

BIATHLON MANITOBA

COACHING PROGRAM

2009 / 2010



Manitoba  Canada



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ROLE OF THE COACH

As coaches we view ourselves as educators in the field of sport. Many of the lessons learned in sport will serve the athletes for the rest of their lives. Teamwork, sacrifice, discipline, hard work, perseverance, failure and success are all experiences that will be encountered in sport and in life. As a coach our job is to help prepare our athletes for their journey through life by assuming many roles in helping these young men and women deal with these experiences. Parent, sibling, psychologist, disciplinarian, and friend are all roles the coach must be prepared to play in helping these young men and women grow.

Sport provides many opportunities for young men & women to grow into outstanding individuals. The lessons learned and values instilled because of participation in sport should be facilitated by the coach. Helping young men & women reach their goals and fulfill their potential is what coaching is all about.

Reference- Adapted from the Team Interlake Soccer Program coaching plan for 2008 MB Games.

THE CHARACTERISTICS OF THE COACH

While we already know there are many unique characteristic traits for successful coaches at all levels, we also recognize some coaches are stronger in certain areas. We also believe strongly that coaches can develop and learn from other coaches, thus creating an opportunity to enhance their own skills. Biathlon Manitoba's Board outlined the following characteristics as being traits required to assist Biathlon Manitoba in improving their program.

- Leadership
- Initiative
- Enthusiasm
- Flexibility
- Accountability
- Integrity
- Technical Expertise
- Administrative Expertise
- Positive Attitude
- Personable

To be successful, the program must have a goal, a plan, and great leadership and organization from the coach and supporting team (Volunteers, Staff and Board).

THE GOAL

THE MAIN GOAL: To develop a coaching development plan that will provide guidance and support for the Biathlon Manitoba's overall long term athlete and coach development.

SHORT TERM GOALS:

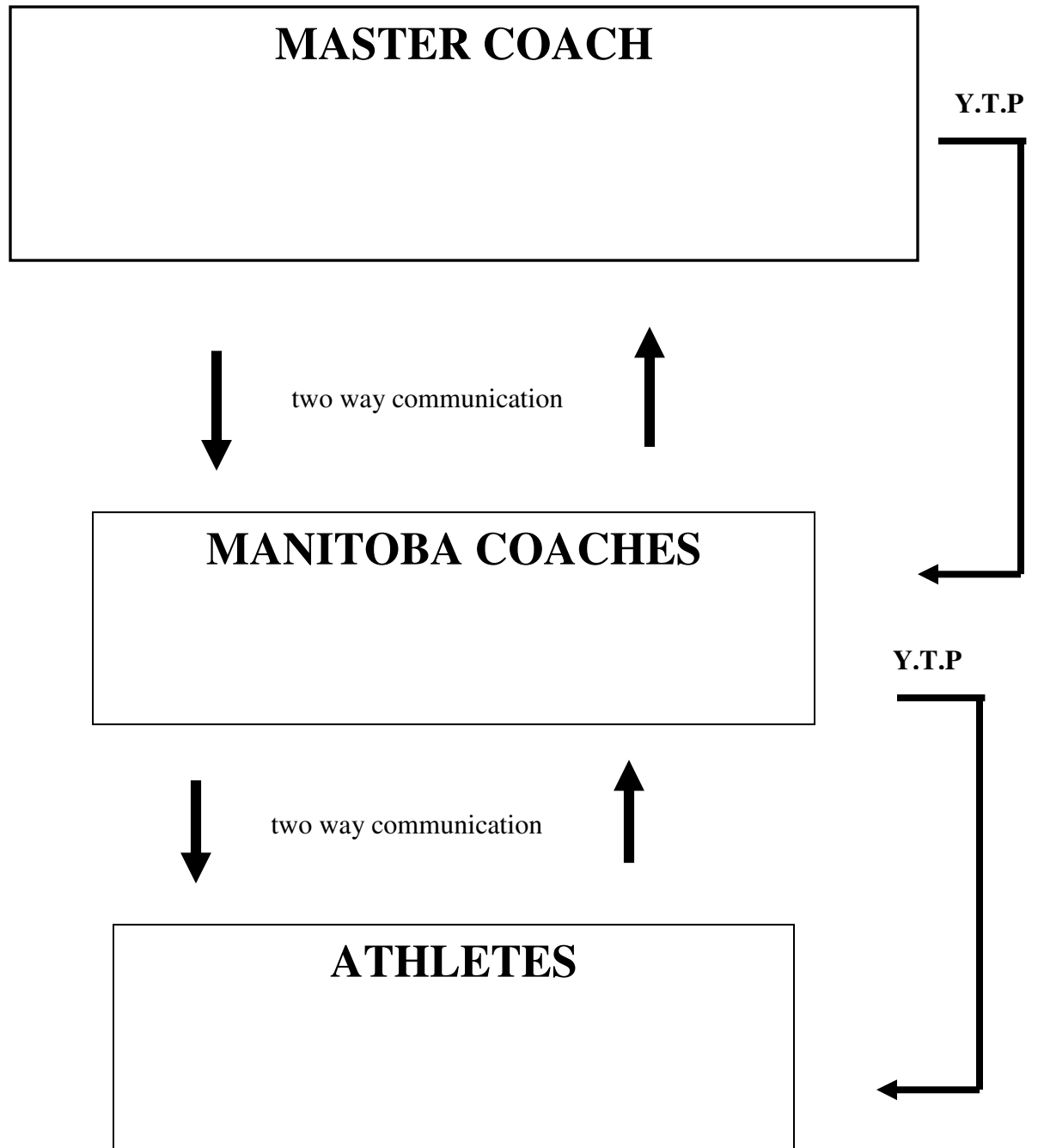
1. Identify and Name Master Coach for 2009/10 season
2. Develop Apprentice/Development Coach "team"
3. Establish the athlete and coach development seasonal plan for 2009/10 season

