

Sport
MANITOBA
COACHING

**Professional
Development
Workshops**

Coaching Professional Development Opportunities

Coaching Manitoba has a menu of sessions and topics that we can deliver across the province, both NCCP and Non-NCCP, to help provide education to all coaches in Manitoba. Sessions can vary in length from 90 min to 6 hours. All of our sessions also meet the Coach Association of Canada Professional Development requirements for certification maintenance.

Contact Coaching Manitoba for more information (see last page for contact information)

NCCP

Make Ethical Decisions (3 hours 30 minutes)

Analyze a situation that has moral implications. Determine whether the situation has legal or ethical implications. Identify the ethical issues in the situation. Apply the NCCP ethical decision-making framework to respond to an ethical situation adapted to the context, and produce a response that is consistent with the NCCP Code of Ethics.

Nutrition (75 minutes)

Assess whether foods and beverages consumed by athletes before, during, and after training or competition are adequate, and offer suggestions pertaining to suitable alternatives where necessary. Design strategies to influence parents and athletes in order to promote food choices that are consistent with basic sport nutrition principles.

Planning a Practice (6 hours 15 minutes)

Organize activities within a practice plan that is well-structured, adapted to the participants' age, and reflects safety considerations. Distribute activities appropriately in the various parts of the practice. Identify potential risk factors for the sport and the activities. Design an emergency action plan. Identify suitable practice goals. Design activities that have appropriate characteristics for the sport, the age group, and the proficiency level of participants. Design activities in such a way as to obtain certain training effects on the athletic abilities required in the sport.

Design a Basic Sport Program (4 hours)

Outline the structure of the sport program using training and competition events. Compare the major orientations of the coach's own program to those proposed by the NCCP in terms of long-term athlete development. Assess the athletic development opportunities offered through the program, and identify possible options to address identified weaknesses. Interpret information contained in a sample program designed for a family of sports and identify training priorities and objectives at certain periods. Establish a link between a program's training priorities and objectives and the content of practice sessions on a weekly and daily basis.

Basic Mental Skills (3 hours)

Recognize certain signs showing that an athlete may need to improve his/her skills in areas such as goal setting, focus, and anxiety control. Develop an action plan that will enable the athlete to improve in these areas. Run simple guided activities that will enable the athlete to improve these basic mental skills.

Managing Conflict (3 hours)

The Managing Conflict module will allow you to:

- identify common sources of conflict in sport;
- determine which individuals or groups are most likely to find themselves in situations involving conflict;
- learn important skills that will help you prevent and solve conflict resulting from misinformation, miscommunication or misunderstanding;
- develop skills that will empower you to listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials and other coaches.

Leading Drug Free Sport (3 hours)

After taking Leading Drug-free Sport you will be able to:

- fully understand and explain the consequences of using banned substances in sport;
- educate athletes about drug-testing protocols at major competitions;
- encourage athletes to safeguard their sport values and take greater responsibility for their personal actions;
- apply the NCCP Ethical Decision-Making Model to your coaching as it relates to keeping your sport and athletes drug-free.

Developing Athletic Abilities (full day)

After completing the Developing Athletic Abilities module, you will:

- be able to implement general and sport-specific training protocols and methods to effectively develop or maintain the athletic abilities necessary for your sport;
- know how to apply training principles and variables to training methods that build fitness, endurance, strength, speed and sport-specific conditioning;
- be able to select and adapt testing and training protocols and methods for athletes training from 6 – 9 to 9 – 12 times per week.
- INCLUDES: 2 hour online pre-workshop session

Prevention & Recovery (full day)

After taking Prevention and Recovery you will have the knowledge needed to:

- identify common injuries in your sport and develop appropriate prevention and recovery strategies to keep your athletes injury-free during training and competition;
- offer valuable information and guidance on hydration, nutrition and sleep as they relate to injury prevention;
- choose skills and drills that help athletes perform appropriate warm-ups and cool-downs;
- develop functional evaluations for an athlete's return to play;
- implement recovery and regeneration techniques to help an athlete maintain or return to optimal performance post injury.

Psychology of Performance (full day)

Completing Psychology of Performance will allow you to:

- help athletes learn to manage distractions and use visualization techniques to prepare themselves technically and tactically for training and competition;
- learn how to work with athletes or teams to identify performance and process goals related to their ability to focus on performance;
- learn debriefing skills that can be used to help athletes assess their performance in both training and competition.

