

2013 OFSAA COACHING SYMPOSIUM - SESSION SCHEDULE

* indicates classroom sessions

NOTE: All outdoor sessions have a gym as a rain location

THURSDAY, MAY 9, 2013					
	Session A	Session B	Session C	Session D	Session E
7:30 - 9:00 AM	REGISTRATION				
9:00 - 9:45 AM	LEADERSHIP AND TEAM BUILDING				
10:00 - 11:00 AM	Canadian Sport 4 Life and Coaching: The Basics* CLASSROOM	How to Fundraise for your Team CLASSROOM	Taping* CLASSROOM	Training Principles: How to Improve Your Athletes' Fitness Profile* CLASSROOM	
11:00 - 11:15 AM	SNACK				
11:15 AM -12:45 PM	Warm-Up Games/Fundamentals of Sport GYM	Basketball GYM	Kin Ball GYM	Training Methods: Different Methods for Training Your Athletes FITNESS ROOM	Track & Field: Field Events OUTDOOR FIELD
12:45 - 1:30 PM	LUNCH				
1:45 - 2:45 PM	Canadian Sport 4 Life and Coaching: Where do we go from Here?* CLASSROOM	Concussion Management CLASSROOM	Sport Psych: The Mental Game* CLASSROOM	Training Principles: How to Improve Your Athletes' Fitness Profile* CLASSROOM	
2:45 - 3:00 PM	SNACK				
3:00 - 4:30 PM	Warm-Up Games/Fundamentals of Sport GYM	Rowing and Rowing Machine Training for Your Athletes ROWING CENTRE	Floorball GYM	Training Methods: Different Methods for Training Your Athletes FITNESS ROOM	Track & Field: Track Events OUTDOOR FIELD
4:30 - 5:45 PM	SPORT AND SOCIAL TIME				
6:00 - 9:00 PM	TRADESHOW				
6:30 - 7:30 PM	WELCOME DINNER				
9:00 PM - 1:00 AM	PUB-STYLE SOCIAL				

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FRIDAY, MAY 10, 2013					
	Session A	Session B	Session C	Session D	Session E
7:30 - 8:30 AM	BREAKFAST/CHECK-OUT				
8:30- 9:00 AM	CHECK-OUT				
9:00 - 10:30 AM	Tchoukball GYM	Badminton GYM	Golf OUTDOOR FIELD	Dynamic Stretching FITNESS ROOM	Rugby OUTDOOR FIELD
10:30 - 10:45 AM	SNACK				
10:45 AM - 12:15 PM	Coaching in Ontario Schools Certification* (SESSION 10:45-3:00PM) CLASSROOM	Soccer OUTDOOR FIELD	Volleyball FUNdamentals GYM	Early Season Indoor Practicing for Outdoor Sports GYM	Parasport Activities for All Athletes GYM
12:15 - 12:45PM	KEYNOTE SPEAKER				
12:45 - 1:30 PM	LUNCH				
1:30 - 3:00 PM	Coaching in Ontario Schools Certification* (SESSION CONTINUED FROM 12:15PM) CLASSROOM	Ultimate Frisbee OUTDOOR FIELD	Volleyball: Varsity GYM	Core Training for Your Athletes FITNESS ROOM	