



2022 NADC WORKSHOPS

Student Voice & Engagement: Creating & Coordinating Your School's Athletic Council

Claude Leduc, Mulgrave School, BC

This workshop will present and discuss the steps we have taken in building a student led Athletics Council at our school. It will highlight the roles and responsibilities of every member on the council and how they are selected. It will also present some of the creative ways we use to increase student engagement and voice in building school spirit and planning/running Athletics based activities and events.

Drop Your Pack - I Got Mind

Bob Wilkie & Dean Sawatzky

This workshop dives into why we carry our burdens and the damage mentally that it does to us as individuals. It is a powerful presentation that helps create awareness of our lack of skills and that many of the issues we have experienced during these tumultuous times have been due to our own ignorance.

Culture Overhaul: How to Bring your Whole School Together

Nick Waterbury, Calgary Academy, AB

A positive and inclusive culture is a hard thing to build in a school environment during normal times. Re-discovering your culture in a Covid world is even more difficult. This session will focus on the steps taken to overhaul the culture in a school where it was very fractured, and how it was received by students, staff, parents and all other stakeholders.

Social Media 101 for Athletic Departments

Jack Zamore, Gipper

Want to use social media more effectively in your athletic program? Hoping to work smarter not harder in the process? Join us for Social Media 101 and learn how to: better share your school's story, engage your stakeholders, celebrate your student-athletes and teams, drive advertising revenue, save time and stay organized. The goal? Provide you with real-life examples and actionable plans to help you represent your program in a professional way on social media.

Useful Strategies for Starting or Expanding Strength & Conditioning Programs at YOUR School

Jesse Roest, Bearspaw Christian School, AB

Whether your school currently has or desires to have an organized strength and conditioning program, come see for yourself the success story of Bearspaw Christian School, the strongest school in Calgary! Teacher, coach and entrepreneur, Jesse Roest holds nothing back in hopes of advocating safe and structured resistance training in schools across Canada! His session will be packed with useful tips, resources, and interactive Q&A time to give your school the boost it needs to maximize your school's gains in 2022 and beyond!



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How to Control Internal Distractions - HeadStartPro

Mike Shaw, BC

Few athletes (or coaches for that matter) actually know how to control the internal distractions which compromise their ability to stay focused. Focus is the ability to devote full attention to the internal and external cues in sporting environment. In other words, it is intentionally directed attention. Distractions are cues in the internal and external sporting environment. Sound familiar? By getting better at controlling distractions, the byproduct is improved intentional focus, improved performance, and fewer injuries. Much that we know about arousal control centres around the external environment, but this workshop focuses on a few key internal distractions which affect us all.

"Hide it in the Spaghetti Sauce" How to Implement Neuromuscular Training in your School to Prevent Injuries, Develop Movement Skills, & Improve Performance in your Student-Athletes - U of C Sport Injury Prevention Centre

Carla van den Berg

Research has shown that neuromuscular training programs are effective at preventing injuries and improving performance in youth athletes. This is accomplished by developing optimal movement patterns and joint stability, which help support continued sport participation. In this session we will provide you with background information on what neuromuscular training is and will share concrete ideas on how you can implement this within your school environment - whether it be part of school sport, physical education classes, or within your sport medicine curriculum. These tips and tricks are teacher-approved; the concepts have been gathered from focus groups with teachers, teacher-coaches, and school administrators. Participants will have the opportunity to further brainstorm and discuss their own implementation strategies and will receive resources to support program delivery.

Redefining Winning

Sandra Surkan, Balfour Collegiate, SK

Redefining what it means to win. Winning is not always about the score on the scoreboard. Join this workshop to share and discuss methods to motivate and encourage your players when they are not seeing winning results on the scoreboard. We can change how school sports views success and train our athletes to view winning in terms of "who we are" instead of "what we've done".

A Journey Towards Good Sportsmanship

Leigh Bretzlaff, Oilfields High School, AB

This workshop will look at the different stakeholders who play a role in shaping sportsmanship in schools. We will look at ways to actively teach sportsmanship and the importance of creating a culture in your school. We will also look at what good and bad sportsmanship looks like. Lastly, we will discuss ways to promote sportsmanship in your school setting.



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Ideas & Tips AD's Can Use to Support Coaches in Character Building on their Teams

Tyler Greenslade, Harry Ainlay High School, AB

A workshop that provides useful resources you can use to support your coaches as they consider building character and culture on their teams.

Encouragement Strategies for Increasing Overall Student Involvement

Ken Zelez, Strathcona Tweedsmuir School, AB

In this workshop, we will present, discuss and share strategies for increasing student involvement in athletics. The workshop will focus on the following topics:

- Athletic culture
- Types of sport selections that fit your school
- Team selection and size
- Other opportunities for kids who did not make the team
- Scheduling and personal

You will be able to walk away with strategies to implement in your school or share with others.

Building Positive Relationships with Parents for Positive Sport Experiences

Leigh Bretzlaff, Oilfields High School, AB

Positive parent behaviour is linked with athletes motivation, enjoyment in sport as well as confidence and longevity in sport. This workshop will dive into building your school philosophy, why working with parents is important, creating a communication strategy and the do's and don'ts of working effectively with parents. You will leave with recommendations and best practices to put in place.

Creating a Safe Environment for Student-Athletes with Mental Health Issues

Cody Kelly, Westmount Charter School, AB

This workshop will provide you with strategies to help students and student-athletes with Mental Health issues, allowing your team or classroom to be a safe and open environment. The presentation will also include sharing from your fellow athletic directors about what has and has not worked for them.