

Standard First Aid
Re-certification
Course
(Friday)

Risk Management,
Inclusion & Career
Sessions
(Saturday)

EQUESTRIAN
NOVA SCOTIA

Coach Status
& Admin
Update
(Saturday)

Coach
Networking
& Mental
Performance
(Sunday)

Join fellow coaches to learn together and from each other at our
Annual Multi-Discipline Coach Symposium,
brought to you by our partners



&



IN-PERSON @ ASHBURN GOLF CLUB, JOSEPH HOWE DR, HALIFAX
VIRTUAL (whenever possible) via Zoom. Reliable Internet & Video required

Standard First Aid Re-certification Course

Friday, March 31st 3:30p.m. - 9:30p.m.

IN-PERSON ONLY - Ashburn Golf Club, Halifax

Pre-requisite - Participants must have taken the
Standard First Aid with CPR C Course



SATURDAY, April 1st

Starting at @ 9:00 a.m. with meet and greet
In-person (preferred) or virtual

Session 1: *Elephants don't Ride Horses!* "Getting a leg-up on your career as a Horse Industry Professional." Led by horse industry professional and NS's own, Roz Moskovits, you will take away strategies learned from her ongoing work with young and career-adjusting professionals, identifying what can help your career to flourish.

Session 2: *Insurance (not just another "necessary evil")* Acera Insurance's Charity Tetrault will join us via zoom to discuss risk management as it relates to you, a professional coach. Q&A will follow the presentation so come armed with a question (or two).

Session 3: *Inclusion Panel* - moderated by Sport NS's Nick Lenehan, our panel of guests will share their stories of their lived experiences.

Session 4: *Administrative Updates* - Join Equestrian NS TD, Sheila Currie and EC's Director of Sport, Rachel Hubert, to decode the mysteries and challenges of EC Coach Status; upcoming EC/provincial coaching programs, including PD policy, Learn to Ride/Drive programs updates, and more.

SUNDAY, April 2nd

Starting at @ 9:00 a.m. with meet and greet
In-person (preferred) or virtual

Session 5: *You asked! We listened!* Through small and large group discussions, we will tackle important and meaningful topics brought forward by coach feedback and symposium participants; a safe space to explore challenges and work together to seek solutions.

Session 6: *Moving the Dial: How energy = performance.* In this session, we welcome Tina DeRoo, Mental Performance Consultant, Canadian Sport Institute Atlantic who will lead us through two interactive sessions focusing on athlete energy & performance and returning to sport after a break.

REGISTRATION DEADLINE:
Wednesday, MARCH 15th



ATTEND SATURDAY AND SUNDAY
FOR DISCOUNTED RATE
&
INCLUSION SUPPORT AVAILABLE



2023 Multi-Disciplinary Coach Symposium REGISTRATION FORM

March 31st – April 2nd, 2023: Ashburn Golf Club (Old Course), Joseph Howe Dr, Halifax

REGISTRATION DEADLINE: MARCH 15th, 2023

Name: _____

Email: _____

Phone: _____ EqNS/PTSO#: _____

Discipline (circle all that apply) Drive English Western Other

Instead of using this form,
you can register online
using this QR code or link:
<https://forms.gle/7aAHst>



Sessions	Cost	Check if Attending	Sub-Total
Friday First Aid Recertification Course	\$90.00	<input type="checkbox"/> In-Person	
Saturday & Sunday Professional Development Sessions	\$175.00 (Best Price)	<input type="checkbox"/> In-Person <input type="checkbox"/> Virtual	
Saturday Professional Development Sessions	\$100.00	<input type="checkbox"/> In-Person <input type="checkbox"/> Virtual	
Sunday Professional Development Sessions	\$100.00	<input type="checkbox"/> In-Person <input type="checkbox"/> Virtual	
Nutritional Breaks/Lunch on Saturday and Sunday and swag bag included			Total:

Select PAYMENT TYPE: Visa MasterCard Cheque/Money Order (payable to Equestrian Nova Scotia)

VISA/MASTERCARD PAYMENT INFORMATION Please add **Admin Fee \$3.00 to Total Credit Card Payment Enclosed:** _____

Credit Cardholder Name: _____ Signature _____

Credit Card #: _____ Expiry Date: _____ Verification Code: _____

Send to NSEF 5516 Spring Garden Rd, 4th Floor Halifax NS B3J 1G6 Fax:902-425-5606

e-mail:nsefmembership@sportnovascotia.ca For more information, call Alex at 1-800-263-2410

A 10% administration fee will be applied to a refund request. **NO refunds will be granted after March 15th.**

We reserve the right to cancel session(s) due to unforeseen circumstances or insufficient advance registration. If we must cancel all or any part of the symposium, you will be given a credit or you can request a refund in writing. We cannot accept responsibility for individual participant expenses incurred as a result of the cancellation of this symposium. IF COVID-19 prevents us from offering an in-person session on Friday, the first aid course will be postponed. Saturday & Sunday's sessions will be adjusted to a virtual event. More information will be provided by email, if deemed necessary.

As lunch will be provided, do you have any medical or cultural dietary restrictions?

Do you have any accessibility requirements that you would like us to be aware of? If so, please let us know:

For Saturday's Coach Status & Admin Update, do you have specific questions you would like answered?

For Sunday's Coach Conversations, do you have any concerns/topics you would like discussed? We may not be able to include all of the topics this session (we may be able to include them in future symposiums).

For Sunday's Mental Performance Sessions, a handout will be available. We will be selecting one format based on the responses received. Would you prefer a printed handout or slides/document emailed to you?

For Sunday's Mental Performance Sessions, we will be covering energy & performance as well as return to sport. If there are specific scenarios related to these topics where you would like additional guidance, please provide the information here so we can try to incorporate them into the session.

Looking for a
Place to Stay?
Scan the code

