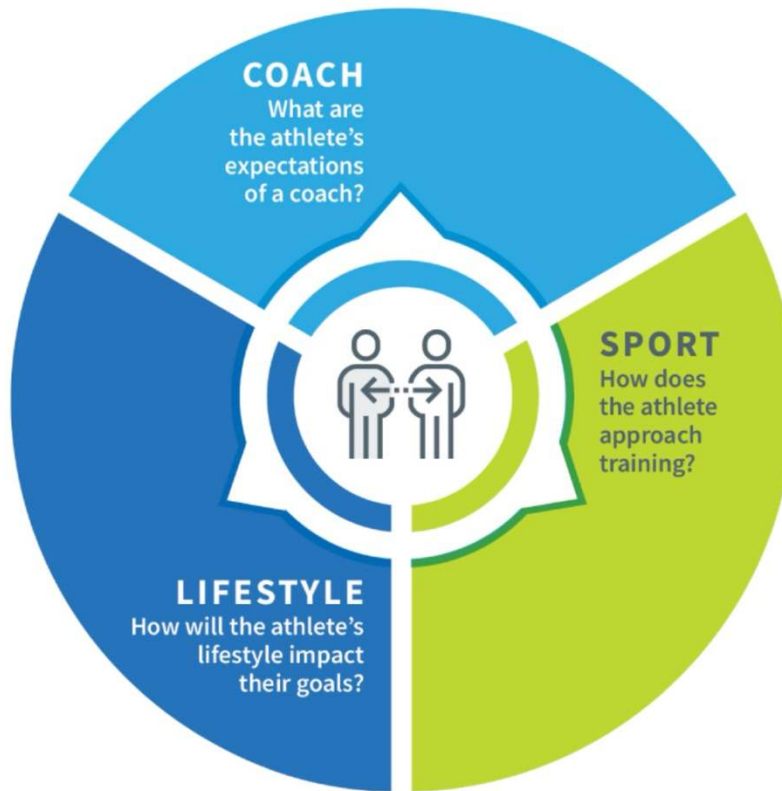




Coaching Education & Certification System

Fundamentals, Ethics Motivation in Athletics
Coaching

Fundamentals, Ethics & Motivation in Athletics Coaching

Organized by the Curaçao Athletic Federation

Why You Should Attend

This workshop offers a fresh and powerful perspective on the core principles of effective coaching. Whether you're a new or experienced coach, understanding the fundamentals of coaching—combined with ethical leadership and the ability to motivate—can profoundly elevate your impact on athletes.

Coaching isn't only about training plans and performance. It's about trust, respect, integrity, and the power to inspire.

"Great coaches don't just train athletes. They shape character and build confidence."

Presented by an expert in multisport coaching, this session brings a broader view of how to lead athletes both on and off the field.

Workshop Goals

This workshop aims to enhance coaching competence by addressing essential areas that influence athlete development beyond physical training. After attending this workshop, coaches will be able to:

- Understand the foundational principles of coaching across all sports.
- Reflect on ethical responsibilities and the coach's role in athlete wellbeing.
- Recognize how motivation, communication, and behavior shape long-term athlete success.
- Apply key concepts such as leadership, emotional intelligence, and responsibility.
- Learn from cross-sport examples to improve coaching versatility.
- Create a positive environment that nurtures growth and enjoyment in sport.

This session will challenge participants to rethink their approach and integrate values-driven coaching into their daily work.

Workshop Content

Saturday, August 23, 2025 (15:00 – 17:00)

SDK Meeting Room

Topics Covered:

Intro: **Video** [12 min] **The Evolution of Sport**

1. What Is a Coach?

- The multiple roles of a coach
- Leadership styles and self-awareness

2. Ethical Coaching Practice

- Boundaries, respect, and power dynamics
- Fair play, honesty, and athlete protection

3. Motivation in Sport

- Intrinsic vs extrinsic motivation
- How to inspire discipline and confidence

4. Effective Communication

- Listening, language, and feedback
- Managing conflict and building trust

5. Lessons from Volleyball & Beyond

- Coaching insights from team sport
- Cross-discipline learning

6. Q&A and Reflection

- Sharing best practices
- Application to your own coaching context

Presenter

Patricio Bridgewater

Patricio Bridgewater is a Level 3 FIVB Volleyball Coach with many years of coaching experience at both the national and international level. He is a former member of the NAOC Technical Committee and took part in the International Coaching Enrichment Certificate Program (ICECP) of the International Olympic Committee (IOC).

Besides his sports background, Mr. Bridgewater is also a former police officer, bringing a strong foundation in discipline and leadership.

His broad experience provides timeless and practical lessons in coaching fundamentals, motivation, and ethics—offering coaches a unique and thoughtful perspective grounded in real-life leadership, sport, and discipline.

Who Should Attend

- Coaches currently enrolled in the CAB Coaching Course (*Free of charge*)
 - Athletics coaches of all levels
 - Club team leaders
 - Volunteers and anyone interested in athlete development
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Location & Schedule

- **Venue:** Meeting Room, SDK Stadium
 - **Date:** Saturday, August 23, 2025
 - **Time:** 15:00 – 17:00
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Registration Details

- **Deadline:** Wednesday, August 20, 2025
 - **Fee:** XCG 10.00 (Free for CAB Coaching Course participants)
 - **Register via:**
 <https://curacaoatletiekbond.com/courses/>
 - **Payment Info:**
 - **Bank:** MCB
 - **Account Number:** 278.960.04
 - **Account Name:** Curaçaose Atletiek Bond
 - **Send proof of payment to:** treasury@curacao-athletics.com
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Appendix

- A. Registration form
- B. Contact information

A. Registration Form – Fundamentals, Ethics Motivation in Athletics Coaching

Workshop Details:

Venue: Meeting Room, SDK Stadium

Dates/times:

- Saturday, August 23, 2025 (15:00 – 17:00)

Workshop Fee: XCG 10.00 (free for current coaching course participants)

Registration Deadline: Wednesday August 20, 2025

Personal Information:

Full Name: _____

Date of Birth (DD/MM/YYYY): _____ Gender: ☐ Male ☐ Female

Address: _____

Phone Number: _____

Email: _____

Signature: _____ Date: ____ / ____ / ____

A. Payment Details and contact information:

Course Fee: XCG 10.00

Payment must be made before August 20, 2025.

Bank Transfer Details: MCB 27896004

Proof of Payment must be sent to treasury@curacao-athletics.com

For any questions, contact us at board@curacao-athletics.com