

# Greendell Park Community Centre Newsletter

Volume 4 Issue 5

May 2011

## The Falcon E-News

### What Makes a Great Coach



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#### *Pick up a whistle... know the basics to be a better coach*

Coaches do more than measure performance and correct technique. Men and women who coach take on many roles and responsibilities that directly and indirectly influence the performance and development of athletes. As sport science has shown, developing a promising athlete starts at a very early age with the fundamentals. Expertise and in-depth knowledge in coaching is as valuable to youth as it is to Olympians. Let's take a look at some of the primary components of being a coach:



#### Planning A Practice

Scheduling and organizing activities within a practice that are well structured, adapted to the participants age and ability and reflect the time of the sport season as well as safety considerations.

#### Analyzing Performance

Giving constructive feedback, describing strength and conditioning techniques and the role of nutrition. Having an appreciation for different athlete learning styles and age appropriate coaching is another useful item in the coach toolkit. Find the Sport for Life materials at [www.ltad.ca](http://www.ltad.ca) for resources on growth and long term athlete development. Technique and correcting errors leads to skill development and improving performance. Deciding which drills to emphasize require an understanding of physiology,

#### Managing Relationships

Communication with athletes is key, however, there are also important conversations needed with parents, administrator's, and tournament organizers. While not all factors are controllable, maintaining positive, open relationships will support the environment and influence performance. Get to know your provincial sport organization!

#### Dealing With Parents

Parents can be the best supporters of your efforts as a coach or a huge time distraction. At the start of a season, it is a good idea to set expectations of parents, keep them informed of your approach and explain their role.

*Reprinted from the Coaching Manitoba website*



Good coaches **build** better people

#### 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.

## Greendell Ringette Coaches Honoured

Congratulations go out to two outstanding Greendell Park Falcons coaches for being recognized by the Manitoba Ringette Association for their dedication, hard work and leadership roles. Dawn Dumontier and Monica Barnabe, who coach the Greendell Falcons U10 Ringette team, were both named Coaches of the Month. One more reason we can be proud of our community centre.

You can see Dawn and Monica and their U10 Ringette team on the last page of the Falcon E-News as they are this issue's "Team of the Month". Terrific work coaches; the team thanks you for your dedication to the sport and youth of our community!

## Greendell U10 Girls Soccer Add Some Bounce

It would seem that our Greendell U10 Girls Soccer team is off to an exciting start to the outdoor soccer season.

Coaches Kevin Deibert and Jim Moore must be pleased as the girls captured the Silver medal at the Bonivital Soccer Club's recently held "Bounce Cup".

Congratulations on a great team accomplishment and best of luck to all of you in your regular season play.



Back Row (L to R): (Coach) Kevin Deibert, Juliette Wilson, Taylor Deibert, Syd Kreitz, Jamie Dumontier, Hannah Moore, (Coach) Jim Moore  
Front Row (L to R): Emma Joyal, Brooke Gilmour, Fallyn Mitchell, Claire Morham, Cirena Maurice, Lauren Anderson

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Phone: (204) 256-1242

## May 2011 Calendar of Events

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 <i>Board of Directors Meeting Greendell CC 6:30 PM</i>	18	19	20	21
22	23	24	25	26	27	28 <i>Canadian Tire Jumpstart Donation Day at all Canadian Tire locations</i>
29	30	31				

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# Greendell Park Community Centre - Board of Directors

## Greendell Executive 2011

## Greendell Convenors/Contacts 2011

POSITION	NAME	HOME NUMBER	ACTIVITY	NAME	HOME NUMBER
President	Fred Schneider	257-2921	Football	Yvonne Hansen	253-6713
Vice-President	Dwayne Joseph	256-1933	Hockey (Female)	VACANT	
Treasurer	Gabrielle Marrin	255-2600	Hockey (House)	VACANT	
Secretary	Roy Gardiner	256-6797	Hockey (9 - 12)	VACANT	
Director	Monika Carswell	254-7299	Hockey (13 -16)	VACANT	
Director	Dwayne Falk	253-7789	Hockey Equipment	VACANT	
Director	Ken Greatrex	253-8848	Magic Club	Carey Lauder	772-8837

