

# Coaching for Life Skills

To all high school coaches,

We wish to inform you of the launch of the “**Coaching for Life Skills**” workshop developed specifically for those coaching student-athletes at the high school level. The workshop is designed to equip coaches with the knowledge and tools needed to effectively teach life skills through sport and **promote school engagement**. The workshop, created by Dr. Martin Camiré from the University of Ottawa, is supported by Sport Canada and the Social Sciences and Humanities Research Council of Canada. Further, it is approved by the Alberta Schools’ Athletic Association and School Sport Canada.

We are currently recruiting high school coaches within the Edmonton metropolitan area to take part in the workshop, which is offered free of charge at the Percy Page Centre (11759 Groat Rd NW, Edmonton, AB, T5M 3K6). As part of the workshop, **participants will receive a coaching manual** encompassing all the tools necessary to coach life skills through sport. Please note that each workshop session will include a total of 15 participants; therefore the first 45 coaches to confirm their presence will secure their place (food and beverages will be served). **In each workshop session, a draw will be held and participants will have the chance to win a \$250 gift card toward the purchase of sports equipment.**

Date and time of the workshop sessions:

- Tuesday, March 22<sup>nd</sup> 2016 (6 – 9pm)
- Wednesday, March 23<sup>rd</sup> 2016 (6 – 9pm)
- Thursday, March 24<sup>th</sup> 2016 (6 – 9pm)

As part of their participation in the workshop, coaches are invited to complete on three occasions a short online questionnaire (10 minutes). The participants’ identity as well as the confidentiality of their responses will be protected.

For questions or to register for a workshop session, please contact Michael Steele, program coordinator. We hope to have the pleasure to count you amongst our participants and we wish you a season filled with success.

Yours sincerely,

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