

SFT International Sport Academy Tri-University Joint Seminar - 2018-09-07@NSSU-NCDA

A REPORT

September 7th was the COACHING focused Tri-University/SFT-Academy Seminar at NCDA-NSSU (NITTAIDAI), Setagaya campus; and followed the direction of the agenda discussed at JSA meeting few months back on how to cooperate together with the three academies for fiscal year 2018 (H30). The coordinator of the seminar was **Prof. Masamitsu ITO of NSSU and Dr. Shigeki SARODO and Ms. Shiori**. TIAS joined by taking 2 students from the TIAs 3rd BATCH, with COACHING background and future Coaching interests in their careers/countries – **Mr. SHEMA – MABOKO Didier** (Rwanda) and **Mr. Celestin NZEYIMANA** (Rwanda) with Basketball and Adapted-Para Sports (Sitting Volleyball) as expertise, respectively. The program was as below, starting with the SPORT TRAINING/FACILITIES sites at NSSU, Setagaya campus in the morning; including the EXPANSION OF PARALYMPICS project (**Ms. Mao Yamaguchi** and team; towards 165 nations in 2020- and towards an inclusive society) followed by exchange of ideas and views – networking at lunch, and two SEMINARS on each ACADEMY – LEARNINGS from the PARTICIPANTS and the NCDA talk on ‘WHY and HOW of COACH DEVELOPMENT’.

One of the TIAs 1st Batch students, **Mr. Makoto KOSAKA** (ASICS) also joined the SEMINAR. The presentations by both NIFISA participants-two representatives, **Mr. Gobinath** and **Ms. Niki** explained the NIFISA program and experiences at **KANOYA**, detailing how the program (13 participants for 10 days) made them better understand the Japanese Culture and Sport. Starting with **TIAS**, I (Randeep) explained the program-MODULES of TIAs and the EARLY COMPLETION requirement’s (Journal Article, Conference and Research Project, including Internships) as part of the Academic Legacy. **TIAS students**, Celestin and Shema also made a good impression by starting with their reasons to join TIAs, and the learning and research experiences leading to their 1-year stay at Tsukuba and link to their future careers in sport and coaching, back in their home country of Rwanda. Excellent presentations focused on their aims, was well received by the audience. ‘They know what they are talking about’.

SFT国際スポーツ・アカデミー

三大学連携合同セミナー

SFT International Sport Academy Tri-University Joint Seminar

2018年9月7日 (金) 10:00~16:00

日本体育大学 東京・世田谷キャンパス

教育研究棟5階 大会議室

主 催：日本体育大学 (NCDA コーチデベロップアカデミー)

共 催：筑波大学 (TIAS つくば国際スポーツアカデミー) 鹿屋体育大学 (NIFISA 国際スポーツアカデミー)

参加費：無料。事前のお申し込みは不要です。自由にご参加ください。

※使用言語は英語ですが、通訳はございませんので予めご了承ください。

時間 Time	内容 Content	場所 Venue
10:00-12:00	部活動・施設見学 NSSU Tour for Club Activity and Facility	学内各所 NSSU Setagaya Campus
12:00-13:00	交流会 Luncheon Gathering	N ラウンジ (教育研究棟1階) N Lounge (Educational Research Institute 1F)
13:00-14:10	セミナー① (Seminar①) スポーツ・アカデミーにおける私の学びと経験 (各アカデミー-受講生による発表) [Our Learning Experience in Sport Academy]	大会議室 (教育研究棟5階) Large meeting room (Educational Research Institute 5F)
Break (14:10~14:30)		
14:30-16:00	セミナー② (Seminar②) コーチ育成が必要な理由とその方法を考える [“Why” and “How” of Coach Development]	大会議室 (教育研究棟5階) Large meeting room (Educational Research Institute 5F)

ファシリテーター

・伊藤 雅光 (日本体育大学 体育学部教授、コーチデベロップアカデミー副ディレクター)
・佐良土 茂樹 (日本体育大学 コーチデベロップアカデミー特別研究員)



問い合わせ先
日本体育大学
スポーツアカデミー-形成支援事業室
03-5704-0804 cdaacademy@nitai.ac.jp



The final session was the PRACTICAL_INTERACTIVE seminar on COACH DEVELOPMENT, as a BASIC INTRODUCTION to the PARTICIPANTS, by **Saro and Ito sensei** and previous Cohort Coaches/participants from **Canada (Glenn)** and **Singapore (Condrey)**.

