

WORKSHOP INCLUDES



2 x (45-75min) of eLearning



3 hours on the field

REQUIRED MATERIALS



Attire for active session



Tablet or smart phone



3 points and professional development

Physical Literacy Movement Preparation

Coach Workshop

A component of training to enhance performance and durability

November 17, 2019 | 9:00am to 12:00pm

Juan De Fuca Recreation Centre – Lower Clubhouse
1767 Island Highway, Victoria, BC V9B 1J1

Physical Literacy Movement Preparation is an enhanced training program performed as a warm up before practices and games to enhance performance and durability. Movement preparation not only prepares the body for movement, it also improves the way you move, reducing the risk of injury during physical activity and teaches skills necessary for performance often neglected during regular training.

Participants will complete two eLearning modules in preparation for a mentor lead practical in person peer teaching session supported by instructional materials. This training will better prepare the participant to assist in the development of better movement skills in their athletes through a developing physical literacy approach.

For more information contact Nicky Brown
nbrown@westshorerecreation.ca | 250.474.8606

Presented by **PLAY Sooke–Westshore**



Register online at www.sportforlife-sportpourlavie.ca

Learn more about Movement Preparation : physicalliteracy.ca/move-prep/