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| **Title:** | **Rookie Rugby Instructor Training (ALL DAY)** |
| Target Audience: | Elementary & Middle School Teachers |
| Presenter Biography: | **Tony La Carte** is employed as the BC Rugby Union, Rugby Development Officer for Vancouver Island. He is a former national team 7’s athlete having competed on the IRB sevens circuit from 2004-2009. He holds his IRB Educator and IRB Level 2 Coaching certificates. Tony is currently coaching at the University of Victoria and with the BC Elite Youth Sevens program. |
| Workshop Summary: | Rookie Rugby is Rugby Canada’s mass participation program that will reach every province within the next twelve months. It is a non-contact, safe introduction to the game for kids of all ages. The program is complete with a full rugby curriculum that is easy to implement and focuses on having fun and learning the basics of the game.  The Rookie Rugby program is designed to be easy to implement for children of all ages. Any parent, teacher, or volunteer interested in getting involved can take part in a local training to be able to lead Rookie Rugby in their school or community.  This workshop will provide teachers with Rookie Rugby Instructor certification. The focus will be on skill and games based drills that teach kids the basics of the game. |

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| **Title:** | **Rugby – Best practices in tackling, passing and practice planning (ALL DAY)** |
| Target Audience: | High School Coaches |
| Presenter Biography: | **Dean Murten:** Currently the performance development manager for BCRU, previous to that he was the Director of Rugby for club side UBC Old Boy Ravens, Murten has an extensive background working with both age grade and senior players. A recent arrival to British Columbia, Murten served as assistant coach for the UBC Thunderbirds women's program this past Fall.  Prior to coaching in BC, Murten worked as Director of Development for the Saskatchewan Rugby Union where he was head coach of the senior women's provincial team and coached with the U16 and U18 men's teams. Murten has also been involved with representative rugby with Rugby Canada's U17 men's, he’s currently the Head coach of the Canada U17 West program. |
| Workshop Summary: | BCRU’s Rugby Education Workshop is led by BC Rugby’s Performance Development Manager and focuses on sharing the latest best practices information on tackling, passing and practice planning. Participants will learn current techniques involved in these areas of the game along with drills to coach these skills. Also participants will review the basics in structuring a practice and developing a basic skill. |

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| **Title:** | **So You Have to Teach a Dance Unit? Hip Hop dance for elementary/middle school (MORNING)** |
| Target Audience: | Grades 3-8 |
| Presenter Biography: | **Chelsea Giordano** directs the Dance program at Claremont Secondary and has been a dance instructor and choreographer for over 15 years. She has taught dance in a variety of settings, for all ages, over the years and is excited to share her passion for dance with others. |
| Workshop Summary: | Teachers will be taught a Hip Hop warm-up, cross-floor exercises, and a short routine which they can take and use on Monday! Would be appropriate for a Fine Arts or PE unit. There will be time for discussion on strategies for incorporating dance into the classroom. |

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| **Title:** | **Enhancing Learning and Self-Regulation through Physical Activity (AFTERNOON)** |
| Target Audience: | K to 7 teachers, student teachers, TTOCs, SEAs, administrators |
| Presenter Biography: | **Jamie Covey** has been a front line worker with children for 30 years. She is currently the Practicum Coordinator for Child and Youth Care & Early Childhood Education and Care at Vancouver Island University. Jamie also teaches in the Early Childhood Education and Care Department. She has been an active Action Schools! BC Regional Trainer for the past 10 years and continues to be a proud supporter of the initiative. |
| Workshop Summary: | Learn about and try physical activities that can contribute to brain function and development and assist students and teachers with self-regulation. Self-regulation can promote healthy living and social responsibility, and can encourage students to be mindful, alert, and ready to learn. Activities will include BrainDance, tai chi, juggling, outdoor circuits, and movement to music, and ideas will be offered for integrating them into certain times in the school day when energizing or calming activities can be beneficial. Complimentary teacher resources including the new Self-Regulation DPA Pages! from Action Schools! BC will be provided. |