



**COACHES
ASSOCIATION**
of Saskatchewan

2019 - 2020

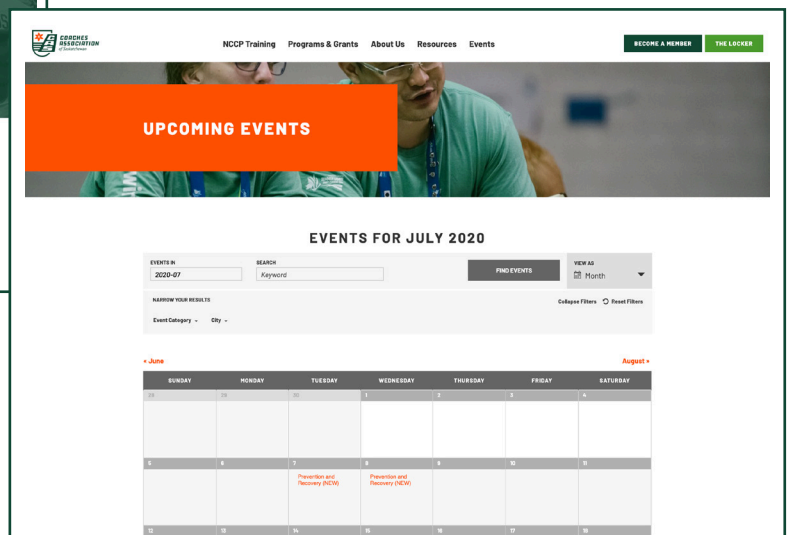
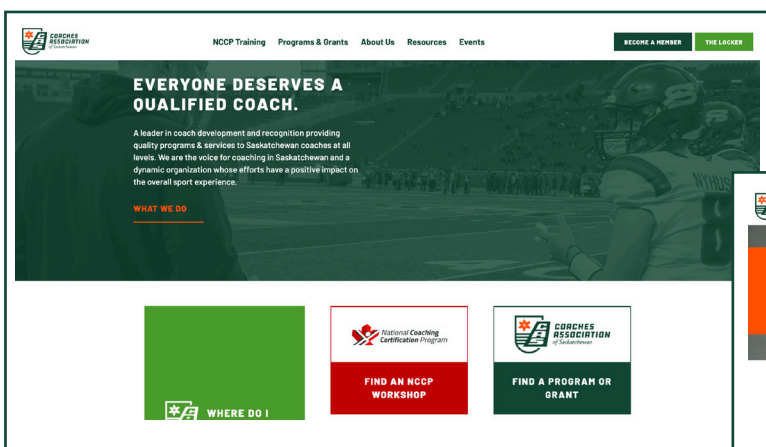
ANNUAL REPORT

**EVERYONE DESERVES
A QUALIFIED COACH**

A new look for the Coaches Association of Saskatchewan



The Coaches Association of Saskatchewan (CAS) unveiled a new logo and online presence to its members, partners and the coaching community on January 13, 2020. The new design reflects the professionalism and leadership of the Coaches Association of Saskatchewan. Logos were also updated and created for the CAS sub-brands, Indigenous Coaches and Officials Program (ICOP) and the Saskatchewan Coaching Academy, to better unite programming under one coaching umbrella. An easy to navigate, informative website was created to better serve, train and develop coaches of all levels across the province. With a sleek, user-friendly design, the website offers an upcoming events calendar, information regarding National Coaching Certification Program (NCCP) workshops, CAS programs and grants, coaching resources and much more.



BOARD OF DIRECTORS REPORT

Strategic Planning: In September 2019, our Board of Directors developed new Mission, Vision and Success Pillars for our organization. This updated plan frames our successes in 2019/20.

MISSION

To strengthen the knowledge and skill development of all Saskatchewan coaches through superior service in programming.

VISION

To be a Canadian leader in coach development through collaboration, innovation and quality education opportunities.

