

REGISTRATION FORM - WEBINARS

COACHES!

Please attend the following FREE webinars presented by:

Heather Hynes MSc, RD, CSSD and
Lisa Hoffart, R.Psych, Mental Performance Consultant of the
Sport Medicine and Science Council of Saskatchewan, Inc.

They work with the PSO's (Provincial Sport Organizations) in Saskatchewan to give our coaches the most recent evidence-based knowledge about training and performance.

Please Check the Webinars you will be attending:

- | | | |
|-----------------------------------------|--------------------------|--------|
| Sport Nutrition– Tuesday, October 6 | <input type="checkbox"/> | 7:00pm |
| Stress and Coping – Tuesday, October 13 | <input type="checkbox"/> | 7:00pm |
| Routines – Tuesday, October 20 | <input type="checkbox"/> | 7:00pm |

All individuals attending each webinar will be given 1 Professional Development point towards your maintenance of certification. Please self-report in the Locker.
Call Garett Mathiason at the Coaches Association of Saskatchewan (CAS) for any clarification, 306-975-0865.

You must be registered in advance to attend. Webinars will take place over Zoom. To ensure the online safety of our participants, only registrants will be allowed access to participate in the webinar and the meeting will be locked 2 minutes after the start time. Your access link and code to the meeting will be emailed to the email address provided below 1 day before the course date.

Deadline to register: 24 hours before the start time.

Name: _____ Sport Representing: _____

Mailing Address: _____ Postal Code: _____

Phone: _____ Email: _____

Priority given to Parkland Valley District communities.

**Email registrations to: esobkow@parklandvalley.ca
or Fax: 306-782-0474**

As per Parkland Valley's Program & Service Policy, the course will be cancelled if there is not an adequate number of registrations received by the deadline date.

For more information contact Erin Sobkow at 306 786 6585 or esobkow@parklandvalley.ca.

Together...building healthy communities through sport, culture and recreation.