



# HIGH PERFORMANCE COACHING SEMINAR

May 3 – 5, 2019, Canmore, Alberta

Haig Room of the Bill Warren Training Center, 100-1996 Olympic Way, Canmore.

**Registration options and eligibility:** [See details on CCC seminar webpage](#)

## Friday May 3<sup>rd</sup>, 2019

16:45 to 17:00

*Welcome and Setting the Theme*

17:00 to 19:00

### **Identifying the Gaps**

Where are we now as a cross-country ski nation and what is it going to take to get the next generations to the WC level? This opening session will provide an overview of the challenges we face as an organization, identifying levers that can be targeted at the club level and how we can hold ourselves accountable to achieving the goals we set.

An interactive presentation soliciting the perspectives and ideas from all present as we set the scene for the weekend.

**Opening presenter Nicolas Lemyre PhD.** - HP consultant to Cross Country Canada



19:00 to 21:00

*Coach social and dinner on site (included with registration)*

## Saturday May 4<sup>th</sup>, 2019

8:45 to 9:00

*Morning welcome and schedule for the day*

9:00 to 10:30

### **Developing Better People and Better Athletes Through Coaching**

This presentation will propose a global vision for effective coaching. Three dynamic and multidimensional elements that coaches can change to create positive sport environments will be presented: 1) Personal engagement in activities, 2) quality social dynamics, and 3) appropriate settings. When the different dimensions of these three elements are properly structured and interact positively, it creates a context that, when repeated on a regular basis, leads to changes in the personal assets of the athletes and favourable long-term outcomes. Research that links the three dynamic elements of sport (activities, relationships, and settings) to positive changes in personal assets, and long-term athletes' outcomes will be discussed. Finally, practical implications will be offered.

**Presented by Jean Côté, PhD.** Dr. Jean Côté is professor and Director at the School of Kinesiology and Health Studies at Queen's University in Kingston (Canada). His research interests are in the areas of youth sport, coaching, positive youth development, and sport expertise. Dr. Côté is regularly invited to present his work to both sport governing organizations and academic conferences throughout the World. He has delivered 50 keynote addresses at major national and international conferences. In 2009, Dr. Côté was the recipient of the 4th EW Barker Professorship from the Physical Education and Sport Science department at the National Institute of Education in Singapore. He received the Queen's University Award for Excellence in Graduate Supervision for 2013.



10:30 to 11:00

*Morning break (snacks and coffee provided)*

11:00 to 12:00	<p style="text-align: center;"><b>The Athlete as Coach</b></p> <p>Defining what it means to build autonomy in the athlete and determining strategies with coaches to achieve that goal. Presentation of the concept from an international perspective followed by round table conversations with the aim of sharing best practices and stimulating reflection on tools, strategies and tactics to take home to the club.</p> <p style="text-align: center;"><b>Hosted by Nicolas Lemyre PhD and National Team Coaches</b></p>
12:00 to 13:00	<p style="text-align: center;"><i>Lunch break (not provided) and networking</i></p>
13:00 to 14:30	<p style="text-align: center;"><b>Coaching Elite Athletes</b></p> <p>This presentation will provide some intimate insights into the processes and practicalities of working with the best athletes in the world.</p> <p style="text-align: center;"><b>Presented by Pål Gunnar Mikkelsplass</b> <i>A former Norwegian cross-country ski team skier who competed from 1981 to 1997. He won the 15 km silver at the 1988 Winter Olympics in Calgary and now becoming a legend in the coaching world and one of the most sought after coaches in Norway; known for most recently working with Therese Johaug.</i></p> 
14:30 to 15:00	<p style="text-align: center;"><i>Afternoon break (snacks and coffee provided)</i></p>
15:00 to 16:30	<p style="text-align: center;"><b>Optimising training adaptations: the importance of physiological monitoring</b></p> <p>The quest for medals at national and international levels is a road with many pitfalls. The load that athletes face during training can be extremely high and demanding. When coupled with school exams and other stressors, the stress induced by the training load increases further and may lead to severe fatigue, injury and overreaching, thereby debilitating performances. Research has robustly demonstrated the critical importance of precisely monitoring the training load, but also the response of the athlete to the imposed load. Such studies will be presented and we will discuss the use and implementation of validated objective and subjective monitoring tools.</p> <p style="text-align: center;"><b>Presented by François Billaut, PhD.</b> <i>Professor Billaut conducts a research program involving several graduate students interested in understanding and optimizing the effects of high-intensity exercise, training and the environment on physiological responses and physical work capacity. Their goal is to enhance training adaptations and sport performances. Professor Billaut has also worked as an exercise physiologist with Cycling Canada, Speed Skating Canada, Cross Country Canada, Swimming Canada, and Canoe-Kayak Canada.</i></p> 
16:45 to 18:15	<p>The above presentation of the theory will be followed up by presentations of the current practices occurring at the National Team and Training Center levels in Canada. Coaches will then break into groups working through some of the challenges for establishing a practical monitoring program.</p> <p style="text-align: center;"><b>Hosted by NST team coach Erik Braten and top coaches from across Canada.</b></p>

