



2019 Coach & Referee Symposium

December 14, 2019
Mount Royal University
Calgary, AB



Welcome!

On behalf of Volleyball Alberta, we would like to welcome you to the 2019 Coach & Referee Symposium!

We are very excited about the line-up of presenters for this year's symposium and are confident that by sharing their experiences, knowledge and philosophies, they will challenge all of us to think critically within our respective fields as well.

For this year's symposium, we are also excited to bring both the Coach and Referee communities together for a day of learning and sharing of best practices. Symposium participants are welcome to attend whatever sessions they like and are not limited to stay in the stream (Coach or Referee) that they registered in. We encourage all participants to take advantage of the breaks between sessions to engage with each other, participate in some effective networking and learn from each other's perspectives and experiences.

Thank you to everyone for investing in your continued development and learning in your respective fields. We hope you enjoy this year's Coach and Referee Symposium!

Ian Halliday
Manager, Coach Development
Volleyball Alberta

Jim Plakas
Director, Technical Pathways
Volleyball Alberta

Greg Ryan
Manager, Referees
Volleyball Alberta

Jim Merrick
Regional Officials Chair
Volleyball Alberta



2019 Volleyball Alberta Coaching and Referee Symposium

December 14 2019

Mount Royal University (Calgary, AB)

Schedule may be subject to change without notice
Updated: Tuesday, December 10



Time	Location	Coach Stream	Referee Stream	Location	Time
8:00 - 8:30	Recreation Concourse		Check - In	Recreation Concourse	8:00 - 8:30
8:30 - 9:20	Triple Gym East Court	Shannon Winzer <i>Practice Modelling: Training the Middle Attack</i>	Malcolm Mousseau <i>Procedures for Match Management: Player and Coach Management</i>	Jenkins Theatre	8:30 - 9:20
9:30 - 10:20	Triple Gym East Court	Joe Trinsey <i>Middle-Middle Defense: Practice and Execution</i>	André Trottier <i>The Beach Referee, Responsibilities & Mental Preparation</i>	Jenkins Theatre	9:30 - 10:20
10:35 - 11:25	Triple Gym East Court	Tom Black <i>Motor Learning: From Principles to Practice</i>	Debbie Jackson <i>Building Positive Relationships in Sport</i>	Jenkins Theatre	10:35 - 11:25
11:35 - 12:25	Jenkins Theatre	Dr. Kerry MacDonald <i>Athlete Wellness & Wellbeing: Our Responsibility as Coaches</i>	Scott Borys <i>The Roles of a Second Official and an Interactive Rules Review</i>	Triple Gym East Court	11:35 - 12:25
12:25 - 1:00	Recreation Concourse		Lunch (provided by Made Foods)	Recreation Concourse	12:25 - 1:00
1:00 - 1:50	Jenkins Theatre	André Trottier <i>Experiences & Insights from an International FIVB Beach Volleyball Referee</i>		Jenkins Theatre	1:00 - 1:50
2:00 - 2:50	Triple Gym East Court	Tom Black <i>Training the Setter and Offensive System</i>	Ken Briggs <i>Coach - Referee Relationship: Expectations of High Performance Referees</i>	Jenkins Theatre	2:00 - 2:50
3:05 - 3:55	Triple Gym East Court	Dr. Kerry MacDonald <i>Training Read Skills in Volleyball</i>	Scott Borys <i>Match Preparation and Self-Analysis</i>	Jenkins Theatre	3:05 - 3:55
4:05 - 5:05	Triple Gym East Court	Dr. Carl Din <i>Leadership in Volleyball Workshop</i>		Triple Gym East Court	4:05 - 5:05
5:05 - 6:20	Triple Gym East Court		Closing Remarks	Triple Gym East Court	5:05 - 6:20

MRU Parking Map



MRU Campus Map



Shannon Winzer

Practice Modelling: Training the Middle Attack

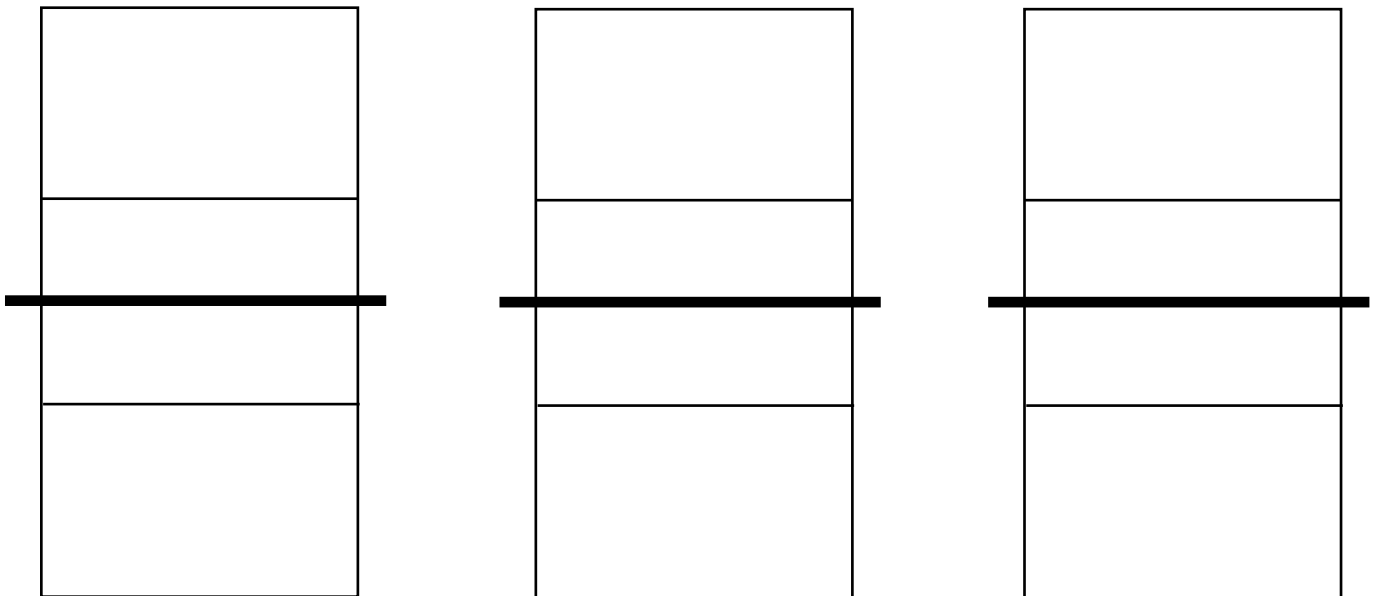
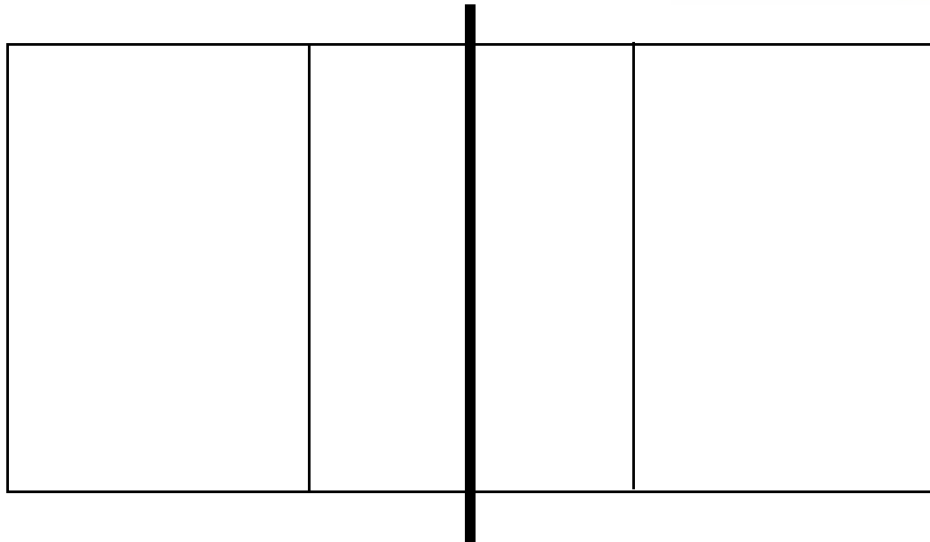
Shannon Winzer was named Volleyball Canada's Women's NextGen Head Coach and Women's Senior Team Assistant Coach in February 2019.

