

# Greendell Park Community Centre Newsletter

## The Falcon E-News

### Good Coaches Build Better People



Volume 3 Issue 4

April 2010

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Coaching Manitoba's programs serve all coaches. They offer a continuum of programs for novice to advanced coaches. Being a coach is an evolving process and their grants, programs and services are designed to aid in your professional development.

#### So you want to Coach...

The opportunity to support and contribute to your child's growth through the sport experience is extremely important and valuable in all of our communities. For some of you, you may not necessarily be coaching your own children and this is equally as valuable.



The coach education system in Canada has been evolving through the New National Coaching Certification Program or NCCP. There are an incredible number of great programs for you as a coach in the areas of sport specific training as well as multi

sport courses where you can take part in a progressive learning environment with coaches from a variety of sports.

#### Where to start?

The first place to start is with your specific Provincial Sport Organization (I.e. Hockey Manitoba, MB Volleyball Association, Basketball MB etc.....). They will be able to provide you with an overview and direction for specific training required to coach within your given situation.

If you do not know who to contact, you can start by calling Sport Manitoba at (204) 925-5600 and they can put you through to your sport. You can also access each sports web site through [www.sportmanitoba.ca](http://www.sportmanitoba.ca). Sport Partners are listed in a drop down menu on the right side of the sportmanitoba.ca home page.

If you have questions about the NCCP multi sport course being offered, please call us at Coaching Mani-

toba, (204) 935-5669.

#### What is the NCCP?

The National Coaching Certification Program (NCCP) is a coach training and certification program for 66 different sports and is offered in both official languages across Canada. NCCP workshops are designed to meet the needs of all types of coaches, from the first-time coach to the head coach of a national team.

The NCCP is the recognized national standard for coach training and certification in Canada. As part of the program, all coaches are trained in ethical decision-making and sport safety.

Since 1997, the emphasis of the NCCP has been on developing competent coaches - an exciting step towards helping them to become more effective and have a more meaningful impact on an athlete's experience.

Each year, more than 50,000 coaches take an NCCP workshop and since it began, more than 1 million coaches have participated in the program, making it one of Canada's largest adult education programs.

While continuing to equip coaches with the tools they need to become successful community leaders, the program itself has undergone a number of changes in recent years. In response to an extensive evaluation, the Coaching Association of Canada has adapted the NCCP to fit today's coaching environment.

Among these important changes has been a shift in emphasis from "what a coach knows" to "what a coach can do". This transformation to a competency/outcomes-based approach has been a key factor in the re-development of the program.

For more information about the new NCCP model, you can visit the Coaching Association of Canada website at [www.coach.ca](http://www.coach.ca)

For the NCCP schedule of courses offered in Manitoba, you can visit the Coaching Manitoba website

#### Greendell Mission Statement

Our goal is to provide affordable, quality programs for all ages; equal access and participation; and a safe enjoyable environment.

We will strive to be sensitive to the expectations of members and residents; and open and accountable in our administration.

We encourage active participation by our members as volunteers.

We advocate Fair Play.

# Inflation .. It Can Affect Sports

## HOW TO PROPERLY INFLATE AND CARE FOR YOUR SPORTS BALLS

The valve and bladder of a modern sports ball are sensitive items, but if the ball is treated carefully and according to the following guidelines you should get the maximum life span from your sports balls.

- If the ball is new unfold the ball with both hands and shake the bladder free.
- All balls should always be inflated by using a recommended inflation needle. Dip or moisten the needle with glycerin. Insert the needle straight into the valve, rotating it left and right, without using too much force, to ensure the needle does not damage the valve or the bladder.
- Pump up the ball to the recommended pressure (usually displayed around the valve on the ball) Inflate slowly to allow the ball to gain its correct shape. Rapid inflation may cause the bladder to get trapped within the ball.
- If the correct pressure is exceeded you should immediately reduce the pressure to the recommended amount, as excessive pressure can easily damage the stitches and cause the ball to lose its shape. If the ball is either under or over inflated it will not perform as specified and its life span can be significantly reduced. You should always check the pressure with a good air pressure gauge.
- Balls should normally be inflated to the lower end of the pressure range printed on the ball.

## MAINTENANCE TIPS

- After use clean the balls with a damp cloth
- Clean the seams and or the stitches with a toothbrush
- After use gently clean the valve with glycerin to ensure an air tight seal.
- Store the ball at reduced pressure in a dry, airy place at normal room temperature.
- Never clean the ball in a shower or immerse into water.
- Never dry a ball by placing it on or near a direct heat source.
- Never use mineral oils instead of glycerin as they contain harmful detergents.



# Greendell Baton and Dance Update

This year has gone by so quickly that it's hard to believe that in a couple of weeks our Manitoba Provincials and our annual Recital will be over. The Greendell Baton Juveniles, Juniors and Pom Poms Teams are entered in the Provincial Championships on April 24th & 25th. The competitions will take place at River East Collegiate, 285 Sutton Avenue, starting on Saturday April 24th at 10:00am. Admission is free.

