

COACH PROFILE

Gwen Binsfeld



Para Alpine Coach: King City
Coaching Experience: 20 years coaching athletes with a disability
30 years total
Context: Community, Competitive and High Performance

Why did you start coaching?

I started coaching because I really enjoyed sport, and helping others develop and advance.

Why did you start coaching athletes with a disability?

They were always a part of my life, and it seemed an easy accommodation to include individuals with a disability.

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

I find the most enjoyable aspect is to see athletes with a disability progress to a level where they can enjoy their sport, with their able bodied peers.

What is your best coaching moment in parasport? Why?

Tough to decide. One has to be seeing an athlete, who started with me at 12, go to the Paralympics and get to the podium, bringing home Gold. Another close highlight was coaching quadra amp, to the point that she could compete at Nationals.

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

The aspects that make participation fulfilling, valuable and meaningful are numerous:

- Skill development in the sport and life skills are fulfilling and valuable.
- Fitness and health are a significant plus.
- The social aspect of the sport is extremely meaningful for participants.

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

Participation in Provincial Games, and Canada Winter Games. Give it a Go opportunities, and Snowsport fairs also showcase the sport. CADS Festivals and Newsletters.



Contact education@coachesontario.ca for contact information!

**Para Alpine**

For any inquiries please contact Gwen Binsfeld:
gwen@aoprt.ca

The Para Alpine module is a 1-day event, consisting of an on-hill session followed by an indoor session. The module is an introduction to training for able bodied coaches and/or coaches with a disability working with Para alpine athletes in the "Learn to Train - Learn to Race" stage of development

HIGHLY RECOMMENDED - MULTISPORT**Canadian Adaptive SnowSports (CADS)**

<http://adaptive snowsports.ca/>

CADS provides opportunities for people with disabilities to experience the joy of participating and competing in alpine snowsports. CADS does this by developing and promoting adaptive snowsports through partnerships, training, and instructor certification programs.

Making Headway in Sport

To Register: <https://www.coach.ca/-p153487>

Designed to help you gain the knowledge and skills required to ensure the safety of your athletes, this NCCP Professional Development modules will make you concussion smart!

NCCP Coaching Athletes with a Disability

To Register: www.coach.ca/coaching-athletes-with-a-disability-s17345

Aimed at coaches working with players in an environment where performance is a critical factor in successful coaching. (CP,VI Integrated)

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.).

- Alpine Canada www.alpinecanada.org
- Alpine Ontario <https://www.alpineontario.ca/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada www.coach.ca
- ParaSport Ontario <http://www.parasportontario.ca/index.php/clubs/alpine-skiing>

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