Performance Planning (12.5 hours)

In order to achieve peak performance, an athlete's training program needs to be periodized according to the demands of their sport, as well as their individual development needs. The Performance Planning module allows coaches to reflect on the structure of a yearly plan, and appropriately sequence training and development priorities so as to achieve peak performance.

After completing the Performance Planning module, you will be able to:

- perform a thorough analysis of the demands of your athletes' sport at the elite (high-performance) level;
- outline a program structure based on training and competition opportunities;
- identify appropriate measures for promoting athlete development within your own program;
- integrate yearly training priorities into your own program;
- organize and sequence training priorities and objectives on a weekly basis to optimize adaptations; and
- evaluate the ability of your athletes/team to perform up to their potential in competition.
- As coaches begin to take on more responsibility, they are expected to plan and execute tasks that go beyond the delivery of daily training and the management of the daily training environment.
- For individual training sessions to effectively contribute to the overall objectives of an annual training plan, a coach must understand the outcome of each training session and how their cumulative effects will contribute to athletic development.

Advanced Practice Planning (4.75 hours)

This module examines the impact of daily training sequencing, and the manipulations that can affect training outcomes. This is a great follow-up to the Planning a Practice module. It is recommended that the Performance Planning module be taken before Advanced Practice Planning.

After completing the Advanced Practice Planning module, you will be able to:

- identify the factors that affect practice planning;
- ensure that practice plans are consistent with the microcycles and phases of which they are part;
- sequence exercises in a practice so that their order is consistent with the research on sequencing;
- develop a plan for training athletic abilities over a microcycle;
- develop a plan for training technical and tactical abilities over a microcycle; and

- develop a plan for a microcycle that helps athletes taper before a competition.

Manage a Sport Program module (4 hours)

This module provides coaches with the opportunity to plan and interact with program budgeting, setting staff and team expectations, arranging team travel, building athlete agreements, and reporting on athlete/team progress. This module is perfect for any club head coach, provincial team coach, aspiring team manager, or technical administrator.

After completing the Manage a Sport Program module, you will be able to:

- manage administrative aspects of the program and oversee logistics;
- manage staff's roles and responsibilities;
- manage camp and tournament finances and travel; and
- report on athlete progress throughout program.

Mentorship (6.75 hours)

This course is designed to prepare individuals to step into their role as a mentor with clarity of purpose, and confidence in their actions. The training reaffirms and strengthens their abilities and skills as a mentor, while expanding upon the mentor's knowledge of the mentoring process. Completing the training will provide the mentor with standards and protocols for the implementation of mentoring within their coaching community.

By the end of the training, the mentor will:

- understand the concept of mentoring;
- understand the process of cognitive coaching;
- acquire and perform the communication skills required to be an effective mentor; and
- utilize the 3 steps of the mentoring process.
- training will include small group tasks, discussions, and debriefs. The emphasis will be on practicing the communication skills required of a mentor.

Fundamental Movement Skills - Coach Professional Development (3 hours)

The Fundamental Movement Skills of throwing, catching, jumping, striking, running, kicking, agility, and balance and coordination, form the basis for future sport skill development and for the life-long enjoyment of physical activity. Learn how to OBSERVE and IMPROVE the fundamental movement skills.

Target: Coaches or instructors with previous NCCP training/elementary school teachers.

The FMS module will give participants the skills to:

- analyze and identify the various stages of development for the fundamental movement skills;
- apply a six-step process to teaching the fundamental movement skills;
- create safe games where children can practise fundamental movement skills.

Aboriginal Coaching Module (8 hours)

If you work with, or supervise youth of Aboriginal heritage, this workshop is an essential resource. If you wish to understand, relate to, and apply Aboriginal cultural perspectives that will allow you to motivate, inspire, and lead those youth towards a successful and meaningful lifestyle, this workshop was designed for you.

This interactive workshop is available to both Aboriginal and mainstream organizations who have Aboriginal youth in their sport, social, or employment programs. Aboriginal Sport Circle's trained instructors will facilitate discussions which include role playing and group activities to engage all participants. This type of interactive setting has provided a fun, fulfilling, and positive learning experience for both participants and facilitators alike.

