



## Para-Athletics Weekend Agenda Athletics Alberta

### **Friday May 11<sup>th</sup> (Module 1) (Class Room, TBA)**

- 6:00 pm: Welcome and Introduction
- 6:15 pm: Becoming a Para Athletics Coach (Guest Speaker: Ozzie Sawicki)
- 7:00 pm: Break
- 7:15 pm: Overview of Classifications in Para Athletics
- 8:00 pm: Overview of Para Equipment
- 9:00pm: Finish

### **Saturday May 12<sup>th</sup> (Module 2) (Class Room, TBA)**

- 8:30am: Physiological and Psychological considerations working with Para Athletes **(NCCP)**
- 10:00am: Snack Break
- 10:30am: Potential Program barriers for athletes with a disability
- 12:00: Finish

### **Saturday May 13<sup>th</sup> (Module 3) (Practical)**

- 1:30pm: Technical Models for Para Athletics Specific Events (Wheelchair Racing, Seated Throws) (Track and Field) **(NCCP)**
- 4:30pm: Finish

### **Sunday May 13<sup>th</sup> (Module 4) (Practical)**

- 8:30am: Rules and Regulations for Para Athletics **(Classroom, TBA) (NCCP)**
- 9:30am: Snack Break
- 10:00am: Observation of Para Athletics Competition (at Foothills Track)
- 12:00pm: Feedback/ Finish

**\*Club Coaches (Multi-Sport Level 2 equivalent) in training or fully certified\* who attend the 3 NCCP sessions will be granted the NCCP Athletics Para Trained in their NCCP profiles. Those who do not attend all NCCP sessions will be given NCCP PD.**