

# FLL Coaches Workshop

## September 11, 2010

### **Meeting Agenda**

Programming Essentials & More  
Challenge Overview  
Coaching Information  
Q&A

### **Meeting Notes/Handouts**

[Programming Handout Morning](#)  
[Programming Handout Afternoon](#)  
[PowerPoint Slides \(pdf version\)](#)  
[Challenge Activities](#)

### **Official Sources of Information – FIRST**

[FIRST LEGO League Website](#)  
[FLL Challenge Document & Game Rulings](#)  
FIRST Email  
Coaches Handbook  
[Team Resources & Coach Calls](#)

### **Official Sources of Information – Virginia/DC FLL**

[VA/DC FLL Website](#)  
Emails from Nick Swayne, Brittany Rose, Steve Scherr, Barbara Bragg

### **Other Sources of Information**

[FIRST Forum](#)  
[VADCFL Listserv](#)

[Lynchburg Regional Tournament Information](#)

### **Video**

Unofficial Body Forward Mission [Video](#)  
[FIRST LEGO League YouTube Channel](#)  
[Robodesigners YouTube Channel](#)

### **Helpful Forms**

[Body Forward Certificates](#)  
[Tech Brick Team Resources](#) (Score Sheet & More)  
[Field Image](#)

### **Programming Instruction**

[NXT Video Trainer](#)  
Robot Educator (Tutorial in NXTG)  
[Ortop Tutorial](#)

Our website [www.Robodesigners.com](http://www.Robodesigners.com) has lots more FLL Resources. Check it out!  
Contact us [info@robodesigners.com](mailto:info@robodesigners.com)