SUCCESS PILLARS

EDUCATION

We provide quality education and professional development opportunities to Saskatchewan coaches

INNOVATION

We leverage research and technology to provide coaches throughout Saskatchewan with tools to enhance their coaching abilities

TEAMWORK

We collaborate with provincial and national partners to support the growth of all Saskatchewan coaches

INCLUSION

We value and engage all coaches, reflecting the strength and diversity of Saskatchewan

EDUCATION

HIGHLIGHT - NCCP DELIVERY

131 workshops delivered with 1382 coaches trained
757 female | 625 male

COMPETITION INTRODUCTION

Delivered 71 workshops with 803 coaches trained
393 female | 410 male

| Type of Workshop | # of workshops | Female | Male | Total Participants |
|------------------------------|----------------|--------|------|--------------------|
| Make Ethical Decisions | 32 | 188 | 181 | 369 |
| Planning a Practice | 11 | 64 | 45 | 109 |
| Teaching and Learning | 8 | 45 | 56 | 101 |
| Design a Basic Sport Program | 10 | 43 | 55 | 98 |
| Basic Mental Skills | 8 | 40 | 54 | 94 |
| Nutrition | 2 | 13 | 19 | 32 |

NCCP PROFESSIONAL DEVELOPMENT

9 workshops with 157 participants
102 female | 55 male

| Type of Workshop | # of workshops | Female | Male | Total Participants |
|-----------------------------|----------------|--------|------|--------------------|
| Empower + | 2 | 54 | 19 | 73 |
| Fundamental Movement Skills | 4 | 40 | 18 | 58 |
| Mentorship | 2 | 3 | 17 | 20 |
| Resistance Training | 1 | 5 | 1 | 6 |

Coaching Development Grants

CAS supported **35 coaches in 19 sports with \$15,921 in grants** to attend coach development events all over North America.

COMPETITION DEVELOPMENT

Delivered 51 workshops with 422 coaches trained
262 female | 160 male

The Saskatchewan Coaching Academy was introduced in 2019, offering coaches the opportunity to complete all nine NCCP Competition-Development multi-sport modules in two intensive 3-day blocks

| Type of Workshop | # of workshops | Female | Male | Total Participants |
|----------------------------------|----------------|--------|------|--------------------|
| Coaching and Leading Effectively | 10 | 48 | 30 | 78 |
| Leading Drug-free Sport | 10 | 42 | 28 | 70 |
| Managing Conflict | 7 | 40 | 28 | 68 |
| Psychology of Performance | 8 | 40 | 23 | 63 |
| Developing Athletic Abilities | 4 | 39 | 20 | 59 |
| Prevention and Recovery | 5 | 39 | 19 | 58 |
| Performance Planning | 2 | 6 | 4 | 10 |
| Manage a Sport Program | 3 | 6 | 3 | 9 |
| Advanced Practice Planning | 2 | 2 | 5 | 7 |

NON-NCCP PROFESSIONAL DEVELOPMENT

20 events with 282 participants
180 female | 102 male

COACH DEVELOPER

21 workshops with 106 participants
32 female | 74 male

| Type of Workshop | # of workshops | Female | Male | Total Participants |
|-------------------------|----------------|--------|------|--------------------|
| Coach Evaluator | 4 | 6 | 13 | 19 |
| Learning Facilitator | 6 | 8 | 25 | 33 |
| Master Coach Developer | 1 | 1 | 4 | 5 |
| Multi-Sport LF Training | 10 | 17 | 32 | 49 |

INNOVATION

Highlights

New Website

CAS unveiled a new, user-friendly website in January 2020.

Online Delivery

CAS began delivering NCCP training online through Adobe Connect. Five coach developers were trained to deliver online.

TEAMWORK

Highlights

CAS works with organizations to support sport and coaching development from the grassroots to high performance level:

Indigenous Sport Leadership Council (ISLC)

The ICOP Coordinator with CAS receives advice and recommendations from the Indigenous Sport Leadership Council on matters pertaining to Indigenous sport development and projects involving the needs of Indigenous people in Saskatchewan. This includes matters pertaining to vision and strategy to increase participation of Indigenous people in sport including coaches and officials. The ISLC also facilitates effective relationships with other interest groups and individuals, and advocates for Indigenous sport development within and outside of Sask Sport Inc. They seek opportunities for CAS to collaborate in strategies in related sectors that impact Indigenous sport development (e.g. education, health), and advises on benchmarks to measure success of Indigenous sport development initiatives.

