

Coaches – During the workshop, coaches will focus on advanced planning sessions such as yearly plans to help athletes peak at the right time, and training camp plans. Coaches will also learn advanced error detection and correction

Athletes – This workshop is intended for coaches working with athletes who are competing at National Championships in the Open category and are at the Train to Compete stage of LTAD.

Competition – National Championships

Sport-Specific
Training

- **Racquetball Competition Development Workshop**
- This 24-hour workshop takes place over two, three-full day weekends, or on a Saturday over 5 to 6 weekends and is held both in a classroom and on the court.

In-Training

Multi-Sport
Training

- Managing Conflict module
- Leading Drug-free Sport module
- Coaching and Leading Effectively module
- Psychology of Performance module
- Prevention and Recovery module
- Developing Athletes Abilities module
- Manage a Sport Program module
- Performance Planning module
- Advanced Practice Planning module

Trained

Evaluation

- Portfolio
- Two Observations; training environment and competition environment
- Make Ethical Decisions (online evaluation)
- Managing Conflict (online evaluation)
- Leading Drug-free Sport (online evaluation)

Certified

Professional
Development

- You require **30** professional development points over **5** years to maintain your status.

Maintained