

Conference Schedule:



FRIDAY, 29 September	
<u>Coach Stream</u>	<u>Board Member Stream</u>
2:15 - 3:15 pm Swim Alberta Coaches Meeting <i>(Crocus/Arnica)</i>	
3:30 - 5 pm Kelly Drager - Relative Energy Deficiency for Sport (RED-S) & the Female Triad <i>(Crocus/Arnica)</i>	
5:15 - 6:45 pm Keynote Address - TBC <i>(Crocus/Arnica)</i>	
	7 – 8 pm Club Executive Meet & Greet with Swim Alberta Board & Staff <i>(Orchid)</i>

SATURDAY, 30 September	
9 - 10:30 am Jane Crowshaw - Empowering the Coach <i>(Crocus/Arnica)</i>	9 - Noon Safe Sport <i>(Ladyslipper)</i>
10:45-12:15 Panel A - Closing the Gap to 2020 <i>(Crocus)</i>	Panel B - How Do I Fix..?? <i>(Arnica)</i>
12:30 - 1:15 pm Swim Alberta AGM (Lunch available for pre-registered delegates only) <i>(Ladyslipper)</i>	
1:45 - 3:15 pm Jane Crowshaw - Empowering the Athlete <i>(Crocus/Arnica)</i>	1:45 – 5 pm Safe Sport - Continuation of morning session. <i>(Ladyslipper)</i>
3:30 - 5 pm Dr. Amy Bender - Sleep <i>(Crocus/Arnica)</i>	
6:30 pm - Swim Alberta Awards Banquet. Seating & Cocktails at 6:30 pm. Banquet at 7 pm <i>(Crocus/Arnica)</i>	

SUNDAY, 1 August	
9 - Noon SafeSport for Coaches <i>(Crocus/Arnica)</i>	9 – 10:30 am Dr. Amy Bender - Sleep <i>(Ladyslipper)</i>
	10:45 – 12:15 pm Jane Crowshaw - Leadership & Communication <i>(Ladyslipper)</i>

CONFERENCE SPEAKER BIOS & SESSIONS:

U.S.A. Swimming (Centre for SafeSport)- Works collaboratively with sport organizations to ensure a culture of safety through our awareness, education & training programs, so that every athlete is safe, supported & strengthened through sport.

Sessions: *Executive: Geared towards our Club Leaders, we will work together to establish credibility & create a shared understanding of the SafeSport movement while teaching everyday practices that are simple & accessible. Through real-life scenarios, this presentation will provide you with the adaptable framework that can be put in place for youth protection in sport & see that egregious behaviour is preventable through education & early intervention.*

Coaches - Geared towards coaches, you will be given a general overview of the SafeSport program & why it should be embraced in your club. You will be presented with real-life scenarios to help educate & provide you with tools to address these types of issues with your own athletes & club.

Dr. Amy Bender - is a Mitacs Postdoctoral Research Fellow at the University of Calgary Faculty of Kinesiology & works jointly at the Centre for Sleep & Human Performance as a Sleep Scientist.

Sessions: *Coaches: Sleep. Coaches, fatigue management is one of the key components to peak performance. Dr. Bender will talk about what good sleep, sleep hygiene, things directly affected by sleep & gains from adding more sleep.*

Club Executive - Sleep. Did you know you have a sleep bank? Credits & debits from this account can directly affect daily performance in almost everything you &/or your athletes do. Learn why sleep hygiene is so important to swimmers achieving their goals.

Jane Crowshaw - CEC, Executive Leadership & Performance Coach & the Director of Exec Coaching at the Essence Group & Essence Sport Performance. A Royal Roads university graduate, her priority is focusing on three 'essentials' – self leadership, mindset & performance that drives results.

Sessions: *Empowering the Coach/Empowering the Athlete - Jane will share her mental strength training program designed to inspire & drive high performance as well as her H. E. R. O. Journey program that is easily implemented.*

Leadership & Communication - Is team building & a formula for confidence & success important to our swim clubs? Yes! Jane will talk about high performance for leaders & tell us why everything starts with our mindset & communication. This will be a dynamic and motivating session!

Kelly Drager RD, Sport Performance Dietician for Canadian Sport Institute - attained her Bachelor of Physical Education & Exercise Physiology from the University of Calgary & a Bachelor of Science in Food & Nutrition as well as a Masters in Exercise Physiology from University of Alberta.

Sessions: *Relative Energy Deficiency for Sport (RED-S), is a syndrome that refers to impaired physiological function including metabolic rate, menstrual function, bone health, immunity, protein synthesis & cardiovascular health. The Female Triad & how you can improve performance & maintain a healthy athlete.*

Special Guest Appearances by:

Panel A - *Closing the Gap to 2020*

Mike Blondal University of Calgary Varsity & University of Calgary Swim Club. Mike has been the Head Coach of U of C & UCSC since 1994. As well as being a World Championship team coach, he has had many swimmers make international teams, including Dena Durand, Chad Murray, Tim Cown, Garrett Pulle, & Carrie Burgoyne. Mike was named the 1997 CIAU Coach of the Year and coached the CIAU Men's Champions that same year.

Dave Johnson Cascade Swim Club. Dave is in his tenth season as head coach. He has been an Olympic Games and Pan Pacific Championships coach.

Peter Schori LA Swim Club/University of Lethbridge Varsity. Since 2012, Peter has been the head coach of LASC and U of L. He is coach of Olympian Rachel Nicol and Paralympian Zach McAllister and some of his previous international level swimmers are Richard Hortness and Tianna Rissling. He has been part of the coaching staff for World Championship teams while also being Coach of Record for a Senior National or Trials Champion in nine of the last ten years. Peter is the only Canadian to coach two women to 1:07 or faster, long course, 100 breaststroke.

Panel B - *How do I fix...? Everything you wanted to know but were too afraid to ask....well these people are here for you! With over 100 years of experience, they have probably been through what you have questions about. Come prepared to ask about strokes, fixes, training.*

Lesley Serediak Olympian Swim Club. Lesley is Swimming 201 certified & the Assistant Head Coach/Performance Group Coach. She has over 25 years of coaching with success primarily at the 14 & under level where she has consistently had numerous provincial and national successes. She is one the loudest whistler's Canadian swimming has ever known!

Marc Tremblay Cascade Swim Club. Marc is the Head Age Group Program Coach. He is Level 4 certified and has over 25 years' coaching experience. Marc has developed international swimmers who have represented on international teams including the Olympics and coached the 2009 World Championship Team Coach. Marc was named the 2001-02 CIS Men's Swimming Coach of the Year.

Lorna Snow University of Calgary Swim Club. One of the most experienced & educated coaches of young swimmers in Canada, Lorna is the Head Coach Development Program at Churchill Pool and has been committed to UCSC for over 30 years. She has a Masters in Physical Education, has taught Therapeutic Recreation at Mount Royal University for over 25 years, is Swimming 201 Certified, & is a Learning Facilitator for Community Coach for Swim AB, all while coaching and working as the UCSC as Team Manager.