Provincial/Territorial Aboriginal Sport Body (P/TASB)

The ICOP Coordinator works closely with the Coaching Association of Canada and the P/TASB by participating in monthly calls representing Saskatchewan Indigenous coaches. This includes: communication with the Aboriginal Sport Circle, delivery of the Aboriginal Coaching Modules, the Canada Games Aboriginal Apprentice Coach Program, NCCP coach certification for North American Indigenous Games, and other national coaching-related topics.

Canadian Sport Centre Saskatchewan (CSCS)

CAS teamed up with CSCS to host the following events for Saskatchewan High Performance coaches:

- “Jacked Up Coffee and Coaching Conversations” networking breakfasts in Regina and Saskatoon
- Game Plan YXE Coaches session in Saskatoon
- Bell Let’s Talk mental health sessions in Regina and Saskatoon

Sask Sport

CAS partnered with Sask Sport Women in Sport to support women in coaching:

- Round Table Coffee peer-to-peer opportunities for women in coaching in Regina and Saskatoon
- Participation for 14 female coaches at the Sport Manitoba LeadHERship conference in Gimli, Manitoba

Saskatchewan Games Council

CAS supported the Coaches Lounge at the Western Canada Summer Games in Swift Current.

- Hosted two coach appreciation events for coaches from all provinces, with professional development sessions on Effective Communication, and Mental Health for Coaches.

Saskatchewan High Schools Athletic Association (SHSAA)

CAS supported the SHSAA Coaches Conference in Regina with sponsorship, NCCP training opportunities, and complimentary CAS memberships for participating coaches.

Coaching Association of Canada (CAC)

- CAS represents Saskatchewan as the Provincial and Territorial Coaching Representative (PTCR) and collaborates with provincial and national partners on NCCP revisions and maintaining high delivery standards
- CAS’s former Executive Director completed his term on the CAC Board of Directors
- CAS worked with Events Regina to bid on the Petro Canada Sport Leadership Conference, and hosted CAC for two site visits

INCLUSION

Indigenous Coaches and Officials Program (ICOP)

Saskatchewan has a thriving community of Indigenous athletes who compete across the country and around the globe. These athletes are an inspiration to all young people to get involved in sport. At every level of participation, opportunities would not be possible without volunteer coaches and officials.

