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Connecting Coaches Newsletter

Volume 2 Issue 16 November 2011

ASDC Services Research Resources Coaching Tips

Welcome to *Connecting Coaches Newsletter*,

Services: Mental Training—Goal Setting

Research: Sensor ends the guessing about head shots

Coaching Tips: Golden Rules of Goal Setting

Upcoming Events: 2012 CS4L National Summit releases its program

Educational Opportunities: Heads Up Online Training Course

In the News: A number of announces regarding coaching and funding are included in this section.

Alberta Sport Development Centres
www.asdc.ca

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ASDC Network



Partners



ASDC Services

Setting Goals

By Dr. Mark A. Hogue, Published in Association for Applied Sport Psychology

Research on athletes and in business psychology clearly indicates that people who set goals, and then periodically evaluate their goals, are more successful than people who do not set goals. Athletes usually set long-term goals, but they often don't set daily practice goals that will lead them to their ultimate goals. When children set goals that are achievable and then begin to see themselves reaching these goals, they will increase their confidence and self-esteem. Being more confident then brings about more success. Unrealistic goal-setting can create a sense of hopelessness and failure. While few athletes become Olympians or professional athletes, those who do had childhood dreams of doing so. So be careful not to dash the hopes of an aspiring Olympian! Athletes do best when they aim high, but focus on their short-term goals. Parents can help young athletes be realistic by helping their daughters and sons develop sensible short-term daily, weekly or monthly goals.



Next ASDC-Central Winning Edge Seminar:

Mental Training—This session will focus on goal setting. It is important for the athletes to set and work towards goals in sport and life.

December 6th

7:00 – 8:30 pm

Room 2600, Red Deer College

First 25 coaches will receive
Concussion Resource Kit

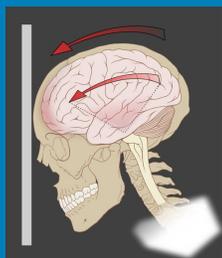
Did you know...
Concussions happen
more often to children
and adolescents.

ASDC Central is offering
a "Concussion Resource
Kit" to the first 25
coaches who respond by
emailing

info@asdcentral.ca

Include your name,
mailing address including
postal code and phone
number. This resource kit
will include information
for athletes, parents and
you as a coach. You will
also receive an invitation
to our **Injury Prevention
Winning Edge Seminar**
to be held

**January 11, 2012 in
Room 2501
Red Deer College,
7:00—8:30 pm**



Research

Sensor ends the guessing about head shots

Former bomb expert develops device to measure concussion-causing shock data

By Andrew Duffy, Postmedia

News November 28, 2011

The Ottawa 67's junior hockey team has joined forces with a former bomb disposal officer now applying his expertise to the hockey rink to mitigate the damage of concussions.

Danny Crossman, 39, is an Ottawa entrepreneur who served with the British Army in Iraq, Croatia, Bosnia and Kosovo. He's now chief executive of Impakt Protective, a local startup company that has developed a simple, affordable hockey helmet sensor.

The Shockbox instantly alerts team officials - or parents - when a player suffers a dangerous blow to the head.

The sensor uses Bluetooth wireless technology to send data on the magnitude of a head shot to subscribers' smart phones.

The data are processed by a webbased application, which issues a colour-coded message: Orange indicates a player's head has been subjected to the kind of rapid acceleration - a g-force of 90 or more - that often results in a concussion. Yellow indicates a player has taken a hit of 60 to 90 g, which raises concern particularly if the player has a history of concussions.

The invention promises to take some of the guesswork out of deciding when to sit a player down for an assessment.

"The key thing is getting people to be checked," says the British-born Crossman.

"Science has pointed out that there's no magic number for concussion thresholds, but there is a general range where many seem to occur. So we've focused on that: it means if the sensor goes off, you should at least check the kid."

The Shockbox is already being used by several varsity hockey teams in Ontario, including at the University of Ottawa and Carleton University.

Last week, the Ottawa 67's had the device glued to the top of some of their practice helmets. The sensor is about the size of a large USB flash drive.

"It's a step forward," says 67's athletic trainer Neil Hoch. "It's another tool - and you can't have enough tools when it comes to head injuries," One of the players wearing the device in practice this week was star centre Sean Monahan, who has been sidelined three weeks by a concussion.



