



Ontario 5 Pin Bowlers' Association

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Competitive Coach Pilot Peterborough Ontario

- When:** Friday October 30th to Sunday November 1st
- Place:** Best Western Otonabee Inn
84 Lansdowne St
Peterborough
- Cost:** No charge for this pilot, lunch will be supplied
- Criteria:** A coach must be a trained Community Coach or a full Level 1 coach who has completed the Community Coach MED. If you are a full Level 2 coach you do not need this course

Agenda:

Friday at hotel

6:30 – 7:00	Introduction & Setting the Scene
7:00 – 9:30	MED (6 step approach)

Saturday at hotel

9:00 – 10:30	CS4L Long Term Athlete Development
10:45 – 12:30	Support the Bowler in Training
12:30	Lunch
1:00 – 3:00	Analyze Performance
3:00 – 5:00	Plan a Practice

Sunday at Bowlerama

9:00 – 10:00	Plan a Practice (on lane)
	10:00 – 12:00 Deliver a Practice &
	Analyze Performance (on lane)
12:00	Lunch (back at hotel)
1:00 - 2:30	Support the Competitive Experience
2:30 – 3:00	Debrief

Note: Please bring your bowling shoes for Sunday

To register or for more information please contact Dave Post at dpost1@cogeco.ca or call 705-743-3686.