“It is critically important to create an international network of coach developers; Coach context most important up factor to consider while training; Skills and knowledge of coach developer/development-being aware of CONTEXT (Saro). Glenn mentioned about leaving the program – as being in a BLENDER – whereas, Condrey has been developing a sub-coach developer program in Singapore Swimming; translating his learning to his colleagues/other coaches. The participants engaged in a fruitful basic coach developer program, and got to know the underlying idea of such a program, what is done and for what.



In all a wonderful conclusion of the day at NCD A with networking and new learnings for all academies, especially TIAS and NIFISA at NSSU. To **COACH DEVELOPMENT** - Thank you.



NSSU Coach Developer Academy : NCDA Coach Developer Program 2018 (2018-09-09 to 14

@NSSU-NCDA) – A REPORT

TIAS students, **Mr. SHEMA – MABOKO Didier** (Rwanda) and **Mr. Celestin NZEYIMANA** (Rwanda) and **Ms. Taciana PINTO** (Brazil; JUDO Sport) joined the September 9th to 14 **NCDA COACH DEVELOPER PROGRAM**; also held at Setagaya Campus of NSSU.

Starting with ‘Know your Mates’, the program began on Sep 9th, with all the participants staying at the NSSU Guest House, making it convenient to interact, ‘work through the night’ as required for the days works, and develop friendships and understanding of each other/country/discipline.

The program followed the schedule as on the right-hand and was coordinated and facilitated by the NCDA STAFF (and TEAM) as above including 2 Expert Coaches **Mr. Glenn CUNDARI** (Technical Director, PGA Canada) and **Ms. Maiju KOKKONEN** (Coach Developer, Olympic Training Centre, Sport Institute of Finland).

I (Randeep) and **Dr. Guido Geisler** (TIAS Faculty and Sports Psychology and Football Coach and Researcher) joined the Day 3, where the **FACILITATION PRACTICE (Observation & Feedback)** was the main training session; as each participant had been assigned to a GROUP for their respective practice sessions followed by Q&A from a Team Leader and the EXPERTS.

What is COACH DEVELOPMENT; action research and coaching practice class; what kind of coaches do you wish to become? – Know it, and then :

- Make a Plan
- Do it on the Field
- Re-visit (recording)
- Revise









NSSU Coach Developer Academy NCDA Coach Developer Programme 2018

スポーツ庁委託事業「平成30年度スポーツ・アカデミー育成支援事業」NCDAコーチ育成者養成プログラム2018

Day 0 Sep 9 (Sun)

Time	Activity	Lead	Venue
18:00-20:00	Welcome Party (Know your Mates) 歓迎会	Masa	Guest House

Day 1 Sep 10 (Mon)

9:00 - 10:00	Group Forming Activity グループ形成アクティビティ Set the Scene for the Week (Intro of NSSU, NCDA, SFT) NSSU, NCDA, SFT の紹介	Masa, Sato, Glenn and, Maiju	Memorial Hall 記念講堂 (1801)
10:00 - 12:00	Sharing your context (Issues in Coach Development) それぞれの国、組織、地域でなぜコーチデベロッパーが必要なのか、なぜNCDAに加盟したのか?	Glenn, Masa, and Sato	
12:00 - 13:00	Lunch 昼食		
13:00 - 14:30	Identify & Explore CD's Role and Skills コーチデベロッパーの役割とスキルの特定と検討	Sato	
	Break 休憩		
14:45 - 16:15	Adaptive Challenge 適応を要する課題について	Masa	