The workshop includes unique methods and perspectives not found in mainstream coaching certification programs. It is holistic in its approach and includes teachings of the Medicine Wheel, the four gifts, as well as the values within the four pillars and many other issues that are unique to Aboriginal culture.

The Aboriginal Coaching Modules were designed to provide culturally relevant courses for coaches and people working with Aboriginal youth and athletes

Empower + (4 hours)

Take your coaching to the next level!

An incredible addition to our NCCP workshop lineup, Empower + is an intense and thought provoking 4-hour workshop that will teach you how to enhance the well-being of the athletes in your care and be a positive role model in the world of sport.

In an interactive and dynamic learning environment, our expert facilitators will guide you through how to enhance athlete welfare by:

- Recognizing the potential for, and presence of maltreatment in sport;
- Learning when and how to intervene when you observe or suspect maltreatment.

You will bring your coaching to new heights by:

- Implementing the NCCP's renowned six-step decision-making model;
- Mastering the art of the difficult conversation; and
- Creating a list of key positive athlete development strategies you can implement in your coaching right away.
- This NCCP workshop will set you up for success in coaching and in life!

Resistance Training (4 hours)

A must-have for competitive coaches, this 4-hour dynamic and interactive introductory workshop will teach you how to prevent injuries and increase athlete performance through proven resistance training tools. Become a better coach by augmenting your plan with elements such as:

- Basic lifts
- Stability training
- Core training

Teaching and Learning (5.25 hours)

After completing the Teaching and Learning module you will be able to:

- Assess your own beliefs regarding effective teaching;
- Analyze certain coaching situations to determine if they promote learning;
- Create conditions that promote learning and self-esteem through:
 - Appropriate consideration of the affective, cognitive and motor dimensions of learning;
 - The use of words and methods that relate to an athlete's preferred learning style;
 - A sound organization;
 - Active supervision; and
 - The use of well-formulated feedback offered at the right time and with the right frequency.
- Use teaching assessment grids to gather objective information on teaching effectiveness, and use this data to develop an action plan to enhance your own effectiveness as a teacher and coach.

Title: Run, Jump, Throw, Wheel

Who: Teachers

Length: full day Teach PD/ 14 hour coach education

What is it: The Run Jump Throw Wheel is a program for children 6-12 years of age which teaches fundamental movement skills and develops physical literacy using track and field activities and games.

Delivered by: Athletics Manitoba

NON NCCP

Title: Strength and Conditioning for Speed Power Sports

Who: Coaches, Phys Ed Teachers

Length: 2 hours

What is it: The Speed and Power workshop will be focused on developing speed and power in athletes. We will look at specific drills and exercises that can be implemented into a training program to maximize strength and speed to result in power gains. An increase in power can result in an increase in overall performance which is ultimately an important end goal coaches and athletes should have. This workshop really is open to any sport or athlete. It will be a very basic and informative course so everyone is welcome!

Title: Strength and Conditioning for Endurance Sports

Who: Coaches, Phys Ed Teachers

Length: 2 hours

What is it: This session will focus on specific exercises and drills to develop the endurance athlete. It will look at incorporating strength and conditioning into the endurance athlete's training schedule to increase performance and decrease injury. Their training demands are a little different given the energy system they use (aerobic vs anaerobic) but at the end of day we are still looking to build a stronger, more powerful athlete for whatever skill they need to execute to be successful in their sport.

Title: ReferEASE

Who: Beginner officials

Length: 3 hours

What is it: A program for beginner level officials on how to keep situations from escalating.

Delivered by: Partner Funding Unit

Title: Biomech 101 & Coaching with a Tablet

Who: Coaches, teachers

Length: 2 hours

The advancement of smartphones and tablets has made the ability for coaches to do video skill analysis with their athletes less equipment heavy and easier to collect footage. In the first part of the session coaches will look at the 5 phases of a skill, where to film from to get the best footage of the skill and some of the most common errors to correct.

With a wide variety of video analysis Apps on the market, the second part of the session will provide you with an opportunity to gain some hands on experience with one of the available apps, Ubersense, now one of the more highly used video Apps on the market. "Lupo" Ludwig has been using Ubersense for a number of years and will share his experience and knowledge on this App.

