

COPSIN ADVANTAGE

webinar series



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During this time of physical distancing due to the COVID-19 outbreak, the Canadian Olympic and Paralympic Sport Institute Network (COPSIN) is now offering free webinars for **coaches** to give an opportunity to connect, learn and provide additional support. The following is a list of webinars for the month of April.

APRIL 2020

Mindful Mondays from a Distance: Goal Setting

We will take this unique opportunity to discuss goal setting, debriefing and adaptation. When training begins, coaches are typically overwhelmed with the daily training environment, so the purpose of this webinar is to give them a head start so that they are prepared for the training and competitive season as soon as it arrives.

Date: Monday, April 20th, 2020

Time: 12:00 - 1:00 pm EST

Mindful Mondays from a Distance: Managing Anxiety

We will discuss recognizing signs of anxiety and how to manage it by developing skills now such as concentration and focus so that both coaches and athletes can use them both now and in the future.

Date: Monday, April 27th, 2020

Time: 12:00 - 1:00 pm EST

Facilitator: **Alayne Hing**, Mental Performance Consultant, Canadian Sport Institute Calgary

REGISTER

Developing Shared Athlete Leadership in Teams: Strategies for Coaches

In this webinar, we will discuss strategies for coaches on developing shared athlete leadership in teams.

Worth 1 PD point

Facilitator: **Ashley Duguay**, Ph.D, Mental Performance Consultant, Canadian Sport Centre Atlantic

Date: Friday, April 24th, 2020

Time: 6:00 - 7:00 pm EST

REGISTER THROUGH THE LOCKER

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APRIL 2020 CONTINUED

Strength and Conditioning in Children and Teenagers

This session will discuss the difference between chronological age versus biological age and how it influences physical preparation in youth. In addition, we will discuss practical recommendations for scheduling and supervising bodybuilding sessions with youth.

This webinar is delivered in FRENCH

Facilitator: **Alix Renaud-Roy**, Préparatrice physique, Institut national du sport du Québec

Date: Thursday, April 30th, 2020

Time: 12:00 - 1:30 pm EST

REGISTER

Coach Socialization Series

The Canadian Sport Centre Atlantic is offering the Coach Socialization Series. It consists of 3-4 sessions a week covering a variety of topics. The sessions are 30-60 minutes in length.

VIEW DETAILED SCHEDULE AND REGISTER HERE

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