Shannon, originally from British Columbia, returned to Canada after serving as Volleyball Australia's Women's National Team head coach. During her time with the "Volleyroos," the team improved its ranking each year.

As the Volleyball Australia Centre of Excellence head coach, Shannon was named Volleyball Australia's National Coach of the Year for 2016-17. During her time in Australia, she also served as an assistant national team coach, and as the women's U23 team coach. She was appointed the head coach of the Melbourne University Blues in 2013. With her coaching philosophy of "strong culture and accountability" she went about building a team that went from last place to winning the Australian Volleyball League Championships three consecutive years.

Shannon is a graduate of the University of British Columbia (2002), where she played on the varsity team. She has also played professional volleyball in Europe. After moving to Australia, she joined the Women's Australian Volleyball League (WAVL) and captained the Melbourne University Blues for almost four years. She was also a member of the Australian national team in 2008 and 2009.





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Malcolm Mousseau

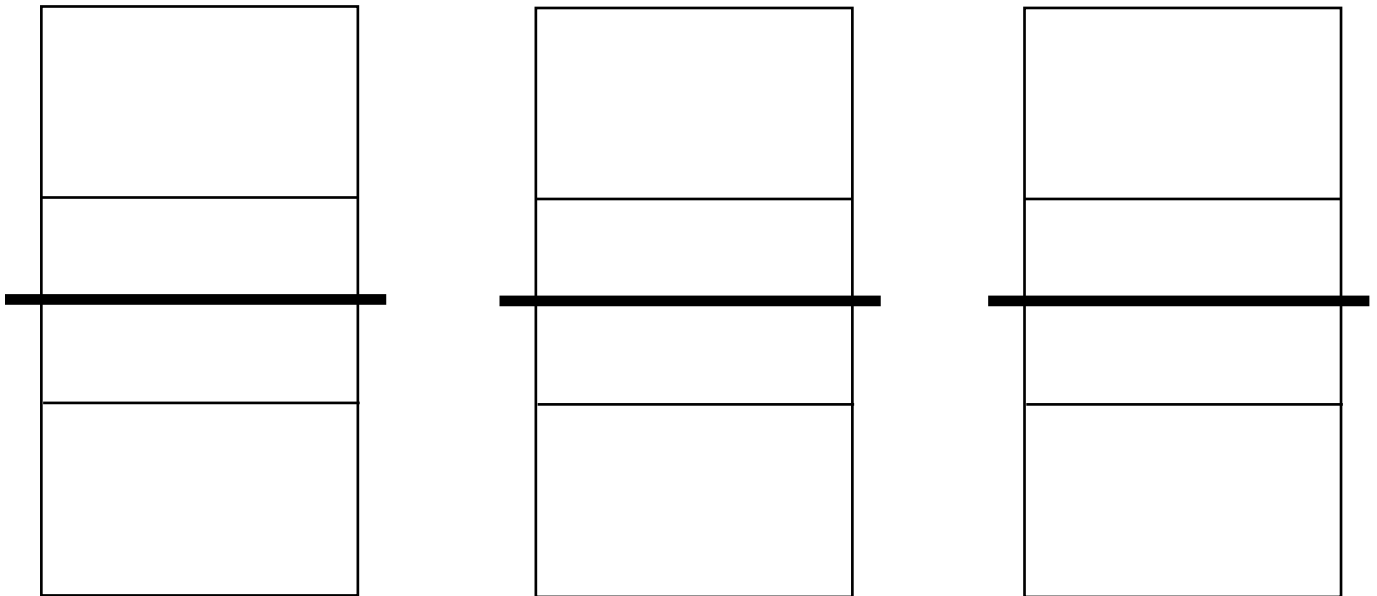
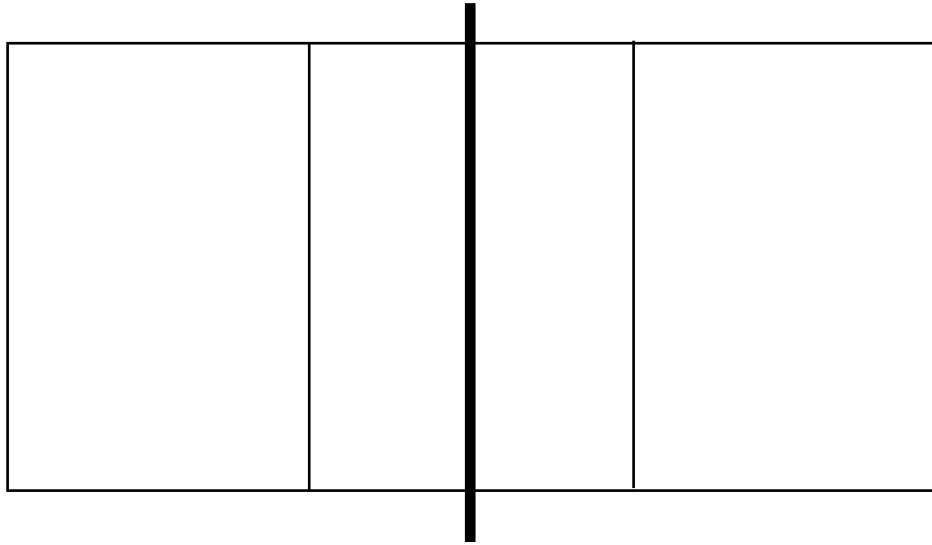
Procedures for Match Management: Player and Coach Management

Malcolm is in his 41st year as a certified referee. Originally from Ottawa, Ontario his early mentors were Elias Soueiti, Mike Bugarski, Diane Wood, Vale Savege and Jean-Pierre Tibi.

A retired FIVB International Referee, Malcom is still very involved in referee development as a member of Volleyball Canada's High-Performance Referee Development Committee. He is also the Past Chair of the Volleyball Canada's Indoor Rules of the Game Subcommittee (1999-2009) and was a Regional Officials Chair in Ontario from 1988 to 1990.

Currently, Malcolm is a Referee Mentor and Referee Supervisor for U Sport, CCAA and Volleyball Canada events in addition to his day job as a secondary principal at a French immersion school in Calgary.





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Joe Trinsey

Middle Middle Defense: Practice and Execution

Joe Trinsey was hired as the technical coordinator for the U.S. Women's National Volleyball Team in spring of 2013 and has helped the program to an overall 119-23 record during his tenure.

Joe is responsible for match video analysis and statistics for the squad and implements the data into training session plans and match-time decisions. He also plays a key role in creating technological advances to aid in training, scouting and overall team functionality. Joe also served as the second assistant coach during the 2013 FIVB Women's U23 World Championship Team that was led by Karch Kiraly.

