

## **2018-19 CC Workshop Outline with Timelines**

<b>Introduction</b>	<b>20 min</b>
<b>Step #4 – Teaching Classic Technique</b>	<b>220 min</b>
4.1 Factors to Consider When Teaching Technique	30
4.2 Introducing Classic Techniques	30
4.3 On-Snow Session – Classic Technique	110
4.4 Review of the Classic Techniques	30
4.5 Teaching Classic Technique to Children	20
<b>Step #5 – Designing an Overall Plan for the Season</b>	<b>65 min</b>
5.1 Design a Seasonal Plan	45
5.2 Design an Effective Practice Plan	20
<b>Step #6 – Preparing for Your Practice Coaching Session</b>	<b>40 min</b>
6.1 Preparing to Teach a Basic Technique Skill	40
<b>Step #7 – Equipment Selection and Ski Preparation</b>	<b>45 min</b>
7.3 Base Preparation, Glide Waxing and Grip Waxing	45
<b>Step #9 – Teaching Skating Techniques</b>	<b>200 min</b>
9.1 Introducing Skating Techniques	30
9.2 On-Snow – Skating Technique	120
9.3 Review of Skating Techniques	30
9.4 Teaching Skating Technique to Children	20
<b>Step #10 – Practice Coaching Session</b>	<b>70 min</b>
10.1 Implementation	40
10.2 Debriefing Your Practice Coaching Session	30
<b>Step #11 – Workshop Wrap Up and Evaluation</b>	<b>40 min</b>
11.1 The Community Coaching Certification Process	20
11.2 Evaluation	20