SPORT, PHYSICAL ACTIVITY AND RECREATION BRANCH - SPAR -

Alberta

October 2021

National Coaching Certification Program (NCCP) Updates

The November and December NCCP Multi-Sport Module Calendars have been posted on the website. Go to the <u>NCCP Sport Module Calendar</u> to find NCCP multi-sport module and registration information.

The NCCP *Creating a Positive Sport Environment* module is now available. This new eLearning module explores the characteristics and benefits of participant-centered coaching.

Coaches who complete this module will be prepared to identify and prevent maltreatment in sport. They will also learn to apply positive coaching strategies to create a safe and inclusive sport culture that fosters learning and athletic development. This eLearning module will take 40 – 50 minutes to complete and is available for a cost of \$15.

Visit<u>the website</u> to get started.

Volunteer for Team Alberta Mission Staff 2023 Canada Winter Games

Alberta Culture and Status of Women and the Sport, Physical Activity and Recreation Branch (SPAR) invites volunteers to apply for Team Alberta mission staff at the 2023 Canada Winter Games taking place February 18 – March 5, 2023 in Prince Edward Island.

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Mission staff have a key role as members of Team Alberta acting as liaisons between individual sports and the Canada Winter Games organizational structure. Up to 14 mission staff members will be selected to represent the sport and recreation community in Alberta. Mission staff members are volunteers who do not receive payment for their services or compensation for time off work. Pre-approved travel and other expenses required to perform duties will be provided

Please share the <u>Mission staff duties</u> and the <u>Team Alberta application</u> with anyone in your sport, physical activity, and recreation community who may be qualified and interested in becoming a volunteer member of Team Alberta's mission staff.

Application deadline is **Friday, December 10, 2021**. If you have any questions, please contact Cam Berwald (Chef de Mission) at <u>cam.berwald@gov.ab.ca</u> or Jerry George (Assistant Chef de Mission) at <u>jerry.george@gov.ab.ca</u>.

Petro-Canada Sport Leadership Conference November 3-5, 2021

The Coaching Association of Canada (CAC) is pleased to partner with PetroCanada to host this event in a virtual environment again this year.

The theme for the 2021 conference is *Let's Reignite Sport*. For sport to return better and stronger than before, the sport sector must maintain a people-first approach to wellness, apply inclusive practices and develop sustainable, innovative business strategies.

Registration is now open.

2021Alberta Recreation and Parks Association(ARPA) Conference and Energize Workshop

The ARPA is offering both in-person and virtual options for the 2021 conference.

The In-person conference takes place at the Fairmont Château Lake Louise -October 28-30, 2021. The virtual conference will take place November 2-4, 2021.

Register today for spots available for both formats.

ParticipACTION- Great Big Move Challenge

In the month of October, ParticipACTION is challenging Canadians to get active, get exploring and get winning with the Great Big Move!

From October 1 – 31, team up with 2 to 7 friends, colleagues or family members to virtually explore amazing Canadian active destinations through the ParticipACTION app. Log move minutes and unlock milestones that increase your chances to win awesome prizes, like a 5-day trip to the Yukon, courtesy of Travel Yukon.

The more move minutes each team member accumulates, the more progress you make towards completing milestones and win prizes.

Download the <u>ParticipACTION App</u> and get started on your Great Big Move today.

Fitness Alberta offers webinars and skill workshops

Fitness Alberta is offering professional development opportunities for exercise and physical activity practitioners.

- 1. The unexpected awaits live-stream sessions on the psychological impact of COVID-19.
- 2. A series of technical skills workshops in strategies and methods for warm ups, monitoring intensity and combining strength and mobility for functional movement.
- 3. A skills workshops to support physical activity for kids and older adults.

For more information on these sessions, visit the <u>Fitness Alberta website</u>.





Concussion Awareness

The <u>#HeadstrongCanada</u> campaign is based on the Government of Canada's Concussion Framework and the <u>Concussion Awareness toolkit</u>, is designed to give every sport organization the resources they need to show they are concussion smart and to learn the key points in concussion awareness.

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