LONG TERM GOALS:

1. Field a Canada Games training squad team where developing coaches and senior team members become role models and leaders.
2. Establish a Coach Development Program
3. Produce leaders on and off the field.
4. Establish a winning and enjoyable program.
5. Compete for "Best Ever" results at 2010 Westerns, 2010 Nationals and 2011 Canada Games.

THE MODEL:

Once the goals have been established, it is necessary to have a plan to guide us to the goals we want to achieve. The following pages contain the Model and Plan to success on the Road to success at 2010 Westerns and Nationals, and the 2011 Canada Games.



MASTER COACH

- Master coach designs Yearly Training Program (Y.T. P.) and delivers to Club Coaches
- Master Coach will provide advice and consultation to Biathlon Manitoba as to direction, goals and overall plan
- Master Coach will act as a support and mentor to our provincial level coaching team
- Master Coach will attend a minimum of two Winter games I.D. Camps (Tasked to teach, model, and supervise Mb. coaches in preparing for and running a training camp)
- Master Coach will attend one Mb. competition (tasked to teach and support Mb. coaches in developing the skills and behaviors necessary to guide athletes thru a successful competition.)
- Master Coach will assist Mb. coaches in developing skills of developing and implementing training programs for athletes (This will be done by means of e-mail, web conferencing, and teleconferencing.
- Master Coach may monitor I-Log communication between Athletes and Provincial/Club Coaches.
- Master Coach will guide Manitoba coaches through the NCCP certification program to the level that each coach wishes to attain.
- Master Coach will communicate (weekly) with Biathlon Manitoba Executive Director

MANITOBA COACH

- Manitoba Coaches deliver Y.T.P. to Athletes, monitors athletes entries and responds accordingly
- Manitoba Coaches plan, directly supervise group training sessions, and monitor individual athlete sessions
- Manitoba Coaches must be members in good standing of Biathlon Canada, Biathlon Manitoba, fulfilled Sport Manitoba requirements(Respect in Sport), and hold appropriate licences (PAL)
- Manitoba Coaches will ensure that athletes adhere to Biathlon Manitoba Code of Conduct
- Manitoba Coaches will commit to achieving appropriate level of N.C.C.P. certification (i.e. Coaches must be Level 3 certified in order to attend the Canada Games.)

ATHLETES

- Athletes train, according to yearly training plan, provided by coaches, participating in Team sessions, training camps, and training on their own as prescribed by Y.T.P.
- Athletes participate in Y.T.P reporting, through I -Log, to Club Coaches
- Athletes must attend camps and competitions designated as requirements for Provincial Training Squad
- Athletes must sign and adhere to Biathlon Manitoba Code of Conduct