

## Invitation to all Coaches

The Fencing Coaches of Canada (FCC) is pleased to present several coaching sessions during the Cadet/Junior/Veteran nationals, CSC #1 Senior tournament to be held in Saskatoon this June.

The FCC also invites all coaches to enjoy a 'Coaches Lounge' at the Field House for the duration of the tournament.

Some coaching sessions will take place in the coaches' lounge at the field house, while others will take place at the Salle Seguin training facility. Either way, we hope you will participate in one or all of the coach sessions. A sign-up form will be available in the coaches' lounge for all sessions. We hope you will find something of interest!

Day	Topic	Time	Place
Thursday, June 25	LTAD / NCCP update	4:30 – 6:30	Field House
Friday, June 26	IST – an integrated approach to training & competition -strength / nutrition / psychology	6:30 – 8:30	Salle Seguin (wine and cheese social after talk)
Saturday, June 27	<ol style="list-style-type: none"> <li>1. Referees Point of View– Ayach Bounachada</li> <li>2. Club Development Jean-Marie Banos</li> </ol>	4:30 – 5:30	Field House
Saturday, June 27	Women in Coaching Social	8:30 – 9:30	Salle Seguin (wine and cheese)
Monday, June 29	Practical session	9:00am – noon	Salle Seguin

### Session information

**Thursday June 25<sup>th</sup>:** LTAD/NCCP – Manuel Belmonte

This presentation will focus on up-dates, questions & answer session – more to follow

**Friday June 26<sup>th</sup>**

IST – An Integrated Approach to Training & Competition: Physical, Mental & Nutrition  
Bruce Craven / Ralph Schoenfeld / Heather Hynes

This presentation focuses on the integration of sport medicine and science into the fencing practice. The presenters will discuss ways to integrate mental training, nutritional education, biomechanical monitoring and physiology into training sessions in order to maximize athletic performance. The presentation will involve a general introduction to the training session and the Integrated Sport/Support Team, followed by detailed information on the integrated approach to competition & recovery. (*wine & cheese social to follow presentation*)

**Craven, Bruce** - has his MSc., BSc. (PT), BSPE, Dip Sport (PT) and is a Certified Strength and Conditioning Specialist (CSCS). He is co-owner of Craven Sport Services, is an Associate Clinical Professor at the School of Physical Therapy U of S, a Sessional Lecturer College of Kinesiology U of S, and a member of the Canadian Sport Centre's National Sport Medicine and Science Committee. Bruce has 17 years experience working with sport programming in over 40 different sports, with athletes competing at provincial, national, international and Olympic/Paralympic competitions.

**Hynes, Heather** - is a Registered Dietician and Sports Nutrition consultant with the Sport Medicine and Science Council of Saskatchewan. She has worked with numerous provincial teams, as well as athletes at the national and international level. She has been a member of three Canada Games teams, as an athlete, a manager and mission staff for Saskatchewan.

**Schoenfeld, Dr. Ralph (PhD.) (Saskatoon)** - is a Mental Trainer who has retired from being a High School Counsellor. He has a diverse background in many sports, and has been working in the Sport Psychology field for many years. Ralph was once a Professional Football Player in the Canadian Football League. He has a Doctorate of Education.

### **Saturday June 27<sup>th</sup>**

Referee point of View – Ayach Bounachada

This session will focus on coaching from the referee point of view – things coaches should know from the referee side of the piste:

- tools for coaches regarding the understanding of the rules.
- understanding the conventions of the weapons and how to judge a hit.
- how the referees judge the convention weapons and which actions there are more problems with and no consensus between the referees
- how to deal with the referee when they are wrong and what is the relationship to have with them

**Ayach Bounachada** is an international referee for three weapons, since 1995. He was a referee at the Beijing Olympic Games, more than ten senior and junior world championships, Pan Am Championship and Pan Am Games. He has judged more than seventy finals at grand prix, junior world, senior world, Pan Am Games, and Olympic Games. Ayach is the provincial coach in Manitoba and a fencing master at three weapons.

#### Club development – Jean-Marie Banos

This session will focus on the way the Dynamiques de Brébeuf fencing club has evolved over the past years as an example of club development

**Jean-Marie Banos** has been a member of the Canadian national team for 15 years winning 8 National titles in men's sabre. He is a 4-time Olympian (1984, 1988, 1992 and 1996) and now coaches his fencing club out of College Brebeuf in Montreal. He has been coaching since 1996.

#### Women in Coaching – Wine & cheese social

Open to women who coach fencing in Canada. Get to know other women who coach fencing & discuss issues facing women in coaching today.

#### **Monday June 29<sup>th</sup>**

#### Practical session – Salle Seguin

This session will be for those wishing to be examined or to just exchange ideas or seek out solutions to problems in giving fencing lessons. Coaches wishing to take challenge exams for Prevost or Masters level should contact Maitre Claude Seguin [salleseguin@shaw.ca](mailto:salleseguin@shaw.ca) to arrange.