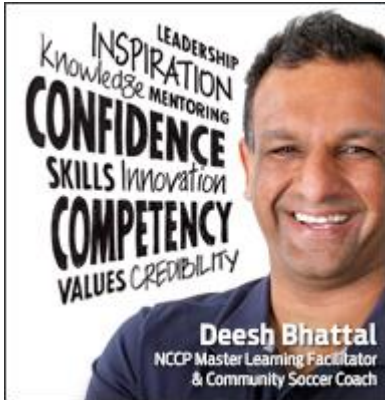




COACHING E-NEWS



[About CAC](#) | [NCCP Training](#) | [Coaching Tips & Tools](#) | [Sport Nutrition](#) | [Subscribe](#)



SPORT NUTRITION FOR ATHLETES & COACHES – NUTRITION MONTH

Committed to using their specialized knowledge and skills in food and nutrition, dietitians all across Canada are improving the health and optimizing the performance of our athletes, kids, parents, and communities. March is nutrition month, so why not share our SNAC nutrition tips with your athletes! Our team of registered dietitians has created a library full of great nutrition resources that you can share with your athletes and parents:

[The Power of Veggies!](#)

[Food Labels Decoded](#)

[Food Allergies & Intolerances](#)

[Smoothies and Training](#)

[Fuel for Fun – Healthy Snacks for Active Kids](#)

[Click here](#) to access all our SNAC nutrition tips.



NCCP SPORT IN FOCUS

NCCP workshops are designed for all types of coaches. Whether you're thinking about coaching your child's community team or you're already the head coach of a national team, the NCCP has workshops to meet your needs. If you are curious about what workshops you can take in different sports, check out our new section on the [coach.ca homepage](#), **NCCP sport in focus!**



GEOFF GOWAN AWARD – CALL FOR NOMINATIONS

The Geoff Gowan Award was created in 1996 to honour former Coaching Association of Canada president Geoffrey Gowan, CM, PhD. The award recognizes lifetime contributions to coaching development and is awarded to a coach who has presented a positive public image of coaching and enhanced the role of the coach with the Canadian public.

To nominate a deserving Canadian coaching icon, please download the [nomination package](#) available on coach.ca.

The deadline to submit nominations is **May 24th, 2013**.

COACHES **plan** - THE MAGAZINE EVERY COACH NEEDS TO SUCCEED

Coaches **plan** is the ultimate resource for Canadian coaches. Four times each year, you'll get insights and advice from experts in coach education; sport health and nutrition tips; interviews with Canada's top coaches; and much more.

Coaches **plan** is a free digital edition published quarterly and is a partnership between Coaches of Canada and the CAC.



IF YOU HAVEN'T SUBSCRIBED ALREADY, DO SO [TODAY!](#) THE FIRST ISSUE IS COMING OUT VERY SOON!

ADVANCED COACH EXCELLENCE (ACE) PROGRAM

"Know what you know. Know what you don't know. Know who does."
(Frank Dick)

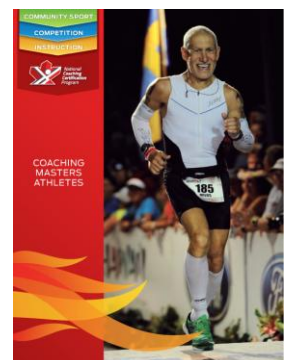
The Coaching Association of Canada and Own the Podium (OTP) have been partners since 2009 in creating the Advanced Coach Excellence (ACE) program. Designed for coaches of Olympic targeted sports working with podium potential athletes, this professional development program for national team coaches has helped develop coaches like Louis Bouchard, coach of Alex Harvey, a recent bronze-medal winner at the FIS Nordic Skiing World Championships.



To learn more about this program, contact your sport's [OTP High Performance Advisor](#).

COACHING MASTERS ATHLETES

Although there may be less people over the age of 40 who compete in sport, current research indicates there is no noticeable decline in physical abilities until about the age of 70, as long as people stay active! This is all changing now as Baby Boomers stay active, participate, and compete more in sport than they ever have in the past. Learn more about this new frontier in sport and coaching, by reading the latest resource



on Coaching Masters Athletes, developed by the CAC [here](#).

You can also read about Judy Baker, a Masters athletes coach who loves what she does and insists she will never stop coaching [here](#).

NATIONAL VOLUNTEER WEEK

The Coaching Association of Canada would like to thank all Canadian volunteers that put effort into helping kids, coaches, athletes, and communities in the domain of sport. Help us highlight these great individuals by supporting the National Volunteer Week awareness campaign.

[Click here](#) for more information on how you can help.

COACHES BC LEARNING FACILITATOR CONFERENCE

Join Coaches BC for their second Learning Facilitator Conference taking place in Whistler, BC from **May 3 - 5, 2013**.

[Click here](#) for more information.