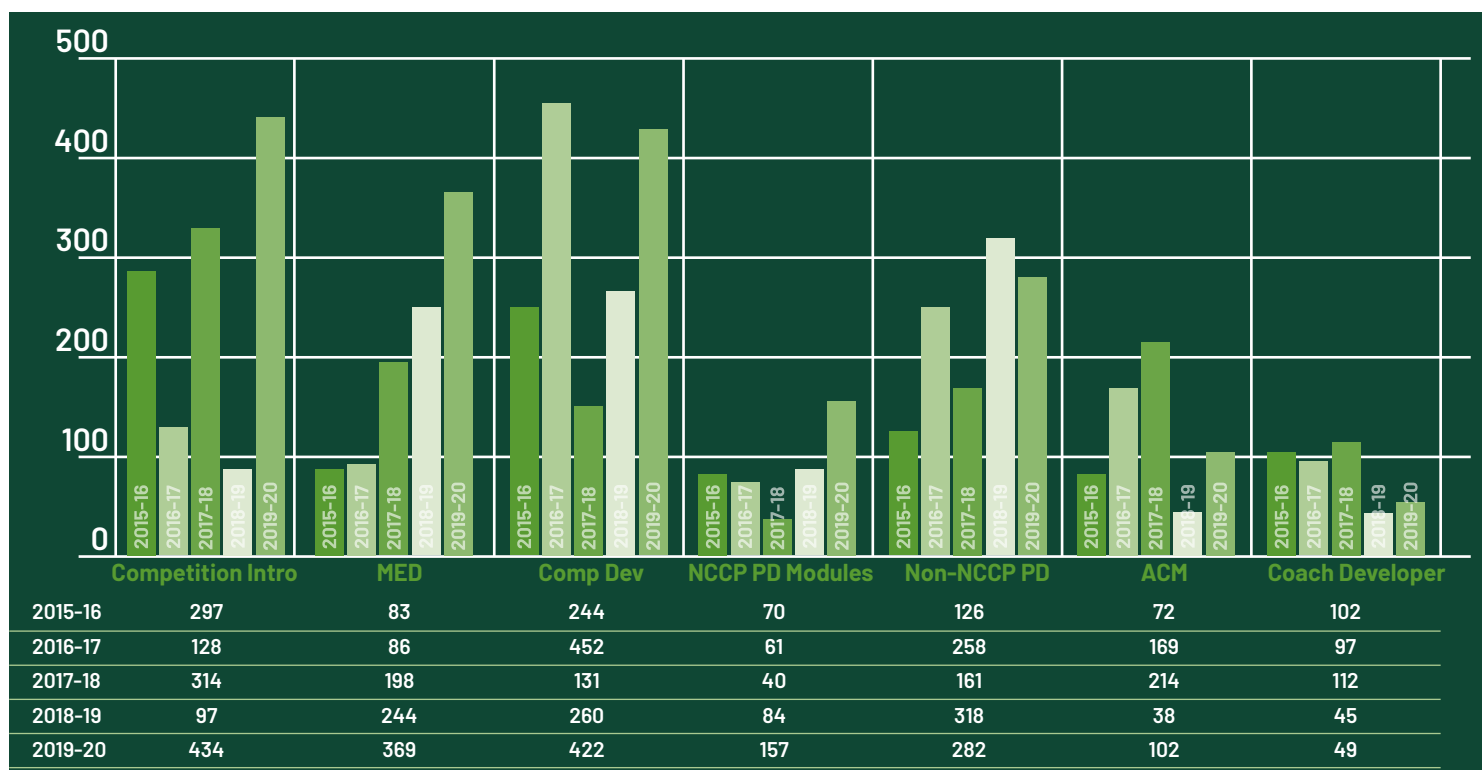
ICOP provides free training opportunities for self-identified coaches for NCCP multi-sport and sport-specific clinics and officials clinics. ICOP also delivers the NCCP Aboriginal Coaching Modules (ACM) to coaches across the province.

For the 2019-2020 Fiscal year, ICOP has supported the following workshops

| Type of Workshop | # of workshops | Female | Male | Total Participants |
|-------------------------------|----------------|--------|------|--------------------|
| Sport-Specific Coach | 46 | 165 | 214 | 379 |
| Sport-Specific Officials | 53 | 25 | 176 | 201 |
| Multi-Sport Coach Workshops | 10 | 6 | 7 | 13 |
| Aboriginal Coaching Module | 6 | 53 | 49 | 102 |
| Learning Facilitator Training | 6 | 3 | 4 | 7 |

ICOP supported two Indigenous coaches who attended the Petro-Canada Sport Leadership Conference from November 7-9, 2019 in Richmond, BC, and three coaches at the Best in the West Basketball Conference in Regina, October 4-6, 2019.

TOTAL COACHES TRAINED 5-YEAR COMPARISON



HIGHLIGHTS

Saskatchewan Sport Awards

Three coaches received Saskatchewan Sport Awards in 2019 as recognition for their dedication, commitment and achievements.

COACH OF THE YEAR

Saskatoon's Jason Reindl led the University of Saskatchewan Huskies athletic teams to the title at the Canada West championships, as well as a second-place finish for the women's team at the U Sports finals, and was also the head coach for the Canadian Pan American U20 track and field team.

COACH DEDICATION AWARDS

As one of Softball Saskatchewan's two Master Learning Facilitators, Grand Coulee's Russell Martin is a long-time contributor to the organization's Coaching Development Program. He has also served as a head coach within the Regina Minor Softball League as well as at the Western Canada Summer Games and Canada Games.

Yorkton's Sherry Pasloski wears a variety of hats as a coach and volunteer with Special Olympics Yorkton and District. In addition to having coached at provincial and national games, Pasloski is currently the head coach of Yorkton's bocce program, helps coach five-pin bowling and works with the Yorkton Storm Swim Club, which has integrated Special Olympics swimmers into its mainstream programs.