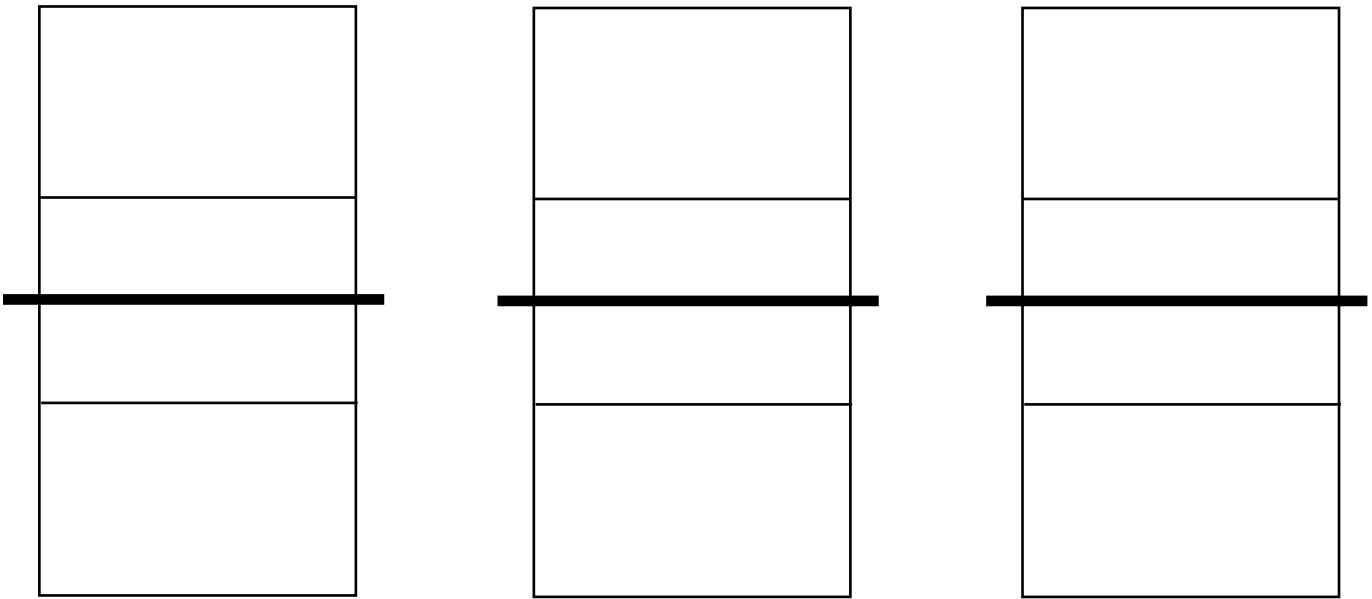
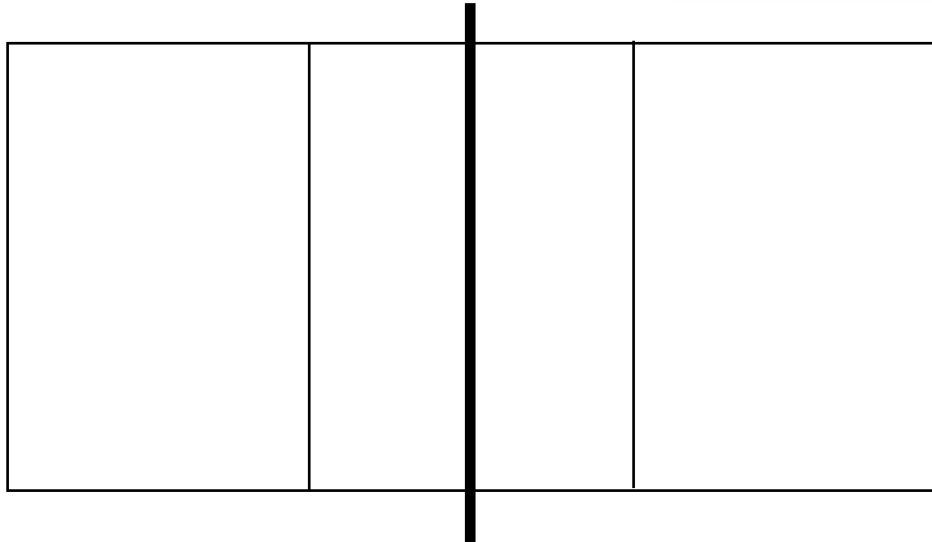


After a stellar high school career, Joe embarked on a four-year collegiate career at Stevens Institute of Technology in 2005. There, he served an integral role in the Duck volleyball program, including earning AVCA Division III All-American First-Team honors as a senior in 2009.

After finishing college, Joe focused his energy on his camps and clinics program, in addition to his coaching career. The owner and director of Trinsey Training Camps, Joe started a unique once-weekly series of hitting and defensive camps in 2003. The camps have continued to grow over the years, with more than 100 participants currently enrolled in year-round sessions.

Joe graduated from Stevens Institute in 2009 with a degree in applied mathematics.





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André Trottier

The Beach Referee: Responsibilities and Mental Preparation

André Trottier started his volleyball refereeing career in 1980 and became a National Referee in 1989 in Calgary. His early mentors were Pierre Farmer and Diane Vandy.

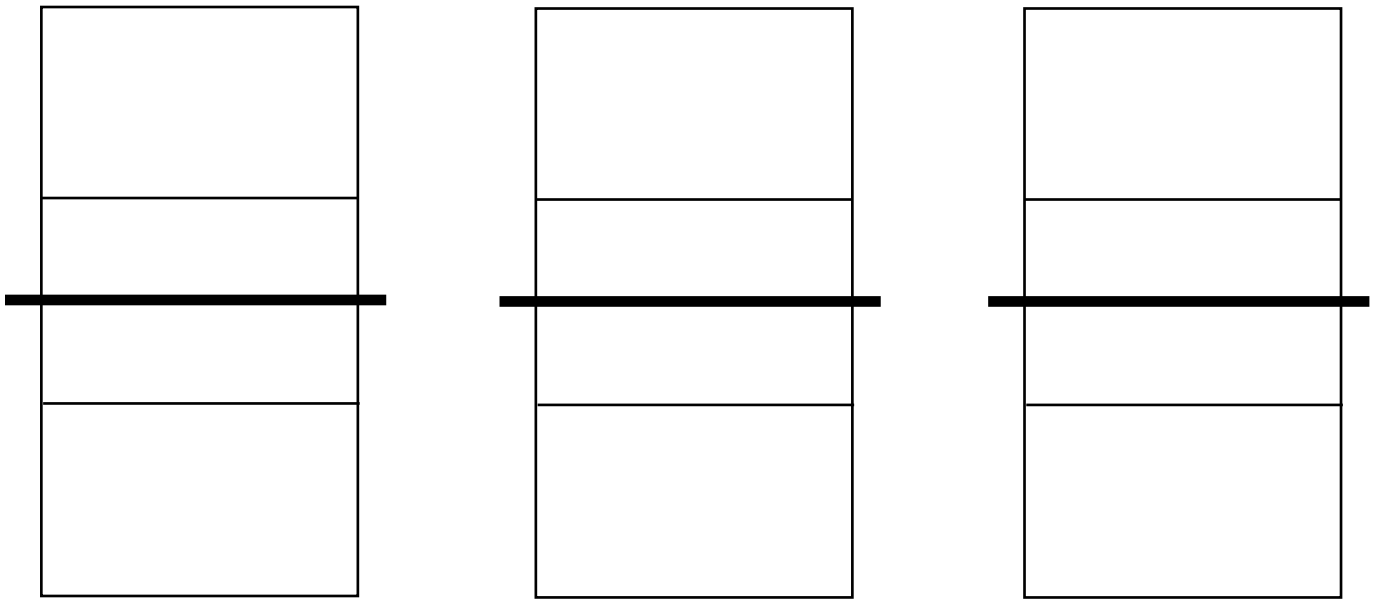
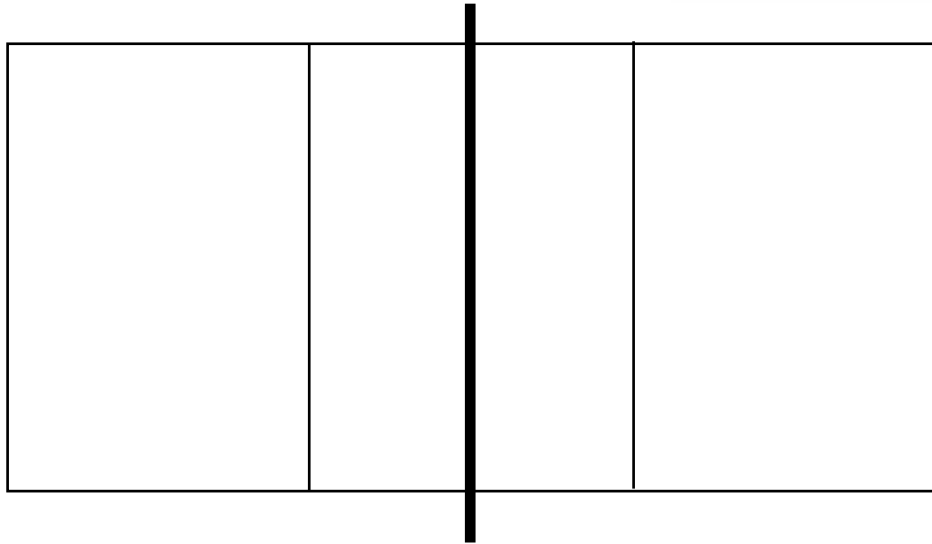
In 1996, André became an International FIVB Beach Volleyball Referee after completing the course in Berlin, Germany. Since that time, he has participated in many international events as a Beach Referee and in 2005 he was approached by the FIVB to become a Beach Referee Supervisor.