Research

Sensor ends the guessing about head shots (continued)

The device, Hoch said, would have been particularly helpful earlier this year during a game in which 67's rookie Brett Gustavsen took a hit in a corner of the rink. Hoch couldn't see the play from the bench and didn't realize that Gustavsen had suffered a concussion until after the game.

A helmet sensor, Hoch said, could have alerted him to the need for an immediate player assessment.

"[Gustavsen] came off and didn't say anything. If I had known, based on his symptoms, I probably would have taken him out."

Similarly, Pittsburgh Penguins' star Sidney Crosby's initial head injury at the Winter Classic on Jan. 1 went undiagnosed. He suffered a debilitating injury in his next game against the Tampa Bay Lightning four days later. Crosby made his return to the NHL last week after 10 months on the sidelines. The Shockbox helmet sensor is the brainchild of Crossman, whose foray into hockey safety comes after two decades in bomb disposal and defence engineering.

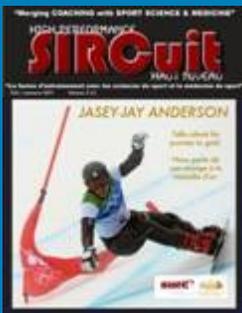
The complete article is available in the [Vancouver Sun](#).

KEY POINTS

Whatever the mind can conceive and believe, it can achieve

- Napoleon Hill

The latest issue of the **High Performance SIRCuit**, a new and innovative multi-media communication tool driven by Own the Podium and SIRC has just been released. To view the latest issue, click on the cover below or visit <http://sirc.ca/hpsircuit/issues.cfm>





Golden Rules of Goal Setting

Rule #1: Set Goals that Motivate You

When you set goals for yourself, it is important that they motivate you: this means making sure that they are important to you, and that there is value in achieving them. If you have little interest in the outcome, or they are irrelevant given the larger picture, then the chances of you putting in the work to make them happen are slim. Motivation is key to achieving goals.

Rule #2: Set SMART Goals

You have probably heard of "SMART goals" already. But do you always apply the rule? The simple fact is that for goals to be powerful, they should be designed to be SMART. There are many variations of what SMART stands for, but the essence is this – goals should be:

- Specific
- Measurable
- Attainable
- Relevant
- Time Bound



Rule #3: Set Goals in Writing

The physical act of writing down a goal makes it real and tangible. You have no excuse for forgetting about it. As you write, use the word "will" instead of "would like to" or "might". For example, "I will reduce my operating expenses by 10% this year", not "I would like to reduce my operating expenses by 10% this year." The first goal statement has power and you can "see" yourself reducing expenses, the second lacks passion and gives you an excuse if you get sidetracked.

Post your goals in visible places to remind yourself every day of what it is you intend to do. Put them on your walls, desk, computer monitor, bathroom mirror or refrigerator as a constant reminder. You can even post them in the Mind Tools Club forum, and share them with other members for added motivation.

Rule #4: Make an Action Plan

This step is often missed in the process of goal setting. You get so focused on the outcome that you forget to plan all of the steps that are needed along the way. By writing out the individual steps, and then crossing each one off as you complete it, you'll realize that you are making progress towards your ultimate goal. This is especially important if your goal is big and demanding, or long-term. Read our article on Action Plans for more on how to do this.

Rule #5: Stick With It!

Remember, goal setting is an ongoing activity not just a means to an end. Build in reminders to keep yourself on track, and make regular time-slots available to review your goals. Your end destination may remain quite similar over the long term, but the action plan you set for yourself along the way can change significantly. Make sure the relevance, value, and necessity remain high.

[Read article in [Mindtools](#)]

Tip 1:

Frame your goal statement positively. If you want to improve your running times say, "I will improve my running time by 5 seconds by the next race" rather than "I will reduce my running time." The first one is motivating and gives you a specific goal, is measurable, is it attainable and is time bound; the second one is non committal.



Tip 2:

If you use a To Do List, make yourself a To Do List template that has your goals at the top of it.



