Wrestling Canada Lutte

Performance Coach workshop information

Schedule

Notes:

- All of the materials and training will be in English.
- WCL Analyze Technical and Tactical Performance will be taught by David López Gonzalez.
- WCL Motor Learning will be taught by Dr. Gordon Sturrock, Ph.D..
- WCL Performance Planning will be taught by Anthony Bhagwandin.

Workshop	Date(s)	Time	Time Zone
WCL Motor Learning	November 24th (Fri.)	9:30 P.M. to 11:30 P.M.	Eastern Time
WCL Analyze Technical and Tactical Performance	November 25th (Sat.)	12:00 P.M. to 6:00 P.M.	Eastern Time
	November 26th (Sun.)	12:00 P.M. to 3:00 P.M.	Eastern Time
WCL Performance Planning	November 26th (Sun.)	3:00 PM to 6:00 PM	Eastern Time
	November 28th (Tues.)	9:00 P.M. to 11:30 P.M.	Eastern Time
	November 30th (Thurs.)	9:00 P.M. to 11:30 P.M.	Eastern Time

Prerequisites

Any coach who wants to take the WCL Performance Coach workshop needs to have the following modules on their NCCP transcript:

1. NCCP Design a Basic Sport Program (multi-sport) or WCL Part B
2. NCCP Developing Athletic Abilities
3. NCCP Psychology of Performance
4. NCCP Prevention and Recovery

You can access your NCCP transcript by connecting to your Locker account: https://thelocker.coach.ca/.

You can also use the **How to Register** section of the following page to find these workshops in both official languages: https://coach.ca/nccp-and-cac-multi-sport-training-modules.

Note: if you have some but not all of these modules, send an email to nccp@wrestling.ca.

Pricing

The price is $600 before any applicable sales taxes, and includes:

- Your training for the WCL Performance Coach program.
- Your portfolio template package and one (1) introductory session on how to fill them out.
- A one (1) year subscription for the Dartfish video analysis software.
- A one (1) year subscription for the Kōjō Plan yearly training plan software.

The following are not included in this price:
- Safe sport training.
- Portfolio evaluation.
- Practice evaluation.
- Tournament evaluation.

Notes
Dartfish provides the analysis software and online platforms (Dartfish TV) that are used by WCL's high-performance program. You will receive a 12-month license to use the Dartfish Mobile software application. Afterwards you will have the choice to renew the license for your own personal use.

Similarly, the Kōjō Plan app is meant for coaches who do a lot of work with annual planning. This will also be a 12-month license that you can choose to discard or renew for your own personal use.

Payment

WCL will issue an invoice that can be paid using a credit card. If you need to make other arrangements or create a payment schedule, please send an email to finance@wrestling.ca, and include your invoice number in the message.

Please note that no one can proceed to the mentorship and training stage until this payment has been received.

Registration

Use the link and course code below to register for this training:

- Link: https://8hgngy72pbm.typeform.com/to/GUnx0FES
- Course code: CD_2023-11

Zoom Links

You will need to use this link for each date/time that is listed in the schedule:

https://us06web.zoom.us/meeting/register/tZcvcuugrDkpHNJV4jgmsIic5AERWPupDB2V

Workshop Notes

The following will help make your workshop experience smoother.

5. Use a desktop computer, laptop, or tablet to connect to the online sessions. **Do not use a mobile phone.**
6. Use the Zoom links on the next page to ensure that you are familiar with the software.
7. Connect 10-15 minutes early to give yourself time to verify that everything is in order and that your sound and video are working properly;
8. Ensure that you received all workshop materials, see the note further down in this letter for more details;
9. Use earbuds or headphones;
10. Have a phone and charger available in case you cannot connect to the Zoom audio channel with your computer's microphone and speakers;
11. This is an interactive workshop, and as such we expect all participants to be visible at all times;
12. If others are streaming video or gaming, that may affect your Zoom experience, depending on the bandwidth included in your internet plan; and
13. If you are using a VPN, that may also affect your Zoom experience, depending on the bandwidth included in your internet plan.

Using Zoom

We have included some quick and easy articles from Zoom on how to connect to a meeting as a participant below. Please review them prior to the training session.

14. Zoom provides a Test Meeting room that you can use to get familiar with the software:
    https://support.zoom.us/hc/en-us/articles/115002262083-Joining-a-Test-Meeting
15. Learn more about joining a Zoom meeting here:
    https://support.zoom.us/hc/en-us/articles/201362193
16. Learn more about testing your built-in computer or mobile device audio:
    https://support.zoom.us/hc/en-us/articles/201362283-How-Do-I-Join-or-Test-My-Computer-Audio-
17. Learn more about joining by phone:
    https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone
18. Learn more about using your mobile device with Zoom:
    https://support.zoom.us/hc/en-us/sections/200305413-Mobile
19. Sharing your screen in Zoom:
    https://support.zoom.us/hc/en-us/articles/201362153-Sharing-your-screen

The Documents

All documents for both workshops will be sent:

20. After you have registered and paid for the workshops, and
21. Two to three days before the start of the first workshop.

Using multiple devices at the same time

Some of you will prefer to connect to the web conference with one device and work on another computer/tablet or with the printed materials. Let the learning facilitator know in case they ask you to share your screen, because in that case it will not be possible!