He has since participated in three Olympic Games as a FIVB Referee Supervisor.

In addition to his work with the FIVB, André has also been a member of the National Referee Committee for many years and is a member of the NORCECA Referee Commission.

He has been a member of the FIVB Referee and Rules of the Game since 2008 and is still active as both a Referee and Referee Supervisor for Beach and Indoor events in Canada.





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Tom Black

Motor Learning: From Principles to Practice

Tom Black, an accomplished collegiate and international coach, was named the head coach of the Canadian Women's National Team in February 2019. In his first season, Tom led the women's national team to the gold medal at the Women's Challenger Tournament in Lima, Peru, qualifying them for the FIVB Volleyball Nations League Tournament in 2020.

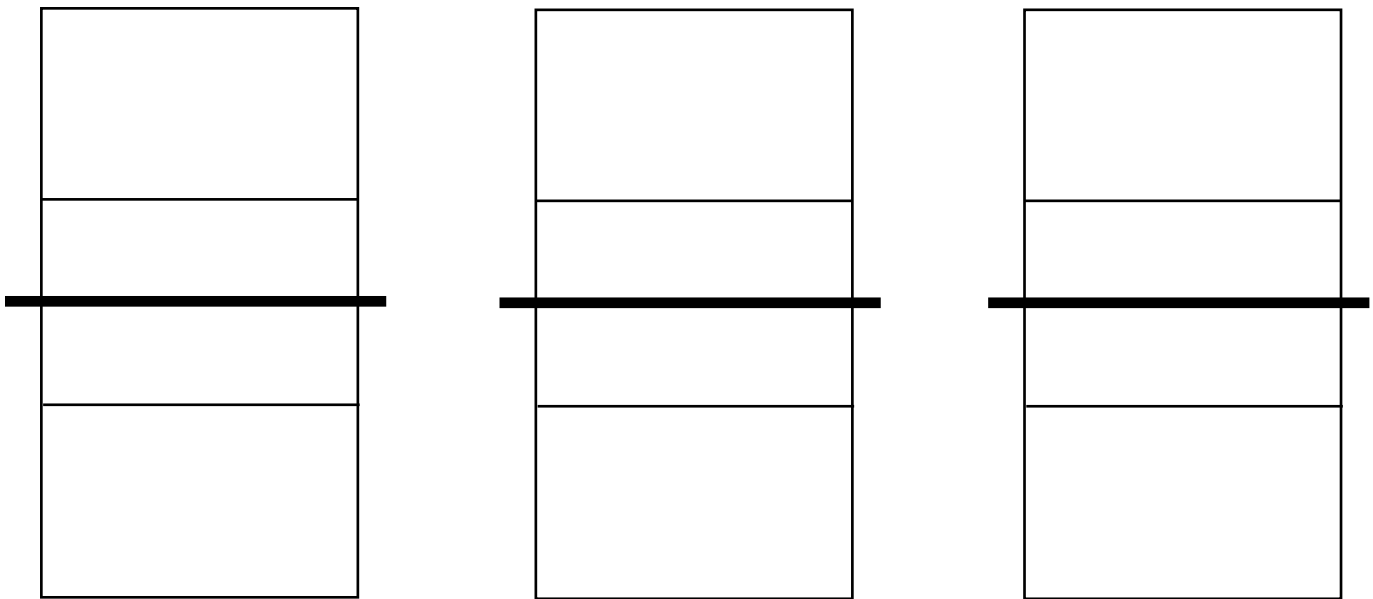
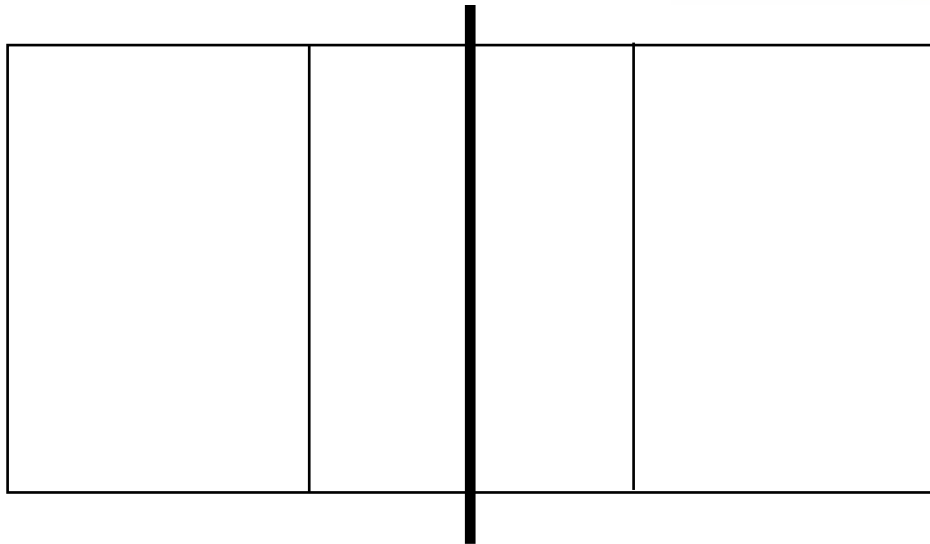
Prior to joining Volleyball Canada, Tom was heavily involved with the U.S. Women's National Team, working alongside U.S. head coach Karch Kiraly. Tom was with the team at the 2016 Rio Olympics, helping guide the United States to a bronze medal. He also assisted with Team USA prior to the team winning its first world championship gold medal at the FIVB World Championship in October 2014. That team went on to win the 2015 World Grand Prix Championship and a Bronze Medal at the World Cup.



