



## NCCP Athletics Performance Analysis Workshop March 24-26, 2017

This NCCP workshop will cover aspects related to the analysis of technical and tactical requirements surrounding performance at the performance coach (competition development) context. Learning activities will focus on the coach's ability to analyze, identify, interpret, plan, and implement strategies in order to enhance athlete performance. A specific focus will include the utilization of technology in the coaching process in the pursuit of increased levels of athlete performance.

**Prerequisite:** Coaches **MUST** have previously taken the Athletics Canada Planning for Performance Workshop prior to this course. Coaches who have not previously taken Athletics Canada's Performance Planning module are not eligible to take part in the workshop. Please email Jason Reindl ([jasonreindl@me.com](mailto:jasonreindl@me.com)) to confirm eligibility.

**Location:** Moncton, New Brunswick at the University de Moncton (CEPS) facility 40 Antonine-Maillet Ave, Moncton, NB E1A 3E9. Classroom 226 and the CEPS track.

**When:** March 24-26, 2017

**Language:** The course will be conducted in English

**Times:** March 24th 5:00pm-9:00pm; 25th 9:00am-7:00pm; 26th 9:00am-12:00pm.

Health breaks will be scheduled as needed with lunch and dinner breaks provided on Saturday.

**Cost:** \$125 with cheques made out to Athletics New Brunswick. Receipts will be given prior to the start of course when payment is received.

**How to Register:** Participants must email Jason Reindl ([jasonreindl@me.com](mailto:jasonreindl@me.com)) with their NCCP # and their primary event area for certification purposes by **Wednesday March 8<sup>th</sup>, 2017 at 12:00pm (noon)**.

**Requirements:** Participants **MUST** come to the workshop with the following:

- A complete YTP from either the current year or the previous year. As this course is for coaches at the performance coach context where their athletes are commonly found in the learning to compete, training to compete, and learning to win stages of the long-term athlete development system a yearly training plan is expected.
- An assortment of athlete video showcasing a wide range of performance skills for their specific event discipline. A variety of angles and viewpoints (head on, behind, side, and angle) of each skill will prove beneficial. Coaches must come with an open mind and be prepared to show videos as is with their peers. The best learning videos come from athletes who are performing skills not at the elite level. Thus, athlete videos at the midget, youth, junior age groups are ideal.
- A downloaded application video analysis program (Dartfish, Hudl [formerly Ubersense], Coach's Eye) that they are comfortable using.

- Coaches are also encouraged to come with video on a laptop, tablet or files on a USB stick to share video within the group environment.

**Learning Facilitator:** Jason Reindl, ChPC will be the primary learning facilitator for the workshop. Jason is a certified NCCP learning facilitator, a Master Coach Developer, and has presented internationally within the International NCCP Level 4 Program on the subject of High Performance Analysis. Jason is the high-performance coach and Coaching Education Director for Athletics New Brunswick, Head Coach for the University of New Brunswick, and Head Coach for the upcoming 2017 Canada Games for Team New Brunswick. He has a Graduate Certificate in High Performance Coaching and Technical Leadership, an IAAF Level 5 diploma with distinction in Sprints and Hurdles, is NCCP Level 3 Certified in the Sprints and Hurdles, and Performance Coach Endurance Certified.

### Schedule Overview

#### Friday March 24<sup>th</sup> - 5:00pm to 9:00pm

- Introduction and Review of the NCCP Model and Learning Outcomes for the weekend
- Introduce Referent Model - Intention, Detection, Correction
- The Intention Phase

#### Saturday March 25<sup>th</sup> - 9:00am – 7:00pm

- Review of Day 1 and Intention Phase
- The Detection Phase
- Observing Performance, Detecting Gaps, and Identifying Causes of Gaps
- The Correction Phase
- Yearly Training Plan Review, Analysis & Performance Integration

#### Sunday March 26<sup>th</sup> – 9:00am – 12:00pm

- Review of Day 1 & 2
- Assessing Athlete Progress
- Performance Analysis
- Program Analysis
- Program Planning Strategies
- Debrief, Review, Next Steps

Questions can be sent directly to Jason at [jasonreindl@me.com](mailto:jasonreindl@me.com) or he can be reached by phone at 506-343-2149.