Title: Communication

Who: Coaches, Parents, Board Members

Length: 2 hours

What is it: Coaches have to communicate with many different groups of people. In this session participants will learn different styles of communication and tips on how to communicate with different group, Coach to Athlete, Coach to Parents, Coach to Board

Delivered by: Coaching Manitoba

Title: Age Appropriate Training 1: Dynamic Warm Up, Core, Agility, Injury Prevention L2T & T2T

Who: Coaches

Length: 2 hours

What is it: Training for coaches on how to do age appropriate dynamic warm-ups, core training and agility

Delivered by: Coaching Manitoba

Title: Age Appropriate Training 2: Games with a Purpose

Who: Coaches, Early Childcare Educators, After School Programs, Parents

Length: 2 hours

What is it: Games to teach 6 Physical Literacy skills (Balance, Running, Jumping, Throwing, Catching, Striking)

Delivered by: Coaching MB - DVD session

Title: Age Appropriate Training 3: Speed, Strength and Testing L2T & T2T

Who: Coaches

Length: 2 hours

What is it: Training for coaches on how to do age appropriate strength and speed training as well as test for improvements.

The DVD focuses on the Learn to Train and Train to Train stages of athletes in Canada's Long Term Athlete Development module.

Delivered by: Coaching Manitoba

Title: Age Appropriate Training 4: More than Just Games:

Who: early childcare educators, early years teachers, parents, coaches, recreation programmers

Length: 60 - 90 min

What is it: A DVD resource of games in a variety of venues (indoor, outdoor, on ice, in water) as well as with implements (racquets) from a variety of sports. The games are ones that they use to help athletes acquire key physical literacy skills in their sport.

Title: Games Resources:

Who: early childcare educators, early years teachers, parents, coaches, recreation programmers

Length: 60 - 90 min

What is it: A session showcasing quality youth activities that help youth acquire physical literacy skills through fun games.

Participants will be given copies of the resources to keep.

Title: Taking It

Who: Coaches, Athletes, Parents, Health Professionals

Length: 60 - 90 min

What is it: Informed decision making on substance use

Delivered by: Sport Med

Title: Sport injury & Prevention

Who: Coaches, Trainers, PE Teachers

Length: 2 hours

What is it: A look at the most common sport injuries and what to do if they occur and what you can do to prevent them.

Delivered by: Sport Med

Title: Bodyweight Strength & Conditioning Clinic

In this course you will learn foundational bodyweight exercises that should be in almost every strength and conditioning program.

The course is part lecture, approximately 20%, but mostly is taught with the participants actively performing and teaching exercises. All participants should be prepared to move.

With movement in mind, all hosts need to have the appropriate space allocated to host this course. A classroom can be managed but tables/chairs will need to be moved out the way to create an open space to explore all the exercises and variations you will learn in this course.

Project SCORE

This workshop will introduce participants to Project SCORE!, a free online resource for coaches to help deliver positive youth sport experiences. The session will discuss positive youth development in sport and provide an evidenced-based synopsis of research in the field. Participants will also have an opportunity to log into Project SCORE! and learn more about the 10 lessons designed to provide a deliberate approach to youth development and sport participation.

Basketball Coach School

Basketball Manitoba is pleased to offer to Manitoba School Divisions the opportunity to host one of the 'Basketball Coach School' Clinics in November or December. The clinics will be offered at NO COST to the host School Division and are targeted to in-school middle / junior high and high school coaches and can be set up in conjunction with an existing coordinated or in-service day.

The clinics can range in length between 3-6 hours and will be conducted by Basketball Manitoba Technical Director Dan Becker along with a variety of special guests including Randy Kusano, Ross Wedlake and Grant Richter among others. The clinics will include age and grade-appropriate topics including fundamental drills and skills (shooting, passing, dribbling), practice management and basic team offensive and defensive concepts. A maximum of eight (8) of these clinics will be offered and a maximum of no more than one (1) clinic per school division per school year. Clinics will be filled on a first come first served basis.

More information including videos from past clinics can be found at <http://coachschool.basketballmanitoba.ca>

Manitoba Athletic Therapist Association – Athletic Therapy and First Aid Programs

The Athletic First Aider Program (AFAP) is a progressive, educational program founded by the Manitoba Athletic Therapists' Association.

Purpose: To provide individuals with a hands-on practical program to increase their knowledge for the safe management of activity-related injuries.

