



PRESS RELEASE

Sept 18, 2019

The Waterloo Regional Boxing Academy is pleased to announce that we were selected to host a workshop for our coaches. A submission was completed by Coach LeVar and out of 36 submissions from across the Province, WRBA made it into the top 11!

Therefore, WRBA, in conjunction with the Coaches Association of Ontario (CAO) will be hosting a Sports Psychology/Mental Performance Workshop geared towards assisting Coaches who work with high performance athletes.

The 3-part workshop will commence on Sunday September 22, 2019 at the Arnie Boehm Training Centre and led by Dr. Wade Wilson (<https://uwaterloo.ca/kinesiology/people-profiles/wade-wilson>). Dr. Wade currently works with some of our athletes and has lectured at training camps we have previously hosted.

These seminars will also coincide with the beginning of National Coaching Week (<https://coachesontario.ca/coachesweek/>) which runs from September 21-29, 2019.

The program will consist of 12 hours of in class ...3 parts

- (a) Part A - Sunday Sept 22 - 9:00-12:00 - 3 hrs
"Mental Performance - Learning to Compete"
- (b) Part B - Sunday Nov 3 - 9:00-12:00 - 3 hrs
"Mental Performance - Learning to Win"
- (c) Part C - TBD - 9:00- 4:00pm - 6 hrs

Module 1 - Review Part A

Module 2 - Review Part B

Module 3 - Implementing into Yearly Training Plan

Lunch

Module 4 - Sports Psych - for the Female Athlete - What is the difference!

Module 5 - Case Studies

Module 6 - Coaches Round Table



Dr. Wade Wilson

Part A and B will be held at our gym in Kitchener and with the assistance of Boxing Ontario, Part C will be conducted at the High-Performance Centre in Toronto in December just prior to the Provincial Championships.

We would like to Thank Coach LeVar and Dr. Wade for their input in getting the great opportunity for our coaching staff, and in the long-term, OUR athletes!

