



# Coaching Newsletter

March 2024



## More Champions!

Congratulations to these two U21 Champions! Team MacIsaac & Team MacNutt will represent NS as NS1 in Fort McMurray starting on March 24th.

NS2 will be represented by Team Mosher (Men) and Team Blades (Women).

Team MacIsaac coached by **Craig Burgess**

Team MacNutt coached by **Theresa Breen**

Team Mosher coached by **Danny Christianson**

Team Blades coached by **Andrew Atherton**

Huge shout out to Team Stone from the Sydney CC for winning the Men's Club Championship in Bridgewater! They will attend the Canadian Club Championship in Barrie ON in November of 2024.

---

# CCMHS Workshop Trilogy

## Powering Coach Mental Health Literacy

The CCMHS (Canadian Centre for Mental Health and Sport) is offering [3 free workshops](#) until the end of March. Each course is worth 2 PD points (for coaches that are Comp Coach Certified or Comp Dev).

**Workshop 1** - Maximizing Coach Potential through the Power of the Mental Triad

**Workshop 2** - Powering Coach Wellness & Performance through Self-Care

**Workshop 3** - Promoting the Power of Mental Health through Coaching Practice

There are 2 ways to take part. Live workshops or self-paced workshops. [Register now](#) and start as soon as March 10th!

---

# CSIA VIP Coaching Program

A reminder that it's free and easy to join the [VIP Coaching program](#) with CSIA. Last month they hosted a VIP Coach Social *Ladies Night*, this month it's *Let's Talk About Parents*.

CSIA is always working to grow this program! Congratulations to Alice McNeil on becoming our most recent VIP Curling Coach!



Alice has been curling for 30 years and coaching for 12! She was the Junior Director at the Berwick CC for 10 years! She became involved as a coach to pass the love of the sport on to the next generation. I love watching when they finally get it, the awe ha moment when everything clicks and they fall in love with the sport too!



---

## Reminder!!!

### 2024 Atl Coaching Conference

It's never too early to [register](#)! This year's [Coaching Conference](#) will be held at the Atlantica Hotel in Halifax on April 19 & 20. Early bird rates are available until March 22nd. If you are a **VIP coach** you can contact [Allison Saunders](#) to get a code for 50% off discount code! Combine these two offers and the event is only \$75!

This year's conference will be headlined by **Bev Priestmen** - 2020 Olympic Gold Medal winning coach from the Women's Soccer Team. Bev has recently confirmed that she has signed a contract to be with the team until 2027!



Other speakers include:

- K.C Dalton - Coach, Canoe Kayak Canada
- Pat Cody - Provincial Coach, Row NS
- Candice Larochelle - Artistic Swimming Coach & Navigating Neurodiversity in Sport, Ignite Artistic Swimming Club
- Grace Lockhart - Specialty Program Lead - Ignite Artistic Swimming Club
- Tyler Simmons - Coach, MSVU Volleyball & Soccer
- Cindy Tye - Head Coach, Women's Soccer Dalhousie Tigers

---

## International Women's Day Invitation

This Friday (March 8th) is International Women's Day! Sport NS will be hosting a drop in **networking, social for women in sport!** Not a woman in sport? Share this with someone who is.



---

This event hasn't been offered since 2019! Sport NS encourages women involved in sport at any level to **join SNS for all or part of the afternoon**. Staff, coaches, officials, board members and athletes all welcome.

There will be door prizes, snacks and the opportunity for you to meet other awesome women in sport. There will also be space to provide comments on what sort of sessions you would like to see from Sport SNS in the future.

This **FREE** event will be Friday March 8th, from 1-4pm at Lion's Head - 3081 Robie Street. Please grab your [free ticket here](#), or use this link: [Tickets – Sport Nova Scotia International Women's Day Networking Event – Lion's Head Tavern, Fri 8 Mar 2024 1:00 PM - 4:00 PM \(tickettailor.com\)](#)

---

## Coaches in NS

I wanted to take time to congratulate all of the **new** coaches we have trained and certified in NS this season! Huge thanks to our facilitators Karen & Michael for doing a fantastic job juggling your busy schedules to make time for coaches in NS.

Club Coach - 35

Competition Coach - 10

Certified Competition Coaches - 10

Comp Dev Coaches in training - 3

Coaching Facilitators in training - 3

---

Jill Brothers (she/her)

Technical Director

902-489-8867

[jbrothers@nscurl.com](mailto:jbrothers@nscurl.com)

Nova Scotia Curling