Upcoming Events

December 9 - 11, 2011

The 2011 Canadian National Endurance Conference
Vancouver, BC

February 1-2, 2012

Canadian Sport for Life National Summit
Ottawa, Ont

April 18-20, 2012

Sport Events Congress 2012
Richmond, BC

Heads Up Online Training Course

Get prepared for the new season in less than 30 minutes

Heads Up: Concussion in Youth Sports

is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion. Once you complete the training and quiz, you can print out a certificate, making it easy to show your league or school you are ready for the season.

What You Will Learn

This course will help you:

- Understand a concussion and the potential consequences of this injury,
- Recognize concussion signs and symptoms and how to respond,
- Learn about steps for returning to activity (play and school) after a concussion, and
- Focus on prevention and preparedness to help keep athletes safe season-to-season.

More info:



Educational Opportunity



NCCP Multi-sport Modules at Red Deer College

January 21, 2012

Psychology of Performance

February 24 & 25, 2012

Coaching & Leading Effectively

March 24-25, 2012

Part A

April 14-15, 2012

Part B



Must have a minimum of 8 and a maximum of 20 registered for course to run. Registration opens November 18th. Call (403) 357-3663 for details.

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Sidney Crosby is back, with lessons for all of us

Sidney Crosby's brain injury cost him nearly a year of his hockey career, but it did athletes everywhere, of all ages, a monumental favour. It gave this generation of athletes, coaches, executives and parents a rare lesson whose meaning could not be missed,

From Monday's Globe and Mail

Published Sunday, Nov. 20, 2011



In the News

Synchro Canada names Jenn Tregale as National Junior Team Head Coach for the 2012 FINA World Junior Championships

[Read More](#)

Coaches of Canada Applauds the COC's Commitment to Coaches

[Read More](#)



Call for Nominations for 39th Canadian Sport Awards

Deadline for Nominations: December 19th, 2011
Canadian Sport Awards Recognize Canada's Top Athletes, Coaches & Corporations for 2011

Harper Government Supports Children in Sport

Canadian Heritage - Today at the 2011 Vanier Cup Championship Breakfast, the Honourable Bal Gosal, Minister of State (Sport), announced funding for KidSport Canada that will provide more children with the opportunity to participate in sport.

Harper Government Supports Canadian University Sport

Canadian Heritage - The Honourable Bal Gosal, Minister of State (Sport), today announced the Government of Canada's 2011-2012 contribution to Canadian Interuniversity Sport (CIS).

Concussion Law supported by the Canadian Athletic Therapists Association

(Victoria, BC - November 29th, 2011) The Canadian Athletic Therapists Association (CATA) announced today that they will support in principle the Concussion in Youth Sport Safety Act in its first reading as a private members bill by Dr. Moira Stilwell.

Click on the above title to read the full media release.

Coaches of Canada Applauds the COC's Commitment to Coaches

Posted on Monday, November 21, 2011

This weekend the Canadian Olympic Committee announced that it has created a coach reward program for Olympic podium performances, financially rewarding the coaches of Olympic medal winners.

Beginning with the London 2012 Olympic Games, the coach of Olympic medalists will receive \$10,000 per gold medal, \$7,500 per silver medal and \$5,000 per bronze medal, per sport discipline. This represents half the amount awards to Olympic medal-winning athletes through the Athlete Excellence Fund.

"Coaches are the backbone of our athletes' planning, preparation and performances," said COC President Marcel Aubut. "From the time a child takes their first steps onto the field, the track, or the ice, the coach is the key. We need to keep our coaches in Canada. We need to reward them at the level they so rightly deserve."

"This announcement is significant for more than the financial reasons," said Wayne Parro, ChPC, Executive Director of Coaches of Canada. "The COC has taken a large step forward in terms of recognizing the value of coaches to their athletes and to the sport system."

This program is part of the COC's new focus on coaches. Other components include:

- A coaches' task force that looks at better recognizing coaches and increasing their profile.
- A Games recognition program that will recognize the coaches of Olympic and Pan American medalists when the athletes are recognized by the COC.
- Another recognition program to be instituted at the London 2012 Olympic Games.

"The new funding announcement is great not only by injecting new money into the sport system but most particularly because it is targeted at coaching, training and support," said Peter Lawless, ChPC, President of Coaches of Canada. "As we all turn our attention to London 2012 further enhancements of the coaching and support programs available to our athletes will certainly lead to greater opportunities for success in London and beyond."

[Source: [Coaches of Canada](#)]