Day 2 Sep 11 (Tues)

9:00 - 9:15	Review & Preview レビュー & リフレクション	Glenn	Memorial Hall 記念講堂 (1801)
9:15 - 10:45	LEARNS "The Principles for Effective Learning" 効果的な学習のための原理	Maiju and Masa	
	Break 休憩		
11:00 - 12:00	CD Skills 1 コーチデベロッパースキル1	Maiju and Masa	
12:00 - 13:00	Lunch 昼食		
13:00 - 15:00	CD Skills 2 コーチデベロッパースキル2	Maiju and Masa	
	Break 休憩		
15:15 - 16:00	Facilitation Preparation ファシリテーションの準備	All	

Day 3 Sep 12 (Wed)

9:00 - 13:00	Facilitation Practice (Observation & Feedback) ファシリテーション実践(オブザベーション&フィードバック)	Glenn, Maiju, Masa and Sato	Memorial Hall 記念講堂 (1801)
13:00 - 14:00	Lunch 昼食		
14:00 - 15:00	Action Plan for Individual Skill up Strategy 個人スキル向上のためのアクションプラン	Glenn and Maiju	
15:00 -	1 on 1 meeting with Facilitators ファシリテーターとの1対1のミーティング		TBA

Day 4 Sep 13 (Thurs)

9:00 - 9:30	Review & Preview レビュー & リフレクション	Masa	Memorial Hall 記念講堂 (1801)
9:30 - 12:00	—Glocalization— Bringing NCDA to your home based on NCDA Examples (Zambia, Singapore, Jordan, Finland, Canada and Japan) —グローバル化— NCDAを様々な地域・国で実践した例(ザンビア、シンガポール、ヨルダン、フィンランド、カナダ、日本)	Sato, Glenn, Maiju, and Masa (& possibly NCDA Alumni on Skype)	
12:00 - 13:00	Lunch 昼食		
13:00 - 14:00	Glocalization2 グローカリゼーション2	Sato, Glenn, Maiju, and Masa	
14:00 - 15:30	Japanese Culture Experience (Kao-do) 日本文化体験(華道)	Miho, Masa, and Sato	

Day 5 Sep 14 (Fri)

9:15 - 12:00	Action Plan for your Coach Development アクションプラン作成 Final Activity and Reflections 最終アクティビティ&リフレクション	Glenn, Maiju, Masa and Sato	Memorial Hall 記念講堂 (1801)
12:00 - 12:30	Closing Ceremony 修了式	Gushiken	Medium-sized meeting room 中会議室 (2501)
Afternoon	Facilitators available for 1 on 1 meetings ファシリテーターとの1対1のミーティング		TBA

Gushiken Glenn Maiju Miho Masa Sato	Prof. Koji GUSHIKEN Glenn CUNDARI Miho KOKKONEN Miho OGATA Prof. Masamitsu ITO Shizuki SARODO	President, Nippon Sport Science University (NSSU) and Director, NCDA Technical Director, PSA of Canada Coach Developer, Finnish Sports Institute Viermaki Teacher of Japanese Culture Experience (Ko-do) Director, NSSU Center for Coaching Excellence (NCCCE) Research Fellow, NSSU Coach Developer Academy (NCDA)
--	--	--

Gushiken	Prof. Koji GUSHIKEN	President, Nippon Sport Science University (NSSU) and Director, NCDA
Glenn	Glenn CUNDARI	Technical Director, PGA of Canada
Maiju	Maiju KOKKONEN	Coach Developer, Finnish Sports Institute Viermaki
Miho	Miho OGATA	Teacher of Japanese Culture Experience (Kao-do)
Masa	Prof. Masamitsu ITO	Director, NSSU Center for Coaching Excellence (NCCE)
Sato	Shigeki SARODO	Research Fellow, NSSU Coach Developer Academy (NCDA)

Draft 4 September 2018 * Subject to Updates

SET THE TASK, not to use instructions! But to ASK QUESTION is the main point here-FACILITATION is the KEY; SESSION PLANNING is essential; COACHING INNOVATION, CHANGE THE MINDSET.