Who are these courses for? Coaches, Athletes, Parents, Teachers, Students, Instructors/Leaders

Injury Prevention and Management (3hrs)

The Athletic First Aider Program is for individuals who are actively involved in sport, fitness, health, or recreational activities. Those who participate are concerned with maximizing the welfare (and hence performance) of athletes through high quality care.

This course will introduce participants to a variety of injuries commonly associated with sports. It offers a great way for coaches to understand the basics of injuries and be well equipped to help an athlete at the time of injury. Topics will include techniques to help prevent injuries (warm-up, cool down, proper equipment), injury classification (sprain, strain, contusion), as well as the immediate care of injuries.

Taping 1 (3hrs)

Taping 1 is an excellent course for a coach or team manager. The course will equip them with the necessary basic skills to deal with an injured athlete. This course will focus on general taping skills and considerations, such as when to tape and when not to tape. The course includes a practical component focusing on basic taping skills as well as taping techniques for the ankle, wrist, and thumb.

Advanced Taping – (pre-requisite Taping 1, 5hrs)

Coaches can continue to learn about taping techniques with this second and more advanced taping course. Techniques covered here will be taping for the knee, elbow, and Achilles, as well as tensor wrap techniques for the hamstring, quad, and groin.

Rehabilitation and Return to Play (3hrs)

This course will help coaches understand the process of injury rehabilitation and how they can help their athlete return to play in a safe manner. Topics covered will include basic rehab principles, safe return to play as well as how to keep them from becoming reinjured. Basic practical techniques will be explored here which will demonstrate how coaches can alter a practice to include an returning athlete.

Concussion 101 (3hrs) Updated 2018

This course will introduce concussion basics to coaches in order to help them better understand the following topics: What is a concussion? How is the brain affected following a concussion? Statistics and Facts regarding rates of concussion. As well as a practical session this will include an introduction to the SCAT 3 concussion testing protocol and a basic introduction to cranial nerves.

Social Media Session for Athletes and Cyber-Bullying

In this exciting and informative 60-minute session, you will learn why social media is such an important topic for athletes in today's sport world. We will discuss the current state of social media and how it relates to an athlete's personal brand. We will discuss the value of building your brand online and why you should care for current and future opportunities.

We'll provide you with inspirational examples of athletes who are doing social media right, and some who are doing it all too wrong. You will leave this session with action items on how to manage your social media and a top ten "dos and don'ts" for social media that will help you on this path.

Cyber-bullying is at an all-time high. It is having drastic consequences in the lives of teens and adults on a daily basis. One in every five Canadians say they have experienced some form of cyber-bullying in the last twelve months.

We will walk through what cyber-bullying is all about, some real-life examples, what the consequences can be, and what to do if it is happening to you or someone you know.

Student Leadership Sessions

NCCP

Make Ethical Decisions (3 hours 30 minutes)

Analyze a situation that has moral implications. Determine whether the situation has legal or ethical implications. Identify the ethical issues in the situation. Apply the NCCP ethical decision-making framework to respond to an ethical situation adapted to the context, and produce a response that is consistent with the NCCP Code of Ethics.

Nutrition (75 minutes)

Assess whether foods and beverages consumed by athletes before, during, and after training or competition are adequate, and offer suggestions pertaining to suitable alternatives where necessary. Design strategies to influence parents and athletes in order to promote food choices that are consistent with basic sport nutrition principles.

Making Headway in Sport (60-90 min online)

Designed to help you gain the knowledge and skills required to ensure the safety of your athletes, this multi-sport module will cover: what to do to prevent concussions, how to recognize the signs and symptoms of a concussion, what to do when you suspect an athlete has a concussion, and how to ensure athletes return to play safely.

You should expect to spend 60-90 minutes completing this module, and will receive credit for completion on your coaching transcript in the Locker.

Sport specific modules also available online (Soccer, Freestyle Ski, Snowboard, Speed Skating, Football)

Fundamental Movement Skills (3 hours – 1 session)

The Fundamental Movement Skills of throwing, catching, jumping, striking, running, kicking, agility, and balance and coordination, form the basis for future sport skill development and for the life-long enjoyment of physical activity. Learn how to OBSERVE and IMPROVE the fundamental movement skills.

