (see instructions above)
- c. Firearms License (PAL) – not necessarily required for course, but most definitely required for certification
- d. Access to a biathlon rifle for Saturday afternoon and all day Sunday (so can use Athlete's rifle that train on Saturday mornings).
- e. Notepad and pen/pencil
- f. Big smile and positive thoughts
- g. Cash for those that need it to pay for Registrations Fees (see #15 above).
- h. Other items that I may think of as the time progresses.

Please register in “The Locker” as soon as possible so that I know: a) who to send future notices to b) how many candidates to expect and 3) the quantity of course materials needed. Note that registration deadline is **Nov 6th** and participations limit is **15 people**.

If you have any questions, you can contact me at the following:

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