Tom is also in his third season as the head coach of the Georgia Bulldogs Women's Volleyball program. The 2017 and 2018 seasons were the first back-to-back winning seasons since 2008 and 2009. Georgia recently concluded their 2019 campaign with a 20-10 overall record, going 12-6 in conference play and earning a spot in the NCAA Tournament for the first time since 2013.

Tom received his bachelor's degree in political science from UCSD in 1996 where he was a four-year letter winner, setting numerous hitting records and earning All-MPSF honorable mention honors as a senior.





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Debbie Jackson

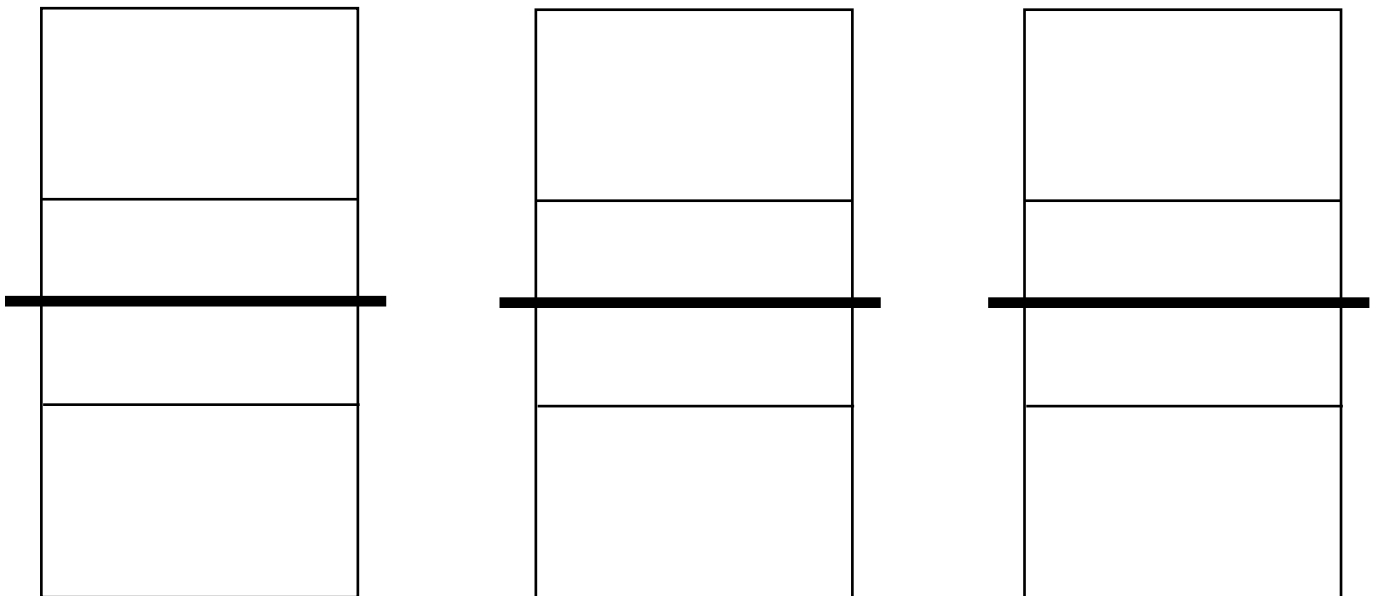
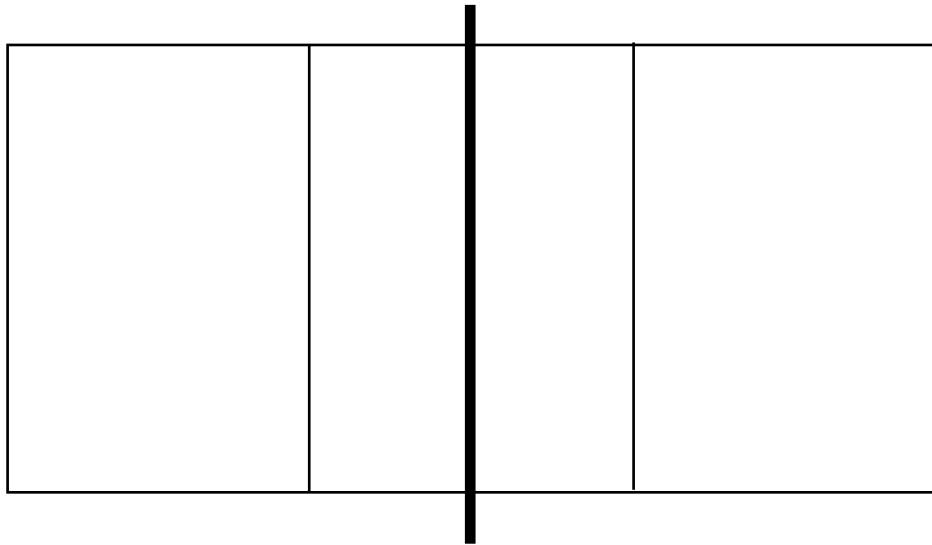
Building Positive Relationships in Sport

Debbie Jackson started her refereeing career 42 years ago. She was always very passionate about the sport of volleyball, but couldn't afford to keep playing club, so she turned to refereeing as a way to stay involved with the sport.

Thanks to the support of her family, Debbie was able to continue her refereeing career through raising her two kids. Debbie's husband joined her as a referee shortly after they were married. They are now retired to their lake property north of Edmonton and are enjoying beachfront living.

Debbie is presently the Chair of Female Referee Development with Volleyball Canada and a member of the Level 4 Promotions Committee. She is still actively involved as a Referee Mentor and Referee Supervisor for U Sport, CCAA and Volleyball Canada events.





