



PEICA Technical Program
Coaches Workshop
Sunday 27 Sept. 2009
9:30 am. – 3:30 pm
Charlottetown Curling Club

Registration Deadline: Tues. 22 Sept 09

Fee: \$15.00 per person (payable to PEICA) – to cover cost of lunch, printed materials/handouts and honorariums.

Time	Session/Presentation	Presenter/Instructor
9:00 – 9:30 am.	Registration	All sessions to be held in the CCC upstairs lounge
9:30 – 9:40 am.	Welcome, workshop goals and objectives Agenda Overview	Gayle Johnston Tech. Dir. PEICA
9:40 – 9:50 am.	PEICA Update, initiatives and association's mandate	Shirley Lank President PEICA
9:50 – 10:00 am.	Welcome & introduction of new Exec. Dir. PEICA – overview of role/responsibilities	Shirley Lank & Stephen Marchbank
10:00 – 10:30 am.	PEICA 09-10 events schedule, fees, on line registration how - to, pay pal, website in general Q & A	Derek MacEwen PEICA Webmaster & Secretary
10:30 – 11:00 am.	Rules update, clarification on other rules, etiquette, areas of concern, appeal process, & A	Kay Atkinson & Cliff Poirier (Lev 4 & 3 Officials)
11:00 – 11:15 am.	* if required may be shortened to 10 min. Nutrition Break	
11:15 – 12:00 am.	09-10 Tech Programs, NCCP & CCA Update, Intro to new Comp. Coach (replacing old Level 2 Technical Oct. 09)	Gayle &
12:00 – 12:30 pm	Physical Preparation & Training – its importance & impact, team buy-in	Kara Grant Olympic Pentathlon
12:30 – 1:15 pm.	Lunch* if required may be shortened to 30 min. Soup & Sandwiches to be provided	fridge & microwave available
1:15 – 2:00 pm	Mental Preparation & Training (the how-to with your athletes)	Kim Shapcott PhD Sport Psychologist
2:00 – 2:30 pm	Effective Practice Planning and Execution of Plans Q & A	Kathie Gallant Coach & Player at multi- national events
2:30 – 3:00 pm	Shots & Thoughts – 30 min. video from 09 Cdn. & World Juniors Championships Q & A	Kathie Gallant
3:30 – 3:30 pm	Open Discussion, Q & A, Recommendations, workshop evaluation to be completed by participants	Gayle

If you have not done so, please call/email Gayle Johnston at 368-1071, gaylej@pei.sympatico.ca to confirm attendance **no later than Tues. 22 Sept.** as food arrangements and workshop material must be finalized. The reg. fee may be paid on arrival or mailed to Gayle at Box 3 Site 10, 46 Kirkdale Rd. Charlottetown PEI C1E 1N6