

## WORKSHOP INCLUDES



2 x (45-75min) of eLearning



3 hours on the field

## REQUIRED MATERIALS



Attire for active session



Tablet or smart phone



3 points and professional development

# Physical Literacy Movement Preparation Coach Workshop

*A component of training to enhance performance and durability*

March 31, 2020 | 6:00pm to 9:00pm

Port Weller Community Centre – Gymnasium

1 Boqart Street. St. Catharines. ON L2M 1A1

Physical Literacy Movement Preparation is an enhanced training program performed as a warm up before practices and games to enhance performance and durability. Movement preparation not only prepares the body for movement, it also improves the way you move, reducing the risk of injury during physical activity and teaches skills necessary for performance often neglected during regular training.

Participants will complete two eLearning modules in preparation for a mentor lead practical in person peer teaching session supported by instructional materials. This training will better prepare the participant to assist in the development of better movement skills in their athletes through a developing physical literacy approach.

For more information, contact Koby Vanyo

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Presented by City of St. Catharines



Register online at [www.sportforlife-sportpourelavie.ca](http://www.sportforlife-sportpourelavie.ca)

Learn more about Movement Preparation : [physicalliteracy.ca/move-prep](http://physicalliteracy.ca/move-prep)



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