For example, Participant A (Group Leader), mentioned the MAIN TOPIC (Prevention and Safety in Aquatic Sports) and MAIN OBJECTIVES; started with a video presentation-so that everyone can understand it's about working with Person with disabilities/PWDs; gave a set talk with defined time; gave a CHECKLIST; What each of the TEAM MEMBERS feel they must answer-speak; the Group Leader (presenter) facilitates the group work. PREPARE THE TASK; ASK THE QUESTIONS; EXPERT COACH DEVELOPER/FACILITATOR gives FEEDBACK on how the SESSION was DELIVERED, how he/she saw the session, what worked well, what did not; Group Leader then gives his/her own opinion on his/her session; this is all FOLLOWED by a ONE-ON-ONE session with the FACILITATOR/COACH DEVELOPER for further detailed discussion.





SESSION: Facilitator answers, on more time was needed ... “It is not about TIME, TIME IS NOT ENOUGH, time is always not enough, if its 20 min, it is not enough, if it is 60 min it is not enough, if it is 2 hours, it is not enough...”

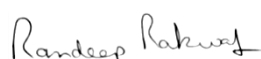
All 3 TIAS students prepared excellent SESSIONS, and there was also well-deserved praise for Celestin (group name was TINO) by the Expert/Coach Developer for his session and facilitation way in the group; he made the GROUP WORK; commenting (Expert), ‘the brain that works learns the most’

To end, I will quote one TIAS student who can, I believe also speak for the group : and she has put it well –

“I would like to thank the opportunity to join the program that for sure was very informative and contributed to my formation as sport manager, mainly with the roles that include the development of coaches. It was great to learn new methods and tools of teaching/facilitating and it gave me new perspective that can contribute to my future career and also to my actual research in TIAS. Also, the networking was great and I was able to make more connections with people from Brazil and abroad. In Brazil, I think these connections may open new doors and abroad, for sure, the exchange of experience can be productive for all of us. I am sure that it will be great experience for TIAS 4th batch also, if there is a program in 2019. Finally, the NCDA members received us very well, and all the university facilities were impressive. I am sure that the collaboration between SFT programs can bring to all of us many benefits.” (Ms. Taciana PINTO, TIAS 3rd Batch - Brazil)

Thank you.

Sincerely Yours,



Dr. Randeep RAKWAL, Ph.D.

Professor, Faculty of Health and Sport Sciences & Tsukuba International Academy for Sport Studies (TIAS), Global Sport Innovation Bldg., Room 403, UNIVERSITY OF TSUKUBA, 1-1-1 Tennodai, Tsukuba, Ibaraki 305-8574, Japan

Email - plantproteomics@gmail.com

Email - rakwal.randeep.fu@u.tsukuba.ac.jp (office)

Mobile – (+81) 090-1853-7875

Office phone – (+81)029-853-2681

Website: <http://tias.tsukuba.ac.jp/> ; <http://www.trios.tsukuba.ac.jp/en/researcher/0000003045>

2018-09-18

NOTES:

NSSU Coach Developer Academy: Nippon Sport Science University (NSSU) Coach Developer Academy was established to foster future international ‘Coach Developers’ and to construct a network of coach developers all over the world. This academy is part of ‘Sport for Tomorrow’ programme of the Japan Sports Agency (JSA) for the 2020 Tokyo Olympic and Paralympic Games. Proudly collaborating with the International Council for Coaching Excellence (ICCE), NSSU Coach Developer Academy provides training programmes with blended learning opportunities for the future coach developers. Creating coaching cultures that leads to positive experiences for everyone through sport is the vision that we have of the academy. <https://www.ncda.tokyo/>

TIAS: <http://tias.tsukuba.ac.jp/> ; NIFISA-NIFS at Kanoya: <http://tias.tsukuba.ac.jp/> ; SFT: <https://www.sport4tomorrow.jp/>