

# BIATHLON MANITOBA

## COACHING PROGRAM

2010-2011



Manitoba  Canada





## **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.

## **SOME HISTORY**

**From 1995-2007, Biathlon Manitoba followed the Provincial Coach model developed and supported by Sport Manitoba. The provincial coach was a full –time salaried professional coach, who was tasked with athlete development and direct coaching to the provincial team members**

**As a result of large funding cuts to Biathlon Manitoba (base funding was reduced to \$30,000). It became necessary to leave the Sport Manitoba High performance coaching model**

**For the next season(2007-2008) Bam managed to run a program by using a fee for service local coach who coached at the gateway program, attended events (Provincials , Nationals, ) and generally assisted in keeping the program going. A number of parent volunteers also assisted during this time. Gregg Campbell (Calgary level 4 coach) was already participating in various activities during this phase of the coaching program**

**In the spring of 2009 the Bam board participated in a planning session with Greg Guenther, the result of these sessions was the development of a Distance Mentor/Head Coach model. Gregg Campbell was hired on a fee for service basis to mentor and develop a group of local coaches and also to act as head Coach for the 2011 Winter Games. Details of this model are available on the Bam Website ,**

## **THE GOAL(2010-2012)**

**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. Ensure ongoing coach developmental and professional opportunities accessible to all levels of the Biathlon Manitoba coaching team.**
- 2. Ensure coaches offer appropriate LTAD to the growing group of younger (fundamental and Train to Train ) athletes .**
- 3. Ensure that older (Train to Compete) athletes appropriate training and competitive opportunities**

### **LONG TERM GOALS:**

- 1. Provide appropriate professional educational opportunities as the needs of our coaching team change.**
- 2. Provide a coaching model that changes as Biathlon Manitoba moves thru a cycle of an ever improving coaching team and an older , experienced group of athletes**
- 3. provide opportunities for athletes to progress thru the LTAD stage and compete at appropriate levels of competition (Local,Westerns Nationals and eventually 2015 Winter Games)**

# The Model

The games being completed Bam embarks on another four year cycle hoping to build on the work done by Gregg. One important legacy that Gregg left is a group of coaches who have achieved a high level of certification, who are all active to some level in our programs. At this time we have three level three coaches, three certified level two coaches , two level one coaches and a large group of Community coaches (Bronze , Silver, Gold) who may play a role in the coaching program for Biathlon Manitoba

It is very important to keep in mind that we are in an athlete development phase of our programs. Although there are still a few high level athletes in the program, the majority of our athletes are quite young and in the Train to Train stage of athlete development(12-15)

**Biathlon Manitoba will provide: (Club /Athlete focus)**

- **A designated coach for each club at all races**
- **A designated coach for each club. This coach will arrange through the Biathlon office to attend at agreed upon times at the local club and provide training to club athletes. For example a coach will spend one or two days per month at the Falcon lake facility. Athletes from Falcon Lake and Kenora will be invited to attend on those days for training**
- **Designated coaching staff for Western Canadian Championships and Canadian national Championships.**
- **Appropriate training schedules and cycles will be provided to Athletes who are at the train to compete stage (16-23 & committed to training at a high level)**

**Biathlon Manitoba will provide: (Coach Focus)**

- **Specific coach development activities available to all coaches These may be mentorship opportunities NCCP programs, and competitive level coaching experiences**