



To: All PS/ROs

Redistributed for: Coaches' Association of Ontario

COACHES ARE INVITED TO HEAR TWO GREAT SPEAKERS IN FEBRUARY....

C3, Personal Best, the Coaches Association of Ontario, AQUAFINA and the National Coaching Institute Ontario have teamed up to bring two more Coaches' Seminars - one in Toronto on Wednesday the 11th and one in Caledon on Friday the 13th. While the presentations are geared toward coaches, athletes and parents are also welcome to come & learn.

SPEAKER: NIK APOSTOLOPOULOS, Founder of Stretch Therapy and Microstretching Recovery Clinic, Vancouver, B.C.

WHEN: Wednesday **February 11, 2004**, 7:00 to 9:00 p.m.

WHERE: 1185 Eglinton Avenue East, sportalliance building, 1st Floor Meeting Room. Southeast corner of Don Mills and Eglinton Avenue, just west of the Don Valley Pkwy.

REGISTER: To reserve your seat for February 11, send an email to Mary at atmkaramitos@cscsontario.ca or call 416-426-7238.

FEES: CAO & NCI students FREE, \$5 all others.

Nikos Apostolopoulos in his talk about **Microstretching** will demonstrate two decades of experience to improve an athlete's "recovery. Often, the challenge for coaches and athletes is to make the correct selection of exercises and intensity of workouts to reach top form and stay injury free. Microstretching is a new technique that increases an athlete's performance by increasing the recovery between workouts and competitions.

DIRECTIONS: From 401 East, take the Don Valley South and exit at Eglinton Avenue West. Continue West, to Don Mills, then turn south. (Follow signs to Ontario Science Centre.) Take first left and find parking. The sportalliance building is marked on top. From the West, Take Leslie Avenue South to Eglinton. Turn East (left) go up hill to Don Mills, then go south (right turn) onto Rochefort Avenue.

This session is being hosted by the National Coaching Institute Ontario in partnership with the Coaches Association of Ontario. If you haven't joined by now - visit www.coachesontario.ca

SPEAKER: ANDY HIGGINS, Director of the National Coaching Institute Ontario and author of "Best Coaches, Best Practices"

WHEN: Friday **February 13, 2004**, 6:00 to 8:00 p.m.

WHERE: Robert F. Hall High School, 6500 Old Church Road, Caledon, Ontario (30 minutes north of Toronto). The seminars are on the upper floor of the school.

REGISTER: To reserve a FREE seat for February 13, send an email to info@c3online.ca or call C3 at 905-838-2662.

Andy Higgins in his talk about **SUCCESS AS AN OPTION** will draw upon four decades of international coaching experience to illustrate how easy it is to remove barriers to great performance when you choose to do so. Andy has coached at four Olympic Games, in Track & Field and most notably coached decathletes, Michael Smith and David Steen. Andy has been coaching coaches for many years and has been and still is a driving force behind many innovations in the Canadian sport system like the National Coaching Institutes program across Canada.

Olympic Coach and CAO Board Vice-Chair, **Barrie Shepley** has helped develop these monthly educational series as a way of furthering the knowledge of coaches, athletes, and parents. All three key stakeholders are welcome and encouraged to attend the free monthly speaker series. The inaugural talk in November 2002 with strength specialist Sheldon Persad attracted over 100 coaches, while Dr. Vietta Wilson, Sport Psychologist addressed 168 coaches in January from London to Kingston.

FUTURE SPEAKERS for 2004: Fill your daytimer now for the future CAO/C3 High Performance Speakers series. They include:

· Mar 12th: **Dr. Todd Williamson** How to Make a Healthy Athlete and Eating on the Run

· April 2nd: **Leith Drury** (Ph. D candidate). Understanding the Role of Emotional Intelligence in Sport Success.

· May 14th **Rob Millar** New Strategies in Sport Conditioning

The monthly free speaker series in Caledon are being hosted by Canadian Cross Training Club (C3), the Coaches Association of Ontario (CAO) and Personal Best (PB) with support from Aquafina.

DIRECTIONS FROM TORONTO: 400 north to King Side road. Travel 15km west on King Side road through Bolton. Continue for another 12km on King Side road until you hit Airport Road. Turn right (north) on Airport road for 10km until you hit Caledon East (small town). At the lights turn right onto Old Church Road (going east). Travel 3km on Old Church Road until you hit the lights. Robert F. Hall is on the north/east corner at 6500 Old Church Road. The seminars are on the upper floor of the school.

DIRECTIONS FROM WEST: 401 to Hwy 410 north. Continue traveling on Hwy 410 when it ends and becomes Heart Lake Road. Continue North on Heart Lake road until it hits a T-Intersection. Make a right hand turn on OLD BASELINE (going east). Follow Old-Baseline east for 6km until you hit a T-Intersection (you are now at Airport Road). Go left (north) on Airport road and continue until you hit Caledon East (small town). At the lights turn right onto Old Church Road (going east). Travel 3km on Old Church Road until you hit the lights. Robert F. Hall is on the north/east corner at 6500 Old Church Road. The seminars are on the upper floor of the school.

DIRECTIONS FROM NORTH: 400 south until you hit King Side Road. Travel 15km west on King Side road through Bolton. Continue for another 12km on King Side road until you hit Airport Road. Turn right (north) on Airport road for 10km until you hit Caledon East (small town). At the lights turn right onto Old Church Road (going east). Travel 3km on Old Church Road until you hit the lights. Robert F. Hall is on the north/east corner at 6500 Old Church Road. The seminars are on the upper floor of the school.

Distributed by
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The Sport Alliance of Ontario [**sportalliance**] is a not-for-profit sport organization that delivers sport development programs and services throughout Ontario in partnership with provincial and community organizations.

Our programs include: The Ontario Games Program, Ontario Sport Awards Program, the Community Sport Network, KidSport™ Ontario, Red Cross Sport First Aid, National Coaching Certification Program, the Esteem Team [Ontario], the James Worrall Award and the Ontario Sport Development Fund.

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