

# Local Coaching Program

by Joel Fournier

The Nova Scotia Department of Recreation announced recently the inauguration of the Level 1 Theory Phase of Nova Scotia's Coaching Development Program, known in short as Project Coach.

Project Coach was developed for a number of reasons, but primarily resulted following the need for increased training and knowledge for coaches in all sports within the Province.

The Nova Scotia Department of Recreation will be responsible for the development and administration of the theory aspect; the respective sport governing body will be responsible for the development and administration of the technical aspect, as well as, the level of practical experience required in order to become a certified coach.

All three aspects will be organized into three progressive levels;

Theory	Technical	Practical
Level 1	Level 1	1 Year
Level 2	Level 2	3 Years
Level 3	Level 3	5 Years

A series of objectives have been developed for Project Coach. Perhaps the most basic objective is to develop a system of accreditation for coaches within Nova Scotia.

Participants within the program will be provided with a minimum of basic information common to all coaching as well as the dimensions involved in effective coaching.



In addition, project coach at the theory level hopes to motivate the Neophyte coach toward the advancement of personal knowledge to aid in understanding both the psychological and physiological needs of athletes.

The Level 1 Theory course will consist of film presentations and discussions in eight selected topics:

1. The role of coach (Leadership and Communication)

2. Characteristics of athletes (growth and development)
3. Psychology of sport
4. Athletic injuries (sport medicine)
5. Conditioning (exercise physiology)
6. How we learn skills (motor learning)
7. Analysing skills (Bio-Mechanics)
8. Training methods

These eight topics will be covered within sixteen hours. The instructor may choose to have eight two-hour sessions or a number of other hourly breakdowns including possible weekend courses.

In order to receive a credit, the candidate must attend all sessions. A certificate of attendance will be presented to the candidate who has participated in all sessions.

To date, eighteen of Nova Scotia's outstanding coaches have been selected to instruct the Level 1 Theory Section. At least two instructors will be available for instruction in each of the Nova Scotia Department of Recreation's six regions. For the Halifax-Dartmouth area which is included in the central region, Tony Richards of Dal's Physical Education faculty is coordinating the Level 1 Theory workshops. He will be ably assisted by several more of Dalhousie's repertoire of skilled coaches, Doug Hargreaves, Pierre Page, Doctor Sandy Young and Ted Scrutton.

This program is an

excellent opportunity for anyone interested in coaching to become well versed in its many aspects. It has been emphasized by the organizers that the sessions are structured so that everyone participating will clearly understand the concepts under discussion. In addition, that the most important factor is the exposure of coaches to the ideas and methods to be presented.

Cost of the course is \$5.00 per person.

**Courses**

- Place: Sackville High School  
Date: February 10, 1975.  
Time: 7:00 - 9:00 p.m. (twice a week)  
Instructor: Doug Hargreaves, Athletic Director, Dal. Uni.  
Place: Halifax Y.M.C.A.  
Date: February 20, 1975.  
Time: 7:00-9:00 p.m.  
Instructor: Al Keith, Athletic Dept., St. Mary's Uni.  
Place: \* Dartmouth Vocational School  
Date: February 12, 1975  
Time: 6:00-9:00 p.m.  
Instructor: Frank Garner, Prince Andrew High School, Dartmouth

Any inquiries may be directed to Project Coach, Post Office Box 864, Halifax, N.S. B3J 2V2.

## Dal captures wrestling title

The largest university regular season wrestling tournament was won by the Dal wrestling team. A total of seven universities from all over the Maritimes converged on Moncton for the tournament. The involvement of Mount Allison University in the tournament signified that at the present time all A.U.A.A. schools are participating in wrestling. Encouraging as well was the improved calibre of wrestling as each weight class was extremely competitive. Wrestling has the potential to be a highly competitive sport in the A.U.A.A.

The tournament itself was highly lighted by several outstanding performers. Larry Brinen at 190 lb. class continued on his winning ways by pinning all of his opponents. This marks the 3rd straight tournament where Brinen has defeated all of his competition by pins. Dave Carter in the 134 lb. division had an extremely tough match with U.N.B.'s Niles but went on to overcome this very tough opponent on his way to his 3rd consecutive tournament win. Mike Soares, John Brady, Ray Williams wrestled extremely well on their way to 2nd place finishes. Ray Williams (126 lb. class)

had an extremely tough match with Acadia's Derek Eason (2 time A.U.A.A. champion) losing 4-2 in a very close match. John Brady was defeated by one of the tougher wrestlers in the Maritimes, Phil Knox of U.N.B. However John pinned all other opponents on his way to a 2nd place finish.

**TEAM STANDINGS**

Team	Place	Points
Dalhousie	1st	56
U.N.B.	2nd	46
Acadia	3rd	35
Memorial	3rd	35
Moncton	4th	32
Mount Allison	5th	14
St. Francis Xavier	6th	6

**INDIVIDUAL STANDINGS**

Wt. Class	Place	University Name
118	1st	Moncton G. Gugnox
118	2nd	U.N.B. F. Boutilier
118	3rd	Moncton G. Levesque
126	1st	Acadia D. Eason
126	2nd	U. de M. R. Aucoin
126	3rd	Dal. R. Williams
134	1st	Dal. D. Carter
134	2nd	U.N.B. N. Niles

134	3rd	Moncton Y.	167	3rd	Acadia J. Chapman
142	1st	Therault U.N.B.	177	1st	Memorial T. Young
142	2nd	M. Ballak Memorial	177	2nd	Dal. M. Soares
142	3rd	G. Young D. Henry	177	3rd	Acadia S. Wickstrum
150	1st	U.N.B. P. Knox	190	1st	Dal. L. Brinen
150	2nd	Dal. J. Brady	190	2nd	Moncton E. Robichaud
150	3rd	Acadia D. Murphy	190	3rd	Memorial E. Lovell
158	1st	U.N.B. G. Knox	220	1st	Mount A. C. Haskell
158	2nd	Ind. B. Murphy	220	2nd	Dal. J. Milligan
158	3rd	Memorial J. Baron	220	3rd	Memorial B. Smith
167	1st	Acadia R. Murphy	Over 200	1st	U.N.B. A. Mormand
167	2nd	Dal. B. Alexander	Over 200	2nd	Dal. G. Horne

**Matmen To Compete at "X"**

The Dalhousie Wrestling Team will attempt to win it's 3rd tournament of the New Year when they travel to St. Francis Xavier this weekend. The format for the tournament will differ in that there will be only four teams competing. These teams will include U.N.B. and Moncton as well as the host school St.

Francis Xavier.

This will conclude the regular season wrestling schedule as the following week will see the termination of the season for many wrestlers who fail to win the A.U.A.A. championships. Winners in the A.U.A.A. will travel to Calgary to compete in the C.I.A.U. finals.



**Varsity Ladies' Volleyball**

by Cathy J. Campbell

The Dal Ladies' Varsity Volleyball under Coach Lorne Sawula and manageress Laura Pertus are well on their way to winning the Atlantic Inter-collegiate Volleyball Championships. This past weekend at St. FX Dal Tigerettes defeated the other six league teams to win the first section of the Championships. They next venture to Mount A in one weeks time to compete for the final decision.

Dal's toughest competition will definitely be against UNB squad, who they defeated 2-15, 15-13, and 18-16 last Sunday at St. FX.