## Sunday May 5<sup>th</sup>, 2019

<i>Morning welcome and schedule for the day</i>	
8:45 to 9:00	<p>Note that during the morning, two separate programs will be offered. Program A will have space limited to 30 participants and it is recommended that one coach per club and divisional representatives attend. We will determine attendance in both sessions with registered participants prior to the seminar.</p>

## Program A

### **Transformational Coaching Workshop**

9:00 to 12:00

There is growing recognition that effective coaching is not only about developing better athletes but also about developing better people. To achieve this important goal, coach education programs are needed to help coaches foster high-quality interpersonal relationships. Developed by a team of researchers across Canada and the United States, the Transformational Coaching Workshop is an innovative, evidence-informed workshop designed to enhance your leadership skills, and ultimately improve the quality of your interpersonal relationships. By becoming a more effective leader, you can positively contribute to your athletes' performance, long-term participation, and personal development. This interactive workshop will enhance your understanding of yourself as a leader and help you develop leadership skills that will inspire, empower, and bring out the best in your athletes. Interactive and reflective activities will increase your understanding of the principles of Transformational Coaching and your ability to develop strategies for implementing Transformational Coaching behaviours in your coaching practice. Additionally, you will be provided with an opportunity to develop practical action plans for making positive changes in your leadership behaviours.

**Presented by Jean Côté, PhD.**

## Program B

### **Insights into Modern Cross-Country Ski Technique**

9:00 to 10:00

An overview of the most current biomechanical and technical trends in the sport.

**Presented by Pål Gunnar Mikkelsplass**, Considered one of the best technical coaches in Norway, he is regularly a consultant with the Norwegian national team.

10:00 to 10:15

*Afternoon break (snacks and coffee provided)*

10:00 to 12:00

### **Technical trends and tactics**

An active roller ski session where we will present the most important changes, developments and understandings as pertaining to being on skis. We will endeavour to demystify some current assumptions relying on a biomechanical perspective and foster an environment for exchange and clarification in an attempt to optimize energy expenditure.

**Presented by NST and other top coaches from across Canada** oriented by the most current studies and practices.

12:00 to 13:00

*Lunch break and networking*

13:00 to 14:00

### **Blood-flow restriction to enhance training adaptations and performance**

A well-designed yearly training plan will improve the key performance indicators. However, there are ways to accelerate and optimise the desired adaptations as well as performances during identified training cycles. Impeding perfusion transiently activates a cascade of cellular and hormonal changes that can enhance performance lasting 10 sec to several minutes. As examples, ischemic preconditioning is used at rest up to a few hours before a performance to precondition the body to sustain maximal stress, but blood-flow restriction can also be combined with exercise to boost the benefits of a warm-up. This talk will discuss the ergogenicity of blood-flow restriction techniques in the context of sport performance and will present physiological mechanisms relevant to performance in cross-country skiing.

**Presented by François Billaut, PhD.**

14:00 to 15:00

### **Snowmaking; the Present and Future of our Sport**

A conversation and exposé of what clubs are doing across the country to deal with unpredictable snow conditions, what are some of the logistical considerations and costs involved. And what can we expect in the future.

**Presentation from a variety of clubs in Canada** providing insight into different strategies and approaches, as well as a broader overview of what is possible. This session will consist of several short presentations as well as a question and answer period.

## **Decision Making and Mental Focus for the Athlete**

**15:00 to 16:00**

There are some surprisingly powerful tools currently being developed to help individuals maximize their powers of concentration and leading to heightened performance. While potentially very promising, these are not without ethical considerations and reservations. We will present some of these tools and approaches, as well as host a conversation among the coaches to explore the applicability and limits of these trends.

***Presented by Penny Werthner, PhD.*** - *Dean of the Faculty of Kinesiology at the University of Calgary - one of Canada's most distinguished consultants in the field of sport psychology. She is one of the founding members of the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) and has been named one of the Top 20 Most Influential Women in Sport and Physical Activity by CAAWS.*



**16:15 to 17:00**

*Wrap-up; with NST coaches presenting some of the vision and plans for the coming year.*