



28 - 30 September 2018 – Edmonton, AB

Conference & AGM

ANNUAL GENERAL MEETING: Saturday, 29 September 2018

Delegates to the Annual General Meeting must be pre-registered by completing the Conference Registration form or by emailing the Swim Alberta office at office@swimalberta.ca if not attending the conference. More information about the Annual General Meeting will be posted [here](#).

AWARDS BANQUET:

Join us Saturday, 29 September at 6:30 pm when Swim Alberta celebrates the achievements of our athletes, coaches & volunteers at the Annual Awards Banquet - Cocktails at 6:30 & Dinner at 7:00 pm. Tickets at \$60/person & can be purchased through the [Conference Registration Form](#) or individually if not attending the conference [here](#).

ANNUAL CONFERENCE:

This year's conference promises not to disappoint with workshops & sessions for Club Boards & Coaches. Sessions start on Friday, 28 September, run all day Saturday & wrap up on Sunday at mid afternoon. Conference Registration will close on 17 September 2018.

Conference fees: \$200.00 per person (Each year round club will receive one complimentary conference registration for a club Board Member & one for a coach).

Banquet fee: \$60.00 per person.

REGISTER NOW by clicking on the [Conference Registration Form](#).

REMINDER: *Block Expires on 28 August 2018* Space is limited - Book Early

Coast Edmonton Plaza Hotel, Edmonton, AB

Reservation information:

Call 1-800-663-1144 or book online at <http://coa.st/pofq> Special Code CEP-GFC17125 where it asks for Group

CONFERENCE SPEAKER BIOS & SESSIONS:



Session: *Swim Alberta Performance Strategy* – Dr. Norris will share the performance strategy as well as address how to guide through it so each and every club can be successful within the Swim Alberta Strategic Plan.

Dr. Stephen Norris, PhD: Norris is recognized as a leading authority on child/youth activity & athletic development. Dr. Norris has roots in swimming as a Coach and a Swim Canada Board member. Norris is currently contracted with Swim Alberta to review training, competition & supporting elements to develop a world class framework for Swim Alberta's performance strategy.

Session: *Creating a Sustainable and Vibrant Swim Club* – Presented by Steve Indig, Sport Law and Strategy Group Club Operations. Each participant will receive a Club Operations Manual that has been produced by Swim Alberta and the Sport Law and Strategy Group. This all-encompassing manual will work board members through all they need to know to create a sustainable and vibrant swim club. Topics include: Mission, Vision/Values; Governance Models, Bylaws, Director Responsibilities, Meetings of the Members, Committees, Complaint Management, Human Resources and Volunteer Management, Finance and Corporate Maintenance and Policy Support. The topics presented as well as the information contained in the manual can be used as an effective tool for both new or building swim clubs to update or address emerging policy trends or operational gaps at the governing level. Templates provided.

Steve Indig BRec, LLB: Steve began his career with the Sport Law & Strategy Group in 2003 immediately after being called to the bar as a lawyer. Steve has had the opportunity to work with over 650 national, provincial, and local sport organizations providing consulting and legal services related to governance, employment, contracts, policies, disputes, and privacy. He is a regular guest speaker and presenter at AGMs, conferences, and workshops, and also acts as a mediator and adjudicator.

Session: *Optimizing Activation, Warm-up/Warm-down Routines* – Tessa Gallinger shares her experiences and expertise in optimizing pre-pool activation and pre-race warm-up/re-warm-up strategies based on the most recent literature. Discussion on the importance of its inclusion, as well as methods to advance an athletes longevity and performance whilst minimizing fatigue.

Tessa Gallinger: Tessa is a Strength & Conditioning Coach with the Canadian Sport Institute Calgary, and Lead S&C Coach for the Canadian Paralympic Swim Team since 2013. She is currently completing a Masters of Science studying Muscle Physiology at the University of Calgary, focusing on muscle architectural changes that occur with sport specific velocity training. Gallinger's work for the National team has had a focus on improving activation routines, and ready room "readiness" prior to a race.

Session: *In's and Out's of your Club Insurance Program* - What exactly does our Insurance cover? As boards turn over, new board members often ask this question. Join Hailey Taskey in this informative session that explains the coverage clubs receive through their insurance programs with Swim Alberta.

Hailey Taskey, Account Executive LloydSadd: With a background in the management and development of complex insurance programs for large commercial operations such as property development and management, specialty construction, engineers and project managers, environmental remediators and many others, Hailey has expanded her knowledge of the Not-for-Profit and Dealership sector.

Session: Backstroke & Freestyle - Cascade Swim Club coaches break down these two strokes for all stages in the Long Term Athlete Development model. In two sessions (Fundamental & Learn to Train and then Train to Train & above), technique will be covered along with progressions, starts, turns, training, & test sets.

Marc Tremblay, Head Age Group Program Coach Cascade Swim Club: Marc is bringing his extensive 25+ years of coaching experience to the conference. Marc has coached some of Canada's top-age group programs over the last two decades, including the Vernon Kokanee Swim Club and the Edmonton Keyano Swim Club. Marc has produced several swimmers who have gone on to compete for Canada internationally - including at the Olympic games.

Session: The Business of Coaching - One of Canada's top swimming programs will share specific details on the business of coaching and team as well as performance achievements and how they were accomplished.

Session: Coaching Opportunity Reports – Alberta Coaches have had some fantastic international opportunities this past season and they will be sharing their experiences via short presentations.

Alex Diep, Head Age Group Coach Nose Creek Swim Association: Alex was chosen to mentor with the Swim Canada Para-swimming NextGen Train and Race camp tied to the Copenhagen World Para Swimming World Series.

Scott Wilson, Head Coach Red Deer Catalina Swim Club: Scott was chosen as part of the coaching staff for the 2018 Junior Pan Pac Championship team, Suva, Fiji.