

Are you working with Indigenous athletes? This training is for you!



ABORIGINAL COACHING MODULE

Wauzhushk Onigum Nation, ON

Saturday, June 10, 2017

ACM Training includes:

- Holistic Approach to Coaching
- Dealing with Racism in Sport
- Lifestyle, Health & Nutrition

Time: 9:00 am to 5:00 pm

**Site: WON Community Development Centre
(10 km from downtown Kenora)**

**Fee: \$30.00 (Participants are responsible for own meals,
travel & accommodations)**

Fee payable to: Wauzhushk Onigum Nation

Deadline to register is: 12:00 pm on Friday, June 2, 2017.

To register, contact Tania at tania.cameron@aswco.ca or 807-466-7267
or Matt Skead at 807-464-4107



Aboriginal Coaching Module

9:00 am – 5:00 pm on Saturday, June 10, 2017
WON Community Development Centre

REGISTRATION FORM

Name:	DOB: (must be 16 years and older)
Address:	Email:
	Tele:
NCCP #:	To get your free NCCP #, go online to: https://www.coachesontario.ca/getting-your-nccp/

Make fee payable to: **Aboriginal Sports and Wellness Council of Ontario.**

Mail form and fee to: ASWCO
2425 Matheson Boulevard East, 7th Floor
Mississauga, ON L4W 5K4

Form can also be emailed to: tania.cameron@aswco.ca



Aboriginal Coaching Module

The Aboriginal Coaching Module (ACM) is an essential resource to those that work with, coach and/or supervise Aboriginal peoples in physical activity, recreation and sport. This one day workshop will provide a greater understanding of coaching through an Aboriginal lens, which is designed to motivate, inspire and lead Aboriginal peoples in sport, recreation, physical activity and life. The ACM was developed as a supplement to the National Coach Certification Program (NCCP) in order to:

- provide culturally relevant courses for Aboriginal coaches and athletes;
- increase the accessibility of the NCCP to Aboriginal coaches;
- increase the capacity of non-Aboriginal coaches leading Aboriginal peoples;
- improve the quality of the sport experience for Aboriginal athletes;
- increase the number of Aboriginal certified coaches;
- improve the understanding of the application of Aboriginal cultures in sport and coaching;
- Provide the Canadian Sport System with access to traditional Aboriginal knowledge.

OVERVIEW

Holistic Approach to Coaching	Dealing with Racism in Sport	Lifestyle, Health and Nutrition
<p>As a coach, it is important that you are fully committed to creating an environment that allows individuals to talk, trust and feel, thus, creating a positive environment.</p> <p>The teachings of the medicine wheel represent a holistic view and show the interdependence of all facets of life. The medicine wheel also represents the ongoing and cyclical nature of change and transformation that is fundamental to all living creatures.</p> <p>Holistic coaching perspective, which incorporates physical, mental, cultural and spiritual aspects.</p> <p>The four pillars of respect, integrity, honesty and trust are examined and how these values are an integral part of holistic coaching.</p> <p>Importance of community members and relationships are considered in order to positively develop an individual.</p>	<p>Throughout an individual's life, one may encounter experiences that negatively affect their outlook on life. Many of these experiences stem from inaccurate perceptions of others.</p> <p>This module provides definitions that may be useful in the discussion of racism. These definitions are important as they ensure that each scenario is being properly addressed and dealt with.</p> <p>How to respond to racism and the three choices of response: passive, positive or aggressive.</p> <p>The importance of establishing a code of conduct.</p> <p>Provides a five step process for coaches on how to respond and deal with racist and discriminatory situations.</p>	<p>This module encompasses topics on lifestyle, health and nutrition specific to Aboriginal peoples. Helpful tips on how to be familiar with the unique lifestyle, health situations and challenges that Aboriginal youth and people may face.</p> <p>Understanding the community where you coach, the effect of history on lifestyle and health, lifestyle issues including physical inactivity, obesity, tobacco, alcohol and substance abuse, health issues such as diabetes, lactose intolerance childhood asthma, FAS/FAE, hepatitis B, sexual activity, determining when an intervention is appropriate and nutrition.</p>