



NATIONAL SPORT CENTRE CALGARY  
CENTRE NATIONAL DU SPORT CALGARY

# UPDATE

WINTER 2001

## OUR VISION OUR FUTURE

More Canadian athletes pursuing and realizing podium performances in international competitions.

## OUR MISSION

To support high performance athletes to achieve podium performances at international competitions through a holistic development process.

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## SALT LAKE CITY CHEF ON A MISSION

Sally Rehorick is looking to expand her horizons.

The Chef de Mission for the Canadian team heading to the Salt Lake City Olympics in February next year wants to experience the rush of a bobsled run, the exhilaration of short track speed skating and the intricacies of ice hockey – all before the Games even begin.

“The leaders have to demonstrate knowledge of the sports first off – so how do you demonstrate knowledge? You DO the sport,” says Rehorick. “So that’s what we’re going to do – we’re going to do every single sport between now and the Games.”

Rehorick has a good handle on figure skating - she’s been involved with that sport for 20 years – most notably as the team leader for the sport at the 1992 Albertville games and as the head Canadian judge for the men’s figure skating competition at the 1998 Nagano Olympics. Her Assistant Chef, Shane Pearsall, on the other hand, knows all there is to know about hockey.

“You try with the Assistant Chef to have somebody who can compliment the Chef’s skills. Shane and myself have, I feel, really good complimentary skills. He comes from hockey, I come from figure skating so already there’s a different sport knowledge which is important so I’ll be relying on him to help me ‘stick handle’ my way through the whole hockey maze!”

With the SLC Olympics almost a year away, Rehorick, a self-professed ‘junkie’ for high performance sport, is also busy with a lot of the other logistics that must be handled before the start of the Games – including the selection of volunteers that will support the team, on-site planning and meeting with Roots (the official clothing supplier for Canada’s Olympic teams) to work out the clothing that the Canadian athletes will wear. She’s also set to visit SLC again at the beginning of March for a Chef’s training seminar.

“All the Chefs from around the world will be there, so the focus is not to get to SLC but to network with other countries in terms of establishing relationships for later on. There’s a whole sort of international liaison that will start to happen.”

In between all her meetings though, Rehorick has managed to visit with a number of the athletes that hope to attend the Olympics. On a recent trip to Calgary, Rehorick met with some of the speed skating and luge athletes.

“The luge kids were just amazing,” says Rehorick. “I had dumb questions – in doubles how do you decide whose on top? What about the costumes, what about sharpening the blades – you hear that from them and I love it.”

“It’s knowing the sport, knowing the passion that people have for their own sport.”



Trying out the different sports is also helping the mission staff to develop a theme for the Canadian team in SLC.

“We were so envious of Nagano because when you think Nagano you think kimono’s, you think chopsticks – these are cultural issues and you can sort of rally your troops around these cultural things. Salt Lake. What does it conjure up and how can we kind of rally people around a ‘yeah! We’re going to Salt Lake!’”

What Rehorick and her staff have decided to focus on is the sports themselves and that’s where the real mission will begin. Rehorick has already arranged for Pearsall to have a lesson from figure skating coach Michael Slipchuk, and she is in the process of getting herself some hockey skates. Rehorick might draw the line, however, at flying off the 90m ski jump.

“We were watching Chris Holland, the nordic combined skier, and we were standing next to his coach right at the take off point – oh my god that’s frightening – we’re not going to try that jump!”

## COOL FACTS...ABOUT SOME COOL SPORTS!

### LUGE

A heavier load provides greater acceleration. Therefore, in the doubles competition, ***the heavier of the two racers lies in front.***

### SKI JUMPING

Ski jumpers have a mere **0.2 seconds** to get from in-run to flight position; normal human reaction time is **0.3 seconds**.

### BIATHLON

It's believed that ***biathlon predates all other Olympic skiing sports.*** The oldest known picture of a skier is a rock painting found in Norway in 1929 - believed to be more than 4,000 years old. It shows a man on long curved objects that look very much like today's skis, carrying a weapon.



### NORDIC COMBINED

Nordic combined was ***originally looked upon as the premier event in nordic skiing*** and it wasn't until 1900 that a separate cross-country race, at a distance of 30 kilometers, was run at the Holmenkollen in Norway.

### FIGURE SKATING

***Women and men competed together until 1905.*** In 1902, when Madge Sayers of Great Britain finished second to

Ulrich Salchow, the renamed International Skating Union was prompted to establish separate championships.

### HOCKEY

Canada, with 12, has ***won more medals in Olympic hockey*** than any other nation.

### SKELETON

***There is no steering mechanism on a skeleton sled.*** Instead athletes use their shoulders and, at times, their feet to help guide or steer the sled down the track.

### SPEED SKATING—LONG TRACK

***Racing records can be traced to the 1700s,*** but the first official speed skating events were held in 1863 in Oslo, Norway. Speed skating has been a part of the Olympic program since the 1st Olympic Winter Games in Chamonix Mont-Blanc, France, in 1924.

### NORDIC SKIING

There are ***more than 30 different waxes*** to choose from for snow conditions and changing temperatures. Each Olympic team has a waxing coach, but the skier makes the final decision on which wax to apply.

## DEVELOPING A NEW MODEL FOR THE COACHING PROFESSION

Jeff Spiers is a tennis coach currently attending the National Coaching Institute in Calgary. He coaches kids of all ages and abilities, but what he really wants is to coach at the national team level. He's partly there – Spiers recently joined the national junior team on a tour in Florida. But Spiers knows that in order to coach at the international level he's going to have to complete his NCI diploma in high performance coaching before Tennis Canada will really sit up and take notice.

