

PARASPORT COACH PROFILE

Sue Bartol



Athletics Coach

Niagara Falls

Coaching Experience: 10 years athletes with a disability
15 Total

Context: Community and Competitive

Why did you start coaching?

My children were involved with the local track club and I had an opportunity to assist the coaches. I began as a timer for the club and soon started working directly with coaches and athletes. I soon learned that I had a positive impact on athletes I was working with and began my journey as a coach.

What are the aspects of coaching athletes with disabilities do you find most enjoyable?

Playing a role in the growth and development of an Athlete with a Disability is extremely rewarding; developing a program where there's growth and development physically, emotionally and socially is very empowering not only for the athlete but also for me.

What strategies do you use to facilitate quality sport experiences for your athletes?

My training group is integrated. Each is a, 'Special' Athlete. For several practices, my Athlete with a Disability believed everyone within my group was an Athlete with a Disability simply because I said each was Special in their own ability; my job to develop, nurture and grow their athleticism.

Why did you start coaching athletes with a disability?

In 2008 I was introduced to an 18 yr old lad with CP whose dream was, "run fast" in his quest for a position on the Special O Canada Summer Games Team, which he earned. Finishing his Special O career with a trip to the Special Olympics he continued his journey into Para Athletics. Ten years later as he continues to grow and develop he continues to be ranked number 1 in Canada in the T38 100; 2018 he was 5th in the International Paralympic World Ranking as we continue to focus on Tokyo 2020.

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

Modifying training to achieve desired results; there is always room for growth and development, it may require, 'Out of The Box' modalities, with ingenuity and creative purpose-filled planning practices become unique.

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

Within my group there is no, four letter words. Words like "can't, don't, won't, rain, wind, snow, cold, are not permitted at practice. Together we find ways to complete tasks, challenge opinions and grow.

Contact education@coachesontario.ca for contact information!

NCCP PARA-ATHLETICS

<http://athletics.ca/disciplines/para-athletics/#sthash.DMTBnjH2.dpbs>



NCCP ABLE BODIED

Run, Jump, Throw, Wheel

To Register: <http://athleticsontario.ca/coaching-courses/> For more information contact:

Athletics Ontario at: office@athleticsontario.ca

Run Jump Throw Wheel (RJTW) is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy. Using track and field inspired games, activities and skill challenges lead by instructors specifically trained to teach the fundamentals of running, jumping, throwing and wheeling (for children in wheelchairs).

Sport Coach (Multi Discipline)

To Register: <http://athleticsontario.ca/coaching-courses/> For more information contact:

Athletics Ontario at: office@athleticsontario.ca

During Sport Coach, coaches are exposed to all the event groups (seated throws and chair skills covered). They will be introduced to proper safety requirements technical progression of events, and seasonal planning. Each learning module is designed to meet the needs of coaches who are providing direct instruction or event assistance to student-athletes in a junior high and high school track and field program.

Club Coach (Event group Specific)

To Register: <http://athleticsontario.ca/coaching-courses/> For more information contact:

Athletics Ontario at: office@athleticsontario.ca

During Club Coach, coaches select one event group (Jumps, Throws, Endurance, Sprints/Hurdles & Wheelchair) to specialize in and are introduced to all facets of that event group. The focus of this course is to prepare the coach to develop an athlete's skills over a season of 12-24 weeks. Seasonal planning is a key skill that is introduced in this course. It is recommended to complete Sport Coach for people who are new to coaching and those who are working with young athletes in our sport who are working with all disciplines.

Performance Coach

To Register: <http://athleticsontario.ca/coaching-courses/> For more information contact:

Athletics Ontario at: office@athleticsontario.ca

The Performance Coach certification is for coaches who are actively coaching year round, 40 or more weeks a year and 5-10 sessions a week. The athletes they are responsible for are competing at the Canada Summer Games level or higher. The training for this course is event group focused. The main focus of this course is annual planning, periodization and is an introduction to international competition. Specific Competition Development Wheelchair module in this stream.

HIGHLY RECOMMENDED - MULTISPORT

NCCP Coaching Athletes with a Disability

To Register: 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.

Useful Links:

Need more information? Email 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.).

- Athletics Canada <http://athletics.ca/programs/coaching/coaching-education/>
- Athletics Ontario <http://athleticsontario.ca/course-description/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada <http://coach.ca/>
- ParaSport Ontario <http://www.parasportontario.ca/index.php/clubs/athletics>

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

