

## COACH PROFILE

# Renee Brouillette



**Archery Coach**

**Coaching Experience:**

**Corbeil**

**5 years athletes with a disability**

**15 Total**

**Context:**

**Community and Competitive**

### *Why did you start coaching?*

To see athletes of all ages become more successful by concentrating on areas of strength and growing learning through practise, shared knowledge, expertise and experience.

### *What aspects of coaching athletes with a disability have you found challenging?*

The medical requirements (i.e. medications) required perhaps to suppress pain and figuring out what alternatives are acceptable under competition rules. The challenge remains the struggle between keeping the athlete comfortable and having medications that are acceptable/meet regulations.

### *What aspects of coaching athletes with disabilities do you find most enjoyable?*

The look of disbelief when at first they succeed; followed by the look of disbelief when they repeat success and this becomes the new normal; then the expressed desire (smile, laughter, cheer, etc.) to do more/move on from there and become even more successful!

### *Describe the aspects of participating in sport that make the experience fulfilling, valuable, and meaningful for the athletes?*

Being a member of a team outside the family (in competition) and with the family, in travelling to the events; working with the community and finding areas in which everyone can be a contributing member - having purpose!

### *What is your best coaching moment in parasport? Why?*

Having an athlete I've worked with (on his way to greatness) set new provincial & Canadian records!

### *How do you contribute to increasing the support and awareness of adaptive sports?*

It's important to be inclusive and speak openly - to have an open door policy and keep an open mind, all the while develop programs in a differentiated approach, based on the needs of the athlete and the supports the parents (immediate family) can give. Sometimes material resources are needed; sometimes emotional support and sometimes funding (any and all in combination or on their own).



**Contact [education@coachesontario.ca](mailto:education@coachesontario.ca) for contact information!**

## NCCP PARA-ARCHERY

<http://www.archerycanada.ca/en/coaching>



### NCCP ABLE BODIED & PARASPORT PATHWAY

#### Instructor Beginner

For more information and how to register contact:  
Bruce Savage [coaching@oaa-archery.on.ca](mailto:coaching@oaa-archery.on.ca)

By presenting several mini-lessons and demonstrations, as well as observing interventions during shooting throughout the course of this workshop, coaches/instructors will be prepared to introduce archery to athletes in a variety of settings, including: clubs, camps, schools, and other organized activities.

#### Instructor Intermediate

For more information and how to register contact:  
Bruce Savage [coaching@oaa-archery.on.ca](mailto:coaching@oaa-archery.on.ca)

Designed for coaches/instructors already involved in a club or organized archery program, this workshop will refine the basic archery skills and introduce a variety of more complex techniques for athletes who already have some experience and who exhibit a fair degree of proficiency in the sport. Customizing instructions based on the individual characteristics of each participant and managing big groups of athletes will also be covered.

#### Introduction to Competition

For more information and how to register contact:  
Bruce Savage [coaching@oaa-archery.on.ca](mailto:coaching@oaa-archery.on.ca)

Tailored for coaches that wish to work with athletes of all ages who have an interest in advancing to competition, this workshop will introduce them to coach education as well as equipment and training issues. They will learn to plan a practice, analyze performance, prepare their athletes for competition, develop practice plans, and promote athlete development.

#### Competition Development

For more information and how to register contact:  
Bruce Savage [coaching@oaa-archery.on.ca](mailto:coaching@oaa-archery.on.ca)

Requires a 1 year commitment and is delivered over two weekends held a minimum of 1 year apart. Most of these coaches will work with adolescents and young adults. Competition - Development coaches help athletes refine basic skills and tactics, teach more advanced skills, and prepare them for provincial or national level competitions. Athletes train several times a week throughout the year to improve performance. Although having a good time remains an important part of the athletes' sport experience, there is a greater emphasis on competition outcome. Event/discipline specialization and fitness also become important at this stage.

### HIGHLY RECOMMENDED - PARA—ARCHERY

#### Adaptive (Para) Archery Manual

[http://coparco.org/Coaches/Adaptive Archery-Manual-2016-Final.pdf](http://coparco.org/Coaches/Adaptive%20Archery-Manual-2016-Final.pdf)

### HIGHLY RECOMMENDED - MULTISPORT

#### NCCP Coaching Athletes with a Disability

To Register: [www.coach.ca/coaching-athletes-with-a-disability-s17345](http://www.coach.ca/coaching-athletes-with-a-disability-s17345)

Coaching Athletes with a Disability NCCP training provides coaches the knowledge to deliver quality, positive sport experiences for athletes, specifically with behavioural, intellectual, physical, and sensory disabilities.

#### No Accidental Champions-LTAD for Athletes with Disabilities, 2<sup>nd</sup> Ed.

No Accidental Champions describes some of the opportunities and challenges that face persons with permanent disabilities in pursuing sport and physical activity.

#### Training Athletes with a Physical Disability

## Useful Links:

Need more information? Email [education@coachesontario.ca](mailto:education@coachesontario.ca) to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Archery Canada <http://www.archerycanada.ca/en/coaching>
- Ontario Association of Archers <https://www.oaa-archery.on.ca/athlete-development/coaching>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada <http://coach.ca/>
- ParaSport Ontario <http://www.parasportontario.ca/index.php/clubs/archery>

## Funding Opportunities:

Grants are available to pay a portion of NCCP courses through the Coach Enhancement Coach Bursary program. <https://www.coachesontario.ca/programs-resources/funding-for-coaches/> or email [cep@coachesontario.ca](mailto:cep@coachesontario.ca)