National Coaches Week

CAS joined the rest of Canada in celebrating and saying #ThanksCoach during National Coaches Week September 21-29. In addition to the nation-wide campaign, CAS recognized our over 28,000 provincial coaches with radio and television interviews, social media videos and a local campaign.



Game Plan YXE

In partnership with Canadian Sport Centre Saskatchewan, CAS hosted Game Plan YXE Coach Sessions on September 7, 2019 in Saskatoon. The conference created an opportunity for Saskatchewan coaches to connect with each other, learn about velocity-based speed training, biomechanics and Integrated Service Team-coach relationships in sessions led by Certified Strength and Conditioning Coach Chris Chapman, as well as a discussion panel for some of the province's top athletes.



Bell Let's Talk Day for Mental Health

It's no doubt that coaches play a key role in assisting athletes with their mental health, but they also need to prioritize their own mental wellbeing. Saskatchewan's High Performance and ACD-level coaches got the opportunity to learn some tools and strategies to help with both sets of circumstances at sessions led in conjunction with Bell Let's Talk Day on January 29 and 30, 2020 and hosted by Game Plan Advisor Lisa Hoffart.



Coaches Association of Saskatchewan INC.

Statement of Financial Position

March 31, 2020 with comparative figures for 2019

| | 2020 | 2019 |
|---|------------|------------|
| Assets | | |
| Current Assets | | |
| Cash | \$ 230,970 | \$168,636 |
| Investments (Note 3) | 47,949 | 94,969 |
| Accounts receivable | 11,405 | 15,526 |
| Good and services tax rebate receivable | 2,464 | 1,690 |
| Inventory | 5,720 | 4,740 |
| | 298,508 | 285,561 |
| Tangible capital assets (Note 4) | 667 | 953 |
| Investments | 243,931 | 197,418 |
| | \$ 543,106 | \$ 483,932 |
| Liabilities and Net Assets | | |
| Current liabilities | | |
| Accounts payable and accrued liabilities | \$ 61,360 | \$ 8,987 |
| Deferred Revenue (Note 5) | 37,485 | 34,664 |
| | 98,845 | 43,651 |
| Net assets | | |
| Invested tangible capital assets | 667 | 953 |
| Unrestricted surplus | 443,594 | 439,328 |
| | 444,261 | 440,281 |
| | \$ 543,106 | \$ 483,932 |
| Revenue | | |
| Saskatchewan Lotteries Trust Fund - annual funding | \$ 228,200 | \$ 221,600 |
| Indigenous Coaches & Officials Program (Schedule 6) | 159,451 | 131,147 |
| | 387,651 | 352,747 |
| Self Help - Internal (Schedule 1) | 43,653 | 61,978 |
| Self Help - External (Schedule 2) | 1,248 | 5,976 |
| | 432,552 | 420,701 |
| Expenses | | |
| Indigenous Coaches and Officials Program (Schedule 6) | 159,451 | 131,147 |
| Administration (Schedule 3) | 156,878 | 148,859 |
| Capacity / Interaction (Schedule 4) | 40,327 | 14,599 |
| Programs and Services (Schedule 5) | 71,916 | 83,386 |
| Total expenses | 428,572 | 377,991 |
| Excess of revenue over expenses | 3,980 | 42,710 |

BOARD OF DIRECTORS

Doug Hillis, Saskatoon
Chair
Learning Facilitator Representative

Jason Johnston, Hanley
Aboriginal Representative

Rob Tomy, Prince Albert
Physical Education Representative

Brett Walchuk, Moose Jaw
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Sue Schmidt, Regina
Vice Chair
Member at Large

Mark Dodds, Saskatoon
University Representative

Andrea Wolf, Wapella
Advance Coach Diploma
Representative

David Burchill, Saskatoon
Treasurer
Member at Large

Joel Dyck, Saskatoon
PSGB Representative

Hazem Hussein, Saskatoon
Member at Large

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Executive Director

Garett Mathiason
Coaching and
Officials Development
Coordinator

Diane Wappel
Sport Assistant
(CAS Support)

Lisa Stewart
Sport Assistant
(NCCP Support)

Jaime Lammerding
Communications



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