



Coaching Newsletter

July, 2023



Summer

It's the time of year where most of us lose track of days, time, and routine from time to time. We hope that you and your athletes find the time to relax this summer in the midst of summer jobs/careers and off-season training. Nova Scotia Curling is still working hard during the off-season and we're here for you if you need us.

Off-Season Personal Development (PD)

If you're interested in continuing to grow as a coach during the off-season, you can! Carve out some quiet time to dig into your personal development while the ice is out.

Ontario Curling Council

The [Ontario Curling Council](#) has archived PD sessions available for free. If you're **Competition Coach certified** or **Competition Development certified** you can register (for \$20) to add PD points into the Locker. There are over 40 webinars, some that stood out to me include:

- Rock Matching with Pat Simmons
- Preparing to Play with Cathy Gautier
- Fueling Competition with Sport Dietitian Melissa Kazan
- Overcoming Adversity with Lisa Weagle
- Team Commitment Building with Sherry Middaugh
- Changing Team Members with Mick Lizmore
- 5 Rock Rule Q&A with Pat Simmons

Canadian Women in Sport

[Canadian Women in Sport](#) are currently offering a great course called, [Keeping Girls in Sport](#). A Rally Report shows that 1 in 3 adolescent girls drop out of sport while only 1 in 10 boys do. This course is \$17, however there are PD points available for those that are looking to earn points.

If you want to learn more about what Canadian Women in Sport is all about you can sign up for their [Newsletter](#).

First Aid

The Sport NS Health and Safety Committee will be offering a Standard First Aid CPR & AED training class on Thursday, August 17th in the Sport NS classroom. This is a full day class. If you are interested in participating please contact Corinna Snooks (csnooks@sportnovascotia.ca).

True Sport Athlete Ambassador

VIP Coaches

A reminder that nominations for VIP Coaches to nominate a True Sport Athlete Ambassador close on July 7th. Please reach out to [Allison Saunders](#) at CSIA before the deadline if you have

any questions commcoach@csiatlantic.ca. You can also contact Allison to find out more about the VIP coaching program.

Congratulations

Congratulations to **Alison Umlah** on being a **THREE TIME** Spirit of Sandra Scholar!



Alison Umlah

Nova Scotia
Team MacNutt (Second)

The last year has been a wild ride for three-time Spirit of Sandra Scholar Alison Umlah.

The last 12 months saw Alison's team win the Canadian Junior Curling Championships and overcome the daunting challenge of replacing the team's overage skip. The team underwent an intense schedule of training, adjusting to the new team dynamic and dealing with the high expectation placed on Canadian curlers competing on the world stage. The team captured gold at the World Junior B Championships in Finland. Nine weeks later, they travelled to Germany for the World Juniors. The team had a tough week on the ice but enjoyed every moment of wearing the maple leaf.

Alison is an active volunteer who loves working with children and especially enjoys teaching young people to curl. She has volunteered with Black Rock Initiative, which works to bring more diversity to curling.

One of her favourite curling experiences happened when she volunteered at a Learn-To-Curl program for new Canadian children. She loved seeing the joy on the faces of children who were experiencing curling for the first time.

Alison studies Communications at Mount Saint Vincent University in Halifax.



@sandraschmirler

We're also happy to congratulate 3 new VIP Coaches!



Carole MacLean

5th for Team C Black (Women's)

Received first coaching certification in 2012



Claude LeBlanc

Coach of Team Lockheart (U18 boys)

Received first coaching certification in 2015



Shelley Willsey-LeBlanc

Coach of Team Lockheart (U18 boys)

Received first coaching certification in 2018

Let's share our achievements! Have you celebrated a coaching milestone or know an athlete that's gone above and beyond, let me know!

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Nova Scotia Curling Association