The Annual Baton & Dance Recital will be held on Saturday, May 8th at Glenlawn Collegiate, 770 St. Mary's Road. Children ages 3 - 16 years of age will present an entertaining evening of Dance, Creative, Baton Twirling, and Pom Poms Routines. Tickets are on sale Saturdays from 9:00am - 12:00pm at the Greendell Park Community Centre. Tickets are \$7.50 each.

Congratulations to two of Greendell's Junior Baton Twirlers. Sara Sabeski & Milana Schipper recently passed their CBTF L1 Coaches Certification and are now "Coaches in Training". They will complete their certification when they complete their NCCP Coaches Course.

Our windup Party will be held on Saturday May 1st, 2010 at St. Vital Park, weather permitting. The alternate place for the party is the Greendell Park Community Centre.

The date for the annual "Window on Christmas" Craft Sale is now set for Sunday, November 14th, 2010.

Joyce Ormshaw

# Greendell Park Community Centre - Board of Directors

## Greendell Executive 2010

POSITION	NAME	HOME NUMBER
President	Fred Schneider	257-2921
Vice-President	Dwayne Joseph	256-1933
Treasurer	Gabrielle Marrin	255-2600
Secretary	Roy Gardiner	256-6797
Director	Monika Carswell	254-7299
Director	Dwayne Falk	253-7789
Director	Rene Poluyko	253-5274

## ACTIVITY

## NAME

## HOME NUMBER

Football	Yvonne Hansen	253-6713
Hockey (Female)	VACANT	
Hockey (House)	Ken Sutherland	254-5854
Hockey (9 Yrs. & Up)	VACANT	
Hockey Equipment	Marc Arcand	255-7214
Magic Club	Carey Lauder	772-8837
Ringette	Kevin Deibert	255-3435
Soccer (Boys)	Linda Kozakewich	253-7601
Soccer (Girls)	VACANT	
Soccer (Mini)	Lorne Palmquist	254-6193
	Shellie Hatch	257-7128
Soccer (Tots)	Tracy Bertschinger	793-9660
Soccer Equipment	Stan Kern	257-3086
Softball	Glen Unryn	338-1967
Tae Kwon Do	Matthew Onyschak	256-0360
Tiny Tots	Julie Jacquet	257-2121
Tiny Tots Treasurer	Shelley Giesbrecht	669-4200
Sewing	Carol Williams	257-2921
<b>Building Manager</b>	Reg Bresch	269-8998
		799-5727 (Cell)
<b>Administrator</b>	Janis Desrochers	257-1211 (Office)
		257-6883 (Club)

## Greendell Convenors/Contacts 2009/2010

ACTIVITY	NAME	HOME NUMBER
Badminton (Seniors)	Norman Remedios	253-9112
Baseball	Ken Goodwin	254-0760
Baseball Equipment	Joanne & Len Warelis	257-2379
Basketball	Fred Schneider	257-2921
Baton/Dance	Joyce Ormshaw	253-2737
Carnival Committee		

## Greendell April 2010 Calendar of Events

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13 Monthly Board of Directors Meeting Greendell C.C. 6:30 PM	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**Greendell Park  
Community Centre**

75 Woodlawn Avenue  
Winnipeg, Manitoba R2M 2P3

Phone: (204) 257-1211

Fax: (204) 254-7472

E-mail: [administrator@greendell.ca](mailto:administrator@greendell.ca).

Contact Information



GREENDELL  
**FALCONS**  
FOOTBALL



**Tackle Football Registration Dates**

Thursday May 6, 2010 - 6:30 pm - 9:00 pm

Friday May 7, 2010 - 6:30 pm - 9:00 pm

Saturday May 8, 2010 - 10:00 am - 2:00 pm

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**Greendell Park Community Centre**

**Bring Proof of Age**

All equipment is provided

Email - [greendellfootball@gmail.com](mailto:greendellfootball@gmail.com) for more information

Terminator	Age 7 - 8
Atom	Age 9 - 10
Pee Wee	Age 11 - 12
Minor Bantam	Age 13
Bantam	Age 14
Midget	Age 15-17
Major	Age 18-22

**Greendell Park Community Centre - Team of the Month**  
**Greendell Falcons 7 & 8 Year Old Hockey Team**  
*2009-2010 St. Vital Minor Hockey Association Gold Metal Champions (Silver Division)*



Back Row (L to R) (Coaches and Assistants) Henri Girouard, Ken Thoroski, Blake Spence, Dan Malmas

Middle Row (L to R) Lucas Thoroski, Benjamin Zander, Cameron Stucky, Zach Hope

Front Row (L to R) KaLogan Collette, Lucas Adam, Turner Spence, Devin Painter, Jordan Girouard, Gavin Lundie, Rhys Malmas