

COACH PROFILE

Michel Elibani



Triathlon Coach

Coaching Experience:

Orleans

8 years athletes with a disability

19 Total

Context:

Community, Competitive & High Performance

Why did you start coaching?

It is quite simple, I wanted to share my passion for sports and help people achieve their goals.

Why did you start coaching athletes with a disability?

As long as someone wants to do or try my sport I am there for them and I do not see the disability. We just have to find the solutions to removing the barriers that my prevent them from participating or competing.

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

I have one athlete in particular, she is a VI athlete and she is not afraid of trying anything. She is a great role model for younger vi athletes and show them that anything is possible.

What is your best coaching moment in parasport? Why?

Seeing my Visually Impaired para triathlete qualify for Rio games, She had put in so much work and heart into this goal, that seeing her happy was awesome.

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

The get to push their limits and try new things. Ex: I trained VI athletes to do the death race – off road race. They all loved the experience of running and training in the Gatineau park hills. Which was a first for all of them.

What advice would you give to a coach just getting started in parasport?

To connect with other para clubs and get there advice on running training sessions etc. Also build a community around and existing club.

Contact education@coachesontario.ca for contact information!

Community Sport Coach

To Register: <https://www.triathlonontario.com/coaches/nccp> For more information contact:
Triathlon Ontario at: info@triathlonontario.com

This course is tailored for adult triathletes and coaches of age group athletes! A two-day workshop encompassing sprint to long distance training. The course includes three primary areas, a) safety, ethics, and liability, b) technical introduction to all three sports, and c) program planning.

The course will be interactive – coaches will participate in swim and bike exercises. Coaches will bring their own bikes, swim and workout clothing.

This workshop provides an excellent springboard for both athletes and coaches to gain information, discuss principles of triathlon training for adults, and network with other participants in the sport. The information is presented in an organized, visual manual with applied exercises that provide opportunities for both learning and applying concepts of training and racing.

Competition Coach

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Triathlon Ontario at: info@triathlonontario.com

Introduction Stream	Works predominantly with pre-adolescent or adolescent athletes in competitive swim programs or with adult age-group athletes who train on a
Development Stream	Works predominantly with Junior, U23 and Elite athletes who are committed to the sport of triathlon and are in full-time training programs towards achieving continual performance improvement. Completion of this program will result in the participant becoming certi-
High-Performance	To be Confirmed

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.).

- Triathlon Canada <https://www.triathloncanada.com/coaches-officials/>
- Triathlon Ontario <https://www.triathlonontario.com/coaches/nccp>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada <http://coach.ca/>

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