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Dr. Kerry MacDonald

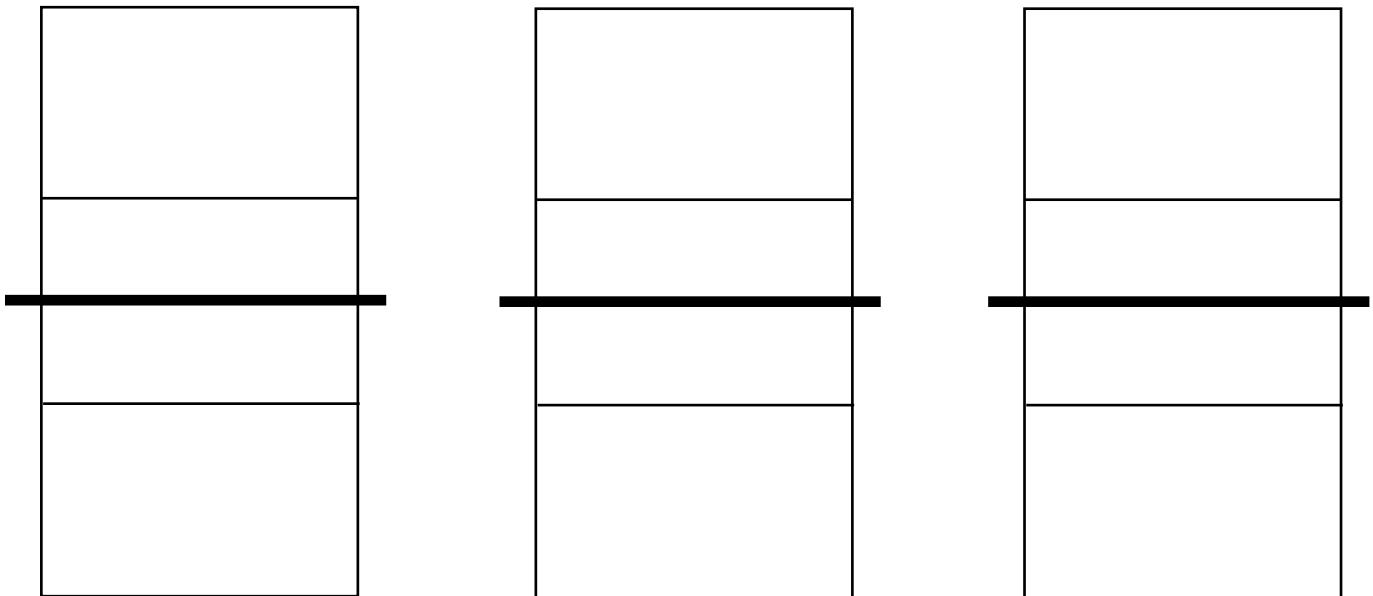
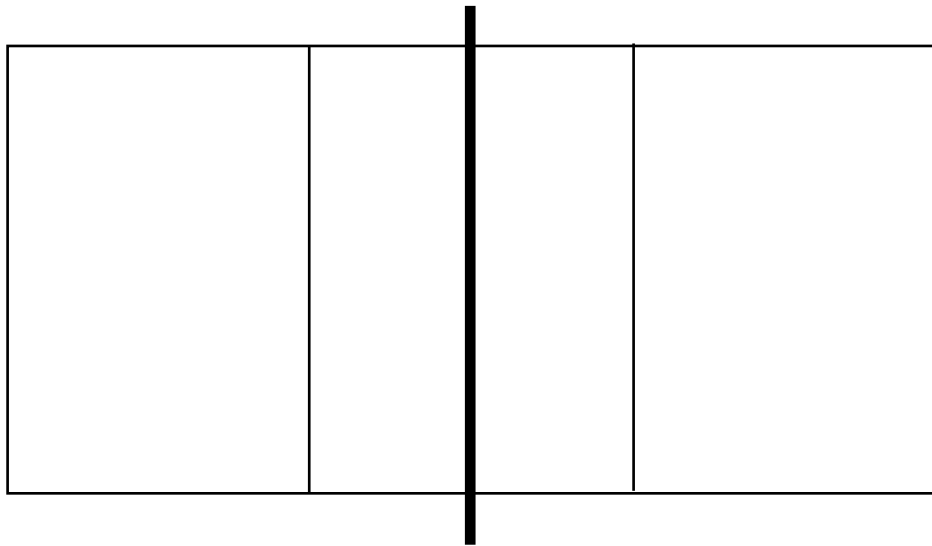
Athlete Wellness and Wellbeing: Our Responsibilities as Coaches

As a young volleyball player, turned young coach, Kerry has coached for nearly 20 years at all levels within Canada. In 2016 he took over the reins of the University of British Columbia Thunderbirds Men's Volleyball team, leading them to back-to-back national championship appearances and the 2018 National Championship Gold; UBC's first National Championship Banner in 35 years.

Kerry holds a Masters Degree in Coaching Studies and a PhD in Sport Injury Prevention. His research has focused on coaching lead methods of injury prevention from warm-up policies to prevent concussions to training load monitoring to reduce chronic injuries. At UBC he created a living laboratory in which research was an active component of everyday training as he searched for ways to optimize the training, performance and health of the Thunderbirds Volleyball Program.

In his current role as Director of Sport Science, Sports Medicine and Innovation for Volleyball Canada, he is pushing for our National Teams to our club teams to be world leading in the fields of Sport Science and Sport Medicine. With the ultimate goals of sustainable Olympic podium results at the top to healthy and enjoyable volleyball experiences for all members of Volleyball Canada.





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Scott Borys

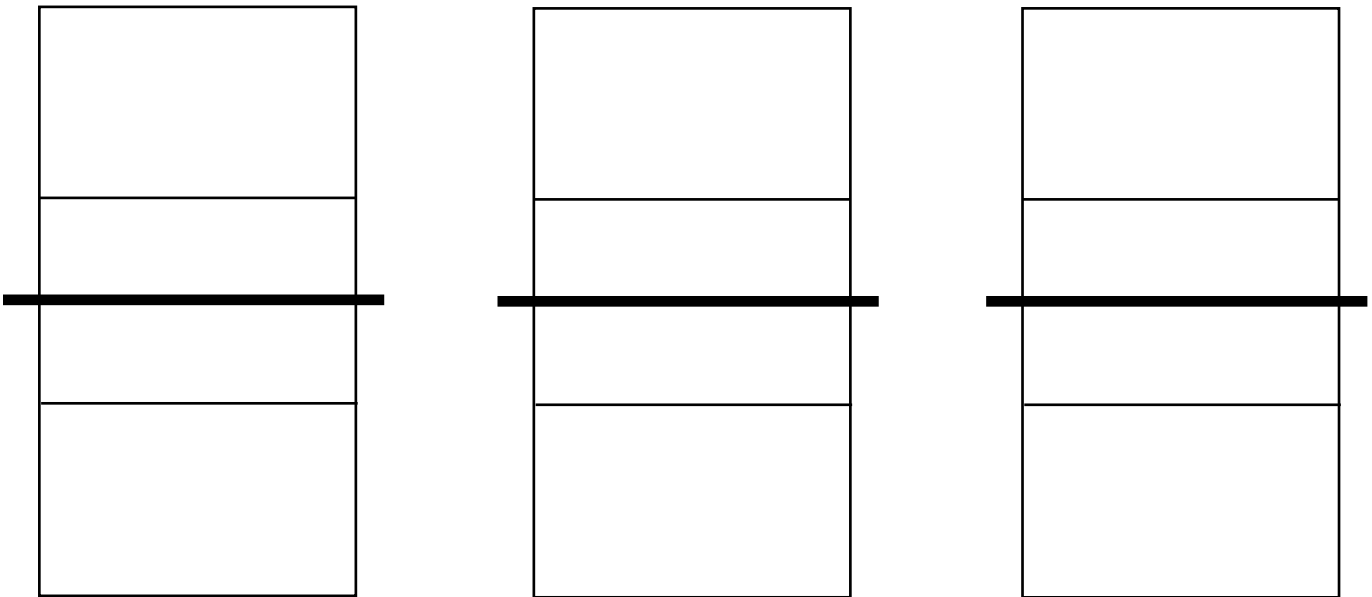
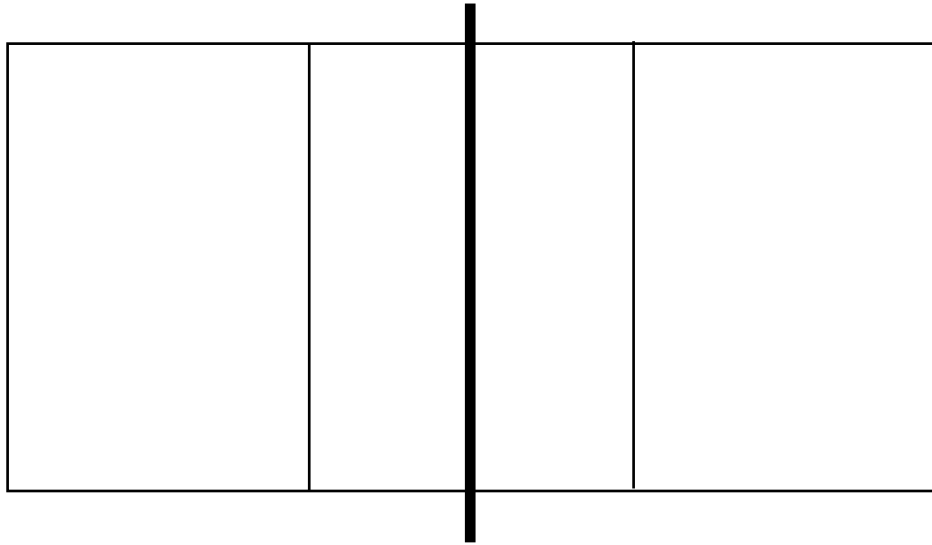
The Roles of a Second Official and an Interactive Rules Review

Scott Borys is in his 39th year as a certified referee. Originally from Yorkton, SK he had Don Pfeifer and Dennis Pomeroy as his referee mentors from the beginning, which he credits to be a tremendous benefit for his development.

