



# Coaches & Judges Development Seminar

Coaching level = A & B

A - Teaching up to Intermediate skiers

B - Developing Talent

Judging Level = up to National Level

This seminar is open to coaches from  
outside the E&A Confederation

6<sup>th</sup> to 8<sup>th</sup> May 2011  
Jounieh, Beirut, Lebanon

Information & Registration Bulletin

Hosted by:

**Lebanese Water Ski & Wakeboard Federation**

For questions please contact:

**Antonella Chehab**

Email: [antonella@lebwwf.com](mailto:antonella@lebwwf.com)

Mobile: +961 3 300 061

## 1. General information

The Coaches Development Seminar targets all tournament and wakeboard coaches, trainers and, more generally, people involved in tournament skiing and wakeboarding wishing to improve their knowledge. Cable ski coaches and trainers are welcome as there is a good crossover of skills and techniques. This Seminar is geared towards beginner and intermediate coaching up to an early international skiing level. The coaches' seminar will be run 6<sup>th</sup> to 8<sup>th</sup> of May in English.

This year in addition, there will be a tournament judges seminar which is aimed at developing people coming into the sport on the judging side. The course will cover the rules and the judge's role over the 3 events (slalom, trick and jump) with the aim to run and judge competitions up to National Level. The judges' seminar will be held 7<sup>th</sup> & 8<sup>th</sup> of May in English.

### **Coaches from Mediterranean Federations**

A 200€ subsidy is available for coaches from Mediterranean countries to attend the coaches seminar. These coaches should be from the developing Mediterranean Countries (sorry we will have to exclude France, Italy, Spain, Greece and Lebanon as the host country) and should be applied for by the Federation to ensure the coach is a recognized representative. There is a maximum of two coaches per country funded under the supported Mediterranean Games programme. A Federation may send more coaches but at their own cost. The coach must attend ALL the presentations and must not already be funded to attend the seminar by another body (e.g. Government). Any coach wishing to apply for this funding should ask their Federation to contact Jean Michel Cau.

## 2. Seminar Agenda for Coaches Developing Talent

### **Friday 6 May 2010**

- 09.00 - 13.00 Slalom –Modern technique including basic principles up to short line skiing  
with biomechanical and video explanation - JMC
- 13.00 - 14.30 Lunch
- 14.30 – 16.00 Coaching Methodology (delivering coaching effectively) - JW
- 16.15 - 18.30 Tricks - Key Skills: Advancing towards the boat, Edging  
- Tricks description and learning principles - JMC

### **Saturday 7 May 2010**

- 09.00 – 11.00 Wakeboard Technique & Rules – JW
- 11.15 – 13.00 Mental imagery & picture and movement analysis - JMC
- 13.00 - 14.30 Lunch
- 14.30 – 15.45 Driving theory – skills, rules, Zero Off - JW
- 16.00 – 17.15 Video Analysis Practice – practice on 3 events -JMC
- 17.30 - 18.30 Water Ski Rules for Coaches – IWWF rules in 3 events – JW

### **Sunday 8 May 2010**

- 09.00 - 10.30 Off Water Training – Physical training approach and programmes - JW
- 10.45 – 13.00 Jump Progression from beginners to  $\frac{3}{4}$  cut: diagrams, videos, exercises - JMC
- 13.15 – 14.30 Lunch
- 15.00 – 15.45 Environmental influence on performance: reasons for adapting in 3 events & how to put in to practice - JMC
- 16.00 – 17.00 Question Session & Seminar Close

*Program subject to change according to level and needs of participants*

**Lecturers:**

Jean-Michel CAU (FRA): 21 years French team manager. Senior judge. Member of IWWF Development Commission.

John WOOD (GBR): British Water Ski Performance Director. International Driver. Chairman of IWWF Development Commission.

### **3. Seminar Agenda for Judges Development**

#### **Saturday 7 May 2011**

- 09.00 – 10.00 Introduction: judge duties
- 10.00 - 13.00 Slalom: judging positions, principles, scoring, re-runs, general rules
- 13.00 - 14.30 Lunch
- 14.30 – 17.00 Jump: judging positions, measuring, re-runs, general rules
- 17.15 – 18.30 Chief Judge responsibilities

#### **Sunday 8 May 2011**

- 09.00 - 13.00 Tricks: judging shorthand, scoring, re-runs, general rules
- 13.15 – 14.30 Lunch
- 13.15 – 16.00 Tricks: details, practice on video
- 16.00 – 17.00 Question Session & Seminar Close

*Programme subject to change according to level and needs of participants*

**Lecturer:**

Maureen WRIGHT (GBR). E&A judge.

