

**PEICA/Curl Atlantic  
The Podium Project  
Coaches Workshop with Pat Reid  
Sat & Sun 3 & 4 Dec, 2011**

<b>Date &amp; Time</b>	<b>Session</b>	<b>Location</b>	<b>Presenter/Instructors</b>
<b>Saturday 3 Dec</b> 8:30-9:00	Welcome & Introductions, Camp Overview What is the Podium Project	Classroom	Gayle Johnston
9:00 – 9:45am	<b>Long Term Athlete Development</b>	Classroom	Jamie Whynacht
9:45 - 10:00am	Nutrition Break	Classroom	
10:00 – 10:45am	Age Appropriate Practice & Season Planning -	Classroom	Pat Reid
10:45 – 11:00am	Change Up/Warm Up	Lounge area	
11:00 – 12:00am	Executing Practice Session	On Ice	Pat Reid
12:00-1:00	Lunch Break		
1:00 – 2:00	Coaching Philosophy & Practices	Classroom	Pat Reid
2:00 – 2:15pm	Coaches Profile & Assessment Form		All coaches/Gayle
2:15 – 3:00pm	Talent Identification/Team Dynamics	Classroom	Pat/
3:00 – 3:15pm	Nutrition Break		
3:15 – 4:15pm	On Ice Technology video, lasers etc	On Ice	Pat, David Ross, Ron Matters
4:15 – 4:30	Q & A and Wrap Up		Pat/Gayle
<b>Sunday 4 Dec</b>			
9:00 – 9:15am	Announcements, Q & A	Classroom	Gayle
9:15 – 10:00am	Team & Parents/Duties, Responsibilities, Communication	Classroom	Pat
10:00 – 11:00am	Detect & Correct Drills Skill & Game Drills	On Ice	Pat & Assistants
11:00 – 11:15am	Nutrition Break	Classroom	
11:15 – 12:00am 12:00 – 12:30am	<b>Pat &amp; or Coaches Choice</b> Q & A /Camp Evaluation/Wrap up	Class & or on ice Classroom	
<b>Sunday 4 Dec</b>	<b>Coaches for advanced Junior and Adult teams</b>		
<b>1:00 – 2:00pm</b>	General – Coaching Practices & Team Dynamics	Classroom	Pat Reid
<b>2:00 – 2:45</b>	On ice Practice Session	On Ice	Pat
<b>2:45 – 3:00</b>	Nutrition Break		
<b>3:00 – 3:45</b>	Technical Session – equipment, video analysis program, cameras, lasers	Class & On Ice	Pat, David, Ron
<b>3:45 – 4:30</b>	Detect & Correct Drills – skill & games drills (Stations)	On Ice	Pat & Assistants
<b>4:30 - 5:00 pm</b>	Q & A /Camp Evaluation/ Wrap Up	Classroom	Pat/Gayle