



**CALLING ALL COACHES!
YOU'RE INVITED TO COACHING DAY
IN ALBERTA POWERED BY NSD!**

**NEW AND IMPROVED
- TWO DAY EVENT!**

Coaching Day in Alberta will be a chance for coaches from around Southern Alberta to attend and learn from some of the best coaches in the province free of charge in a two day clinic on Saturday, November 7th and Sunday, November 8th.

The new and expanded event will include one day at National Sports Development South followed by the second day at the Pengrowth Saddledome. The clinic will cover important concepts to all ages including; incorporating goalies into practice, skating, nutrition, player development and coaching development. Each day you will hear from hockey personnel from either the Flames, Hitmen, Hockey Calgary, Hockey Alberta, Hockey Canada and National Sports Development.

Cap the second day off with your entire hockey team with a exclusive ticket offer for 20 to see the Hitmen take on the Swift Current Broncos at 5:00pm on Sunday, November 8th. For the full two day agenda and to register click here or visit www.calgaryflames.com . Registration closes Friday, November 6th at 9am. Attendance is required at both days to redeem game ticket offer. All Southern Alberta coaches are eligible to register. Registration is required to attend.

2009 COACHING DAY IN ALBERTA POWERED BY NSD AGENDA

TO REGISTER PLEASE SELECT EITHER THE MORNING OR AFTERNOON SESSION AT NSD

SATURDAY, NOVEMBER 7, 2009 – DAY 1 AM SESSION OPTION (NSD SOUTH – 7475 FLINT ROAD SE)

TIME:	DETAILS:
9:00 – 9:30 AM	Registration and Check In; Refreshments.
9:30 – 10:00 AM	Key Note Speaker
10:00 – 10:15 AM	Coach Session 1 – High Performance Training and how it has changed the game of hockey.
10:15 – 10:45 AM	Coach Session 2 – Power Skating & Stride Mechanics Demonstration for Novice to Elite Level Players (Super Skate Treadmill)
10:45 – 11:00 AM	Break and Refreshments
11:00 – 11:30 AM	Coach Session 3 - Hockey Alberta Presentation – NCCP Coaching Development Pathways;
11:30 – 12:00 PM	Coach Session 4 – Hockey Canada Presentation – Player Development Pathways – Minor Hockey to the Olympics.
12:00 – 12:30 PM	Session 5 A – HPT Team Dryland Training Demonstration (Suitable for all levels of hockey); Session 5 B – Nutrition Seminar; Session 5 C – Off Ice Skill Development Demonstration.
12:30 PM	Conclusion of Day 1 AM Session



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 SPORTS
 DEVELOPMENT



SATURDAY, NOVEMBER 7, 2009 – DAY 1 PM SESSION OPTION (NSD SOUTH – 7475 FLINT ROAD SE)

TIME:	DETAILS:
1:30 – 2:00 PM	Registration and Check In; Refreshments.
2:00 – 2:30 PM	Key Note Speaker
2:30 – 2:45 PM	Coach Session 1 – High Performance Training and how it has changed the game of hockey.
2:45 – 3:15 PM	Coach Session 2 – Power Skating & Stride Mechanics Demonstration for Novice to Elite Level Players (Super Skate Treadmill)
3:15 – 3:30 PM	Break and Refreshments
3:30 – 4:00 PM	Coach Session 3 - Hockey Alberta Presentation – NCCP Coaching Development Pathways;
4:00 – 4:30 PM	Coach Session 4 – Hockey Canada Presentation – Player Development Pathways – Minor Hockey to the Olympics.
4:30 – 5:00 PM	Session 5 A – HPT Team Dryland Training Demonstration (Suitable for all levels of hockey); Session 5 B – Nutrition Seminar; Session 5 C – Off Ice Skill Development Demonstration.
5:00 PM	Conclusion of Day 1 PM Session

SUNDAY, NOVEMBER 8, 2009 – DAY 2 SESSIONS (HELD AT THE PENGROWTH SADDLEDOME)

TIME:	DETAILS:
10:30 – 11:00 AM	Registration and Refreshments
11:00 – 12:00 PM	Calgary Flames or Hitmen Key Note Speaker
12:00 – 1:00 PM	Lunch – Avison Young Club
1:00 – 2:15 PM	On Ice Specialty Clinic – Presented by Hockey Calgary, Hockey Alberta, Hockey Canada and National Sports Development Instructors.
2:15 – 2:30 PM	Break
2:30 – 3:00 PM	Video Analysis/Game Breaker Demonstration – Calgary Hitmen Video Analysis Coach.
3:00 – 3:30 PM	Hockey Calgary Presentation
3:30 – 4:00 PM	Event Wrap-up and doors open to the public.
5:00 PM	Calgary Hitmen Game
Post-Game	Calgary Hitmen Public Autograph session on concourse.



**CLICK HERE TO
 REGISTER NOW!**