Scott is a Retired FIVB International Referee but is still actively involved in the development of referees in Canada. He is the Chair of the National Referee Committee with Volleyball Canada and is also the National Promotions Sub-Committee Chair.



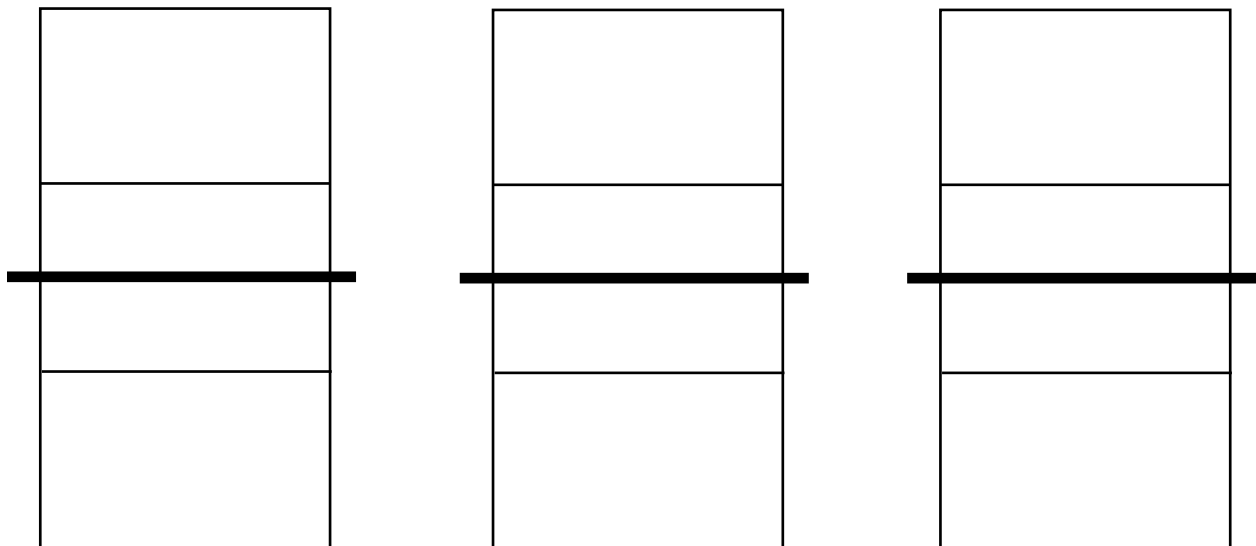
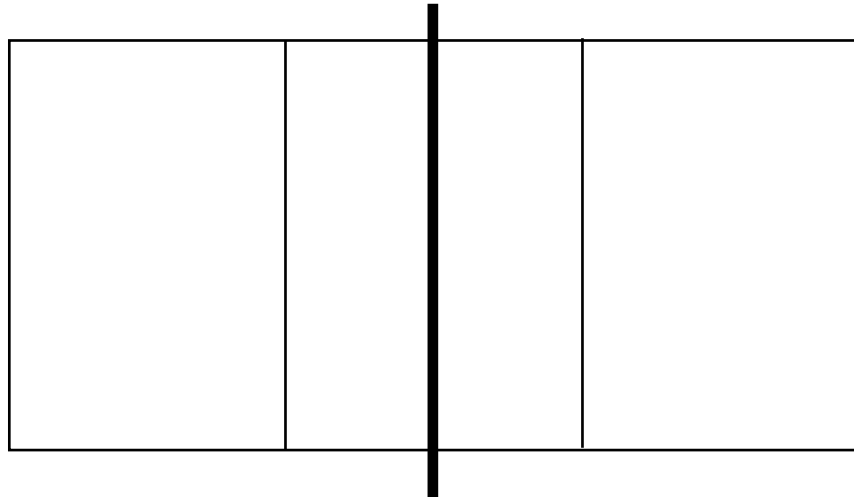
Scott is a Referee Mentor and Referee Supervisor for U Sport, CCAA and Volleyball Canada events and in his “spare time”, he works as the Corporate Controller for Viterra Inc.



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Tom Black

Training the Setter and Offensive System



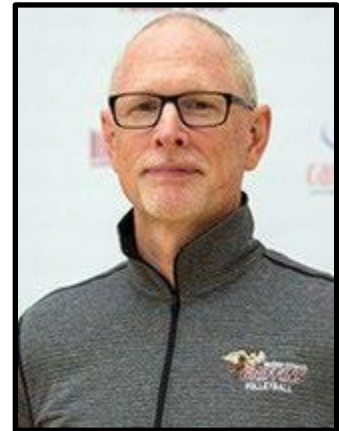
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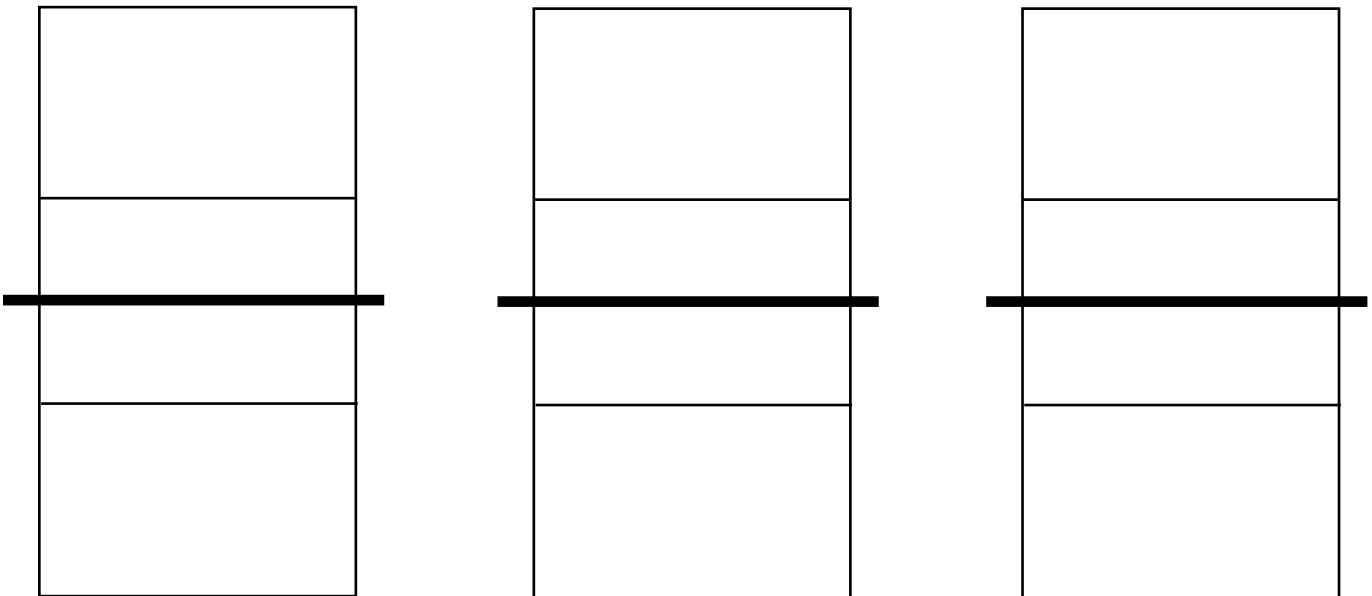
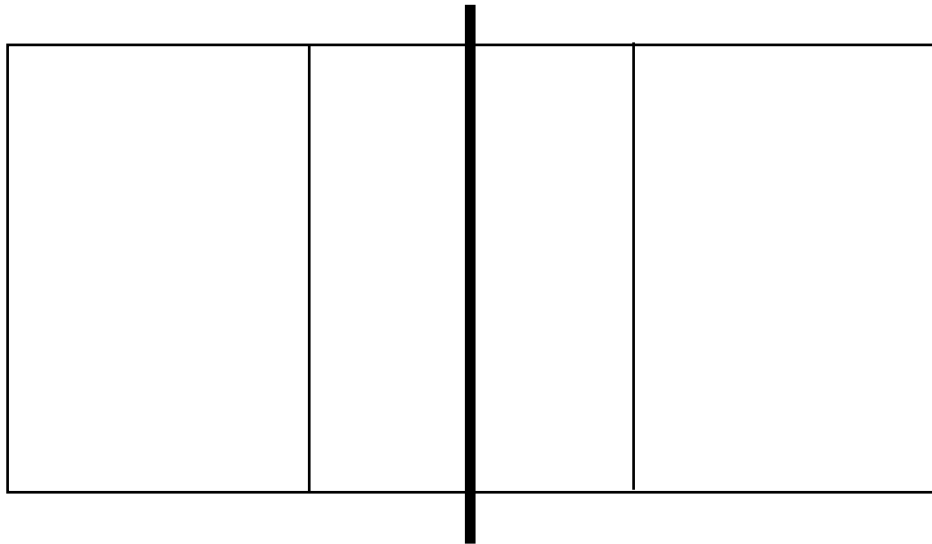
Ken Briggs