## Greendell Convenors/Contacts 2011

ACTIVITY	NAME	HOME NUMBER	ACTIVITY	NAME	HOME NUMBER
Badminton (Seniors)	Norman Remedios	253-9112	Soccer (Tots)	Marci Riel	
Baseball	Ken Goodwin	254-0760	Soccer Equipment	Tracy Bertschinger	
Baseball Equipment	Joanne & Len Warelis	257-2379	Softball	Michelle Strain	257-3011
Basketball	Fred Schneider	257-2921	Tae Kwon Do	Matthew Onyschak	256-0360
Baton/Dance	Joyce Ormshaw	253-2737	Tiny Tots	Julie Jacquet	257-2121
Carnival Committee			Tiny Tots Treasurer	Jacquie Andrusiak	275-1567
			<b>Building Manager</b>	Reg Bresch	269-8998 799-5727 (Cell)
			<b>Administrator</b>	Janis Desrochers	257-1211 (Office) 257-6883 (Club)

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**St. Vital MARKET**

# Canadian Tire Jumpstart Day



## **HELP A KID ACCESS COMMUNITY CENTRE SPORT PROGRAMS**

On Saturday May 28th, stop by a Canadian Tire store and for every \$1 you donate towards the Jumpstart® program Canadian Tire will contribute an additional \$2

## Reminder of Open Club Positions

Thank you to all that have responded to our request for additional volunteers. Several members have stepped forward to assume the soon to be vacated Treasurer's position. We still need the remaining 5 positions filled. Again, we're asking for community minded individuals to volunteer to fill these positions as soon as possible. The girls and boys of our community count on your support. If your son or daughter is actively involved in one of the following sports why not show them your support by getting involved in the sport yourself.

Our hockey program normally consists of 6 to 8 teams in total, which means that if you volunteer to be one of the hockey convenors you will more than likely be responsible for only 2 teams. The commitment is not that great ... as a hockey convenor you would report directly to a Board of Director acting as the Director of Hockey. It's the Director of Hockey that is responsible for attending all Hockey Winnipeg and St. Vital Minor Hockey Association meetings, not the hockey convenors.

1. Hockey Convenor - House League ages (5&6, 7&8)
2. Hockey Convenor - ages (9-12)
2. Hockey Convenor - ages (13-16)
3. Hockey Convenor - 9 years old and up
4. Hockey Equipment Convenor
5. Soccer Convenor - Female Soccer

For more information you can contact the club by phone 257-1211 or email [green-del@mymts.net](mailto:green-del@mymts.net) or [administrator@greendell.ca](mailto:administrator@greendell.ca)



[rangerinsurance.ca](http://rangerinsurance.ca)  
204.925.8550

Greendell Park  
Community Centre

75 Woodlawn Avenue  
Winnipeg, Manitoba  
R2M 2P3

Phone: (204) 257-1211  
Fax: (204) 254-7472  
E-mail: greendel@mts.net

Contact Information



# Canadian Tire Jumpstart Day



## Jumpstart

Giving kids a sporting chance.

HELP A KID ACCESS COMMUNITY SPORTS PROGRAMS

# Saturday May 28th

*Greendell Park Community Centre - Team of the Month  
2010-2011 Greendell Falcons U10 Ringette Team*



Back Row (L to R): (Coach) Dawn Dumontier, (Manager) Kathleen Klaasen, Chaisse Robbins, Rhiann Duncan, Taylor Deibert, Jamie Dumontier, Kayla Barnabe, Emma Joyal, (Manager) Joanne Préjet, (Coach) Monica Barnabe  
Middle Row (L to R): Kyra Gerbrandt, Brooke Gilmour, Jessica Nissen, Fallyn Mitchell, Sara Dalman, Kaela Tormey  
Front Row: Amanda Klaasen

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