The FMS module will give participants the skills to:

- analyze and identify the various stages of development for the fundamental movement skills;
- apply a six-step process to teaching the fundamental movement skills;
- create safe games where children can practise fundamental movement skills.

Sport Specific Coach Education

A number of Provincial Sport Organizations (PSO) have expressed their interest and ability to deliver some NCCP, non-NCCP or a combination of both during a PD day.

Sessions are easily customized to the audience and length of time available. For more information contact the specific PSO.

Online Courses

Coaching Manitoba – www.coachingmanitoba.ca

Respect in Sport

Sport Manitoba believes in being proactive in ensuring sport in our province is safe and welcoming for all participants. Respect in Sport (RiS) helps us promote those values through a simple and convenient online training course for coaches and sport leaders. It is designed as a tool to assist coaches in identifying and dealing with abuse, neglect, harassment, and bullying in sport. **RiS is required online training for all coaches registered with a Provincial Sport Organization in Manitoba.**

Coaching Association of Canada – www.coach.ca under eLearning

Making Head Way – Concussion Awareness

Designed to help you gain the knowledge and skills required to ensure the safety of your athletes, these NCCP Professional Development modules cover:

1. What to do to prevent concussions,
2. How to recognize the signs and symptoms of a concussion,
3. What to do when you suspect an athlete has a concussion, and
4. How to ensure athletes return to play safely.

The sport-specific modules offer coaches scenarios specific to their sport, while the general sports module will suit all other coaches.

Coach Initiation in Sport

This online NCCP module was developed to introduce new or experienced coaches to the foundational skills in coaching, such as: long-term athlete development, ethics, coaching motivation, and athlete safety and wellness. The Coach Initiation in Sport module will also introduce coaches to the NCCP, a valuable tool for preparing for a coach's first in-person NCCP workshop.

This module is a valuable resource for:

- Parents new to coaching
- New coaches
- Experienced coaches new to the NCCP
- Athletes transitioning to coaching
- Experienced NCCP coaches who need professional development, or a refresh on the fundamental principles of the NCCP
- Sport administrators who work with the NCCP and coach development

Coaching Athletes with a Disability

This eLearning module provides coaches with the knowledge to deliver quality, positive sport experiences for athletes, specifically with behavioural, intellectual, physical, and sensory disabilities.

Coaching Athletes with a Disability NCCP training will provide coaches the ability to:

- Explain the benefits of sport participation for persons with a disability;
- Communicate effectively and respectfully with, and regards to, persons with a disability;
- Design positive, safe, and inclusive sport experiences for persons with a disability; and
- Consider next steps in their professional development related to coaching persons with a disability.

Resource: "Supporting Athletes Who Are Deaf and Hard of Hearing"

<https://www.coach.ca/resource-library-p150245>

Sport Nutrition

Good nutrition is important for both athletic performance and maintaining a healthy lifestyle outside of sport. By helping their participants make good nutrition choices, coaches not only empower them to perform their best, they help them to establish positive dietary habits that can last a lifetime.

The National Coaching Certification Program (NCCP) Sport Nutrition module provides coaches with education about basic sport nutrition principles. This eLearning module will provide an understanding of how to support athletes and their parents or caregivers to make effective nutrition choices.

After completing NCCP Sport Nutrition, coaches will be able to:

- Explain the basic nutritional needs of an athlete.
- Take appropriate measures to ensure that athletes stay hydrated during exercise.
- Educate athletes on the use of nutritional supplements and sports drinks.
- Encourage a positive body image in athletes.
- Identify the different types of disordered eating.
- Support athletes with special nutritional needs.
- Identify common food allergies and intolerances.
- Provide accurate guidance to athletes and their parents or caregivers on nutrition before, during and after exercise.
- Provide accurate nutritional guidance to athletes and their parents or caregivers before and during travel.

NCCP Emergency Action Plan

This NCCP eLearning activity on creating and using an Emergency Action Plan (EAP) prepares coaches to respond calmly, quickly and effectively if a sport participant is seriously injured during practice or competition.

After completing this activity, coaches will be able to:

- Describe the importance of having an EAP
- Identify when to activate the EAP
- Explain the responsibilities of the charge person and call person when the EAP is activated
- Create a detailed EAP that includes all required information for responding to an emergency

Coaches will also have access to a downloadable EAP template to use for any practice or competition location.

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