## 4. Travel and accommodation information

### 4.1. Travel

Jounieh is 40 minutes from Beirut airport.

There is a taxi station outside the arrivals however there is no set rate so we have added a section in the hotel booking form in appendix I for pick-up so we can arrange a Taxi at a set rate of \$30.

### 4.2. Accommodation

Hotel Portemilio Hotel and Resort

Kaslik - Tel: +9619933300 - Fax: +9619931866

P.O. Box: 766 Jounieh- Lebanon

<http://www.portemilio.com>



Prices: Per room and per day on Bed & Breakfast basis.

Single Room: US\$120 + VAT 10%.

Double Room: US\$140 +VAT 10%.

Extra bed for Triple room is charged for US\$33 + 10% VAT per person.

Please note that this price is only guaranteed up to the 10<sup>th</sup> of April, 2011.

Any bookings made after this date are subject to availability and price change.

### 4.3. Lunch and dinner

Coffee breaks during the **three days** of meeting will be available free of charge, courtesy of the Lebanese Waterski & Wakeboard Federation.

Price for Lunches and Dinners including water or soft drink 30 USD per person.

#### 4.4. Payment and currency

Currency is Lebanese Pound or American Dollars. All restaurants, hotels and activities can also be paid by major credit cards.

#### 4.5. Certificates

All coaches participating in the seminar will receive a certificate of attendance from the E&A if they are present for all the sessions.

#### 5. Entry forms

All participants should send their:

- Entry form for Seminar Attendance before Friday 30<sup>th</sup> April to Jean-Michel Cau (copy to Lebanese Federation)
- Hotel booking forms below should be filled per the enclosed instructions and **sent by 10<sup>th</sup> of April**. After this date the availability and special rates are not guaranteed.

## Coaches Seminar 2011

### ENTRY FORM

#### Coach Seminar Attendance Only

The following person(s) will attend the Coaches Seminar 6-8 May 2011

First Name	Last Name	Address, phone, e-mail and Federation

Date: ..... Signature:

**Please send this form back, not later than 30<sup>th</sup> April 2011 to:**

Jean-Michel CAU  
E&A Development Commission  
[jean-michelcau@wanadoo.fr](mailto:jean-michelcau@wanadoo.fr)

and copy to

Antonella CHEHAB  
Lebanon Waterski Federation  
[antonella@lebwwf.com](mailto:antonella@lebwwf.com)

# ***Judges Seminar 2011***

## **ENTRY FORM**

### **Judge Seminar Attendance Only**

The following person(s) will attend the Judges Seminar 7-8 May 2011

<b>First Name</b>	<b>Last Name</b>	<b>Address, phone, e-mail and Federation</b>

Date: ..... Signature:

**Please send this form back, not later than 30<sup>th</sup> April 2011 to:**

Jean-Michel CAU  
E&A Development Commission  
[jean-michelcau@wanadoo.fr](mailto:jean-michelcau@wanadoo.fr)

and copy to

Antonella CHEHAB  
Lebanon Waterski Federation  
[antonella@lebwwf.com](mailto:antonella@lebwwf.com)

# HOTEL RESERVATION FORM

## *Coaches & Judges Seminar 2011*

(6-8 may 2011)

Please fill out the form below before the 10<sup>th</sup> of April and send it to [antonella@lebwwf.com](mailto:antonella@lebwwf.com)

If you share your double room please also notify the name of the other person.

Your credit card will be taken just as guarantee and payment will be done directly to the hotel.

In case of cancellation later than 10 April the deposit of one night amount will be charged on your credit card.

I would like to reserve a hotel room for the above mentioned seminar.

*Please type or use BLOCK CAPITALS*

Family name		
First name		
Federation		
Address		
Post code	City	Country
Telephone		Fax
E-mail		

I would like to book the following room

<b>Arrival Date</b>		
<b>Departure Date</b>		
<b>Room Type</b>	<b>Single ....</b>	
	<b>Twin ....</b>	
<b>Half Board Supplement</b>	....	
<b>Full Board Supplement</b>	.....	

If you are sharing a room, please state the name of your guest:

Ask for airport pick up: YES            NO

*Arrival*

Date	Time	Flight No:	Airline

*Departure*

Date	Time	Flight No:	Airline