Coach - Referee Relationship: Expectations of High-Performance Referees

Ken Briggs has been involved as a volleyball coach for over 30 years and has worked at all levels of the sport, from grassroots to club to university. Currently Ken is the Head Coach of the MacEwan University Women's Volleyball team, a full-time role he has held since 2012. Prior to 2012, Ken was the head coach of the program but on a part-time basis as he was also a teacher in Edmonton area, retiring after 34 years.

Ken is currently the Vice-President of Volleyball Alberta's Board of Directors and Chair of the High-Performance Committee. He oversees the strategic planning around Volleyball Alberta's Team Alberta programs and is very passionate about the development of both high-performance athletes and coaches.

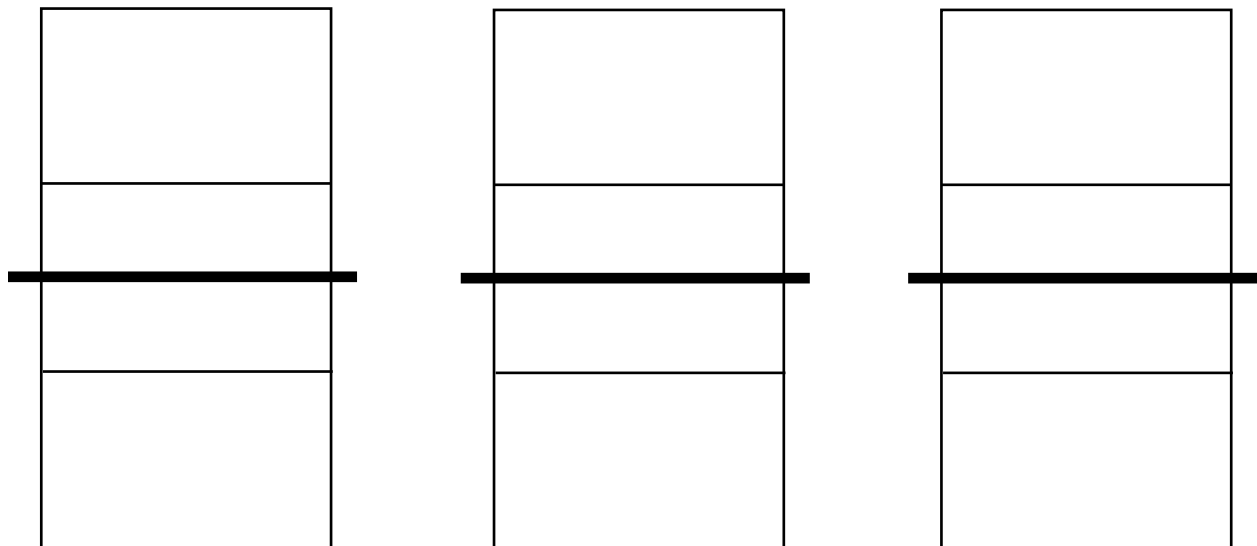
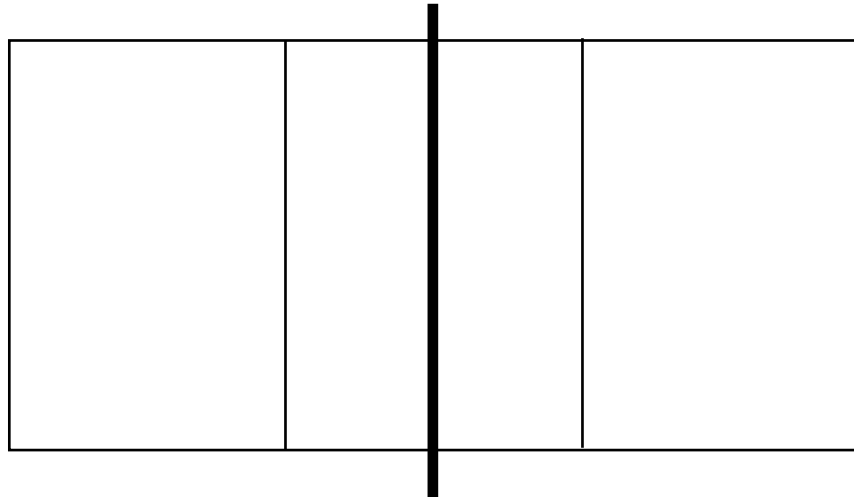




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Dr. Kerry MacDonald

Training Read Skills in Volleyball



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Dr. Cari Din

Leadership in Volleyball Workshop

Dr. Cari Din holds a PhD in Kinesiology specializing in Leadership Behaviour. Her PhD research was focussed around Olympic Medal-Winning Leadership Behaviour. Dr. Din is an Olympic silver medalist herself (Atlanta 1996) in the sport of synchronized swimming.

Dr. Din is a member of the University of Calgary's Faculty of Kinesiology, as well as a NCCP Master Coach. She has been nominated for and won the University of Calgary's Teaching Excellence Award numerous times and is known for taking active learning risks in her classrooms to enhance student experience and engagement.



With a dynamic teaching style and a focus on physical activity, Dr. Din promotes effective leadership that fosters an environment for positive human development. She is a CAAWS Women and Leadership facilitator and a member of the Alberta Women in Sport Leadership Impact Program, supported by the Status of Women Canada. Her passion and enthusiasm for developing effective leaders is both engaging and inspiring.







CONCUSSION RECOGNITION TOOL 5[©]

To help identify concussion in children, adolescents and adults



RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Severe or increasing headache
- Deteriorating conscious state
- Double vision
- Seizure or convulsion
- Vomiting
- Weakness or tingling/ burning in arms or legs
- Loss of consciousness
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Blank or vacant look
- Facial injury after head trauma

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STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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