"I want to start working with Tennis Canada and to be able to get there, to work with them, you have to be a level 4 coach," says Spiers.

Tennis Canada is not the only National Sport Organization (NSO) to demand this qualification from their coaches, but some NSO's do not require coaching specific certification. All that is about to change.

At a recent meeting of the NCI Committee and representatives from over 30 NSO's, a new partnership initiative between the two organizations was launched whereby the two will work together to establish the outcomes, standards and actions for certification and ultimately—professional

membership. This new partnership will elevate the coaching education model in Canada toward developing coaching as a profession.

"We're trying to raise the whole image and credibility of coaching by professionalizing it," says NCI-Calgary Director, Mary Ann Reeves. "It's also to raise the standard so that coaches at the high performance level are really qualified to do that."

Within this new framework, coaches would first obtain an educational component, preferably at one of the seven NCI's across Canada. They would then seek Level 4/5 certification through their NSO. Following certification, the coach would apply for professional membership or licensing by the Canadian Professional Coaches Association or their sport specific affiliate body.

"I think it's important that they have, first of all, an educational foundation so they are qualified in the work that they do because they are working with not just the physical body of the person but really the whole human being," says Reeves. "Also being a professional means that you're connected to a professional body and are

therefore accountable to that body. You're protected by that body on the one hand, but also the public is protected because the coach is accountable to a code of ethics."

Spiers also feels that the professionalization of coaching is necessary. "Coaches have a major impact on kids as they grow up so it's an important position to make sure that people are acting ethically and as well, to get people being accountable and make sure that the right people are in the right job. To be an accountant you have to pass an exam – I don't see why coaching shouldn't be like that."

Developing this 'profession' will take time, but as Reeves notes, it's an incremental process. By getting the NSO's on board, that first step has been reached.



## DECODING THE POST SECONDARY SYSTEM

### PROFILE: Academic Advisor Jan Crook

Navigating the maze of entrance requirements, transfer policies and degree possibilities for post secondary education can be both time consuming and frustrating. For high performance athletes that move around the country in search of training, and are often absent for the bulk of the traditional school year, it can be even more daunting.



Jan Crook, a chartered psychologist working as an academic advisor at the National Sport Centre, has made it her job to help those athletes. "I help them navigate their way through what can be confusing regulations, and get them to the right place the first time, rather than being sent to five different places before they get what they need."



Crook has had plenty of practice dealing with post secondary institutions. After playing on the National field hockey team from 1974-1981 and coaching the University of Calgary women's field hockey team from 1983-1988, Crook was the Assistant Athletic Director for the U of C. Following that she worked at the registrar's office at the U of C as registration supervisor.

"I think I have a pretty good combination of experience and knowledge," says Crook. "I've been an athlete, I've been a coach, I've centralized, I've been a student while I've been an athlete and a coach. I've been an administrator in athletics and in post-secondary education

and I think that, combined with my work in counselling, makes me a pretty good package. Plus, I really love sport and I understand what (the athletes) are trying to do."

Crook's level of understanding of the difficulties that athletes face in juggling school and sport and the roles she's played make her a real asset to the centre says Karen Strong, manager of athlete services at the NSCC. "She has lots of empathy, yet she won't let (the athletes) pull the wool over her eyes. She really believes



in the whole philosophy of giving (the athletes) the skills to access the information on their own."

Besides academic counselling, Crook also helps out with the Career Planning, Out of Bounds Workshops and Transition workshops. All of these workshops help athletes work towards developing their lives outside of sport – something that Crook feels is very important.

"I think for a lot of athletes, they think if they look at anything else they're taking their focus away from sport. I would approach it as, it's knowing that you're taking care of things for later that makes you better able to focus on the present because you're not going to have to worry about, 'what if this ends, what if I get an injury?'" says Crook. "It's also about putting some balance and perspective in their lives."

Jan Crook can be reached at 220-5680 or [jancrook@telusplanet.net](mailto:jancrook@telusplanet.net)

## UPCOMING WORKSHOPS

February 6 & 8:  
Transition Workshop

February 10:  
Drug Supplements in Sport

February 17:  
Media Relations

February 24:  
Public Speaking

March 6 & 13:  
Financial Management

February 26, March 21 &  
April 25:  
Psyched at Noon

*If you are interested in attending any of these workshops, please contact:*

Lynn Hudon @ 220-8189  
or  
[hudon@ucalgary.ca](mailto:hudon@ucalgary.ca)

## PROFILE: MCARA PRINTING

BY: Ruth Davenport

Calgary-based McAra printing has been in business since the early 1900's and a supporter of the National Sport Centre since 1999.

"We're proud to be a supporter of the NSCC," says manager Roger Grant. "The NSCC supports local athletes and we're pleased to be

able to contribute in a tangible manner."

McAra Printing provides printing services at significantly reduced costs and donates the services involved in producing printed products.

"We're looking forward to continuing to

provide more of the same services for the NSCC," says Grant.

"This has been a good relationship and everyone here has committed a sincere effort to assisting the NSCC with their needs for printed communications."

# McAra Printing

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Mike Ireland beats Shimizu to take World Championship title.(AP)



Melanie Turgeon in action (ACA)

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**VISIT OUR WEBSITE  
[www.nscalgary.ab.ca](http://www.nscalgary.ab.ca)**

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Canadian Olympic Association



Association olympique canadienne



Coaching Association of Canada