



27 - 29 September 2019 – Canmore, AB

Conference & AGM

ANNUAL GENERAL MEETING: Saturday, 28 September 2019

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, 28 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](#).

CONFERENCE:

This year's conference promises not to disappoint with workshops & sessions for Club Boards & Coaches. Sessions start on Friday, 27 September, run all day Saturday & wrap up on Sunday at mid afternoon. Conference Registration will close on 17 September 2019.

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](#).

HOST HOTEL: SPACE IS LIMITED

Coast Canmore Hotel, Canmore, AB

Reservation information:

Call 1-800-716-6199 or book online at <http://coa.st/1ze4>, Group Code CCM-GFC4176, Group Name Swim Alberta

CONFERENCE SCHEDULE: (Subject to Change)

FRIDAY, 27 SEPTEMBER			
	<i>Coach Stream</i>	<i>Club Executive Stream</i>	
2:15-2:45 PM	Swim Alberta Coach Meeting (Crocus/Arnica)		
3-5 PM	Biomechanics of Swimming Disciplines - Ryan Atkinson (Crocus/Arnica)		
5:30-7:30 PM	Keynote Address - Jamie Clarke (Crocus/Arnica)		
7:30 - 9 PM			Meet & Greet (Orchid)
SATURDAY, 28 SEPTEMBER			
	<i>Invited Coaches Stream*</i>	<i>Coach Stream</i>	<i>Club Executive Stream</i>
9-10:30 AM	Mental Performance Plan - Frank van den Berg (Grizzly)	Best Practices for Building Champions - Dean Boles (Crocus/Arnica)	Call to Action: What your club needs to have in place by 2020 to ensure a successful Risk Management and Safe Sport Program - Steve Indig/Dina Bell-Laroche (Ladyslipper)
10:30 - 10:45	COFFEE BREAK		
10:45-12:15 PM	Mental Performance Plan - Frank van den Berg (Grizzly)	Hot Topics - Steven Norris, Kevin Dennis, Dean Boles	Call to Action: Session Continued - Steve Indig/Dina Bell-Laroche (Ladyslipper)
12:30-1:30 PM	SWIM ALBERTA ANNUAL GENERAL MEETING (Ladyslipper)		
1:45-3:15 PM	Hot Topics - Ryan Atkinson, Dean Boles, Steve Norris, Kevin Dennis (Grizzly)	Mental Performance Plan - Frank van den Berg (Crocus/Arnica)	Call to Action: Session Continued - Steve Indig/Dina Bell-Laroche (Ladyslipper)
3:15 - 3:30	COFFEE BREAK		
3:30-5 PM	Hot Topics - Dean Boles, Steve Norris, Kevin Dennis (Grizzly)	Mental Performance Plan - Frank van den Berg (Crocus/Arnica)	Call to Action: Session Continued - Steve Indig/Dina Bell-Laroche (Ladyslipper)
6:30-10 PM	SWIM ALBERTA AWARDS BANQUET (Crocus/Arnica)		
SUNDAY, 29 SEPTEMBER			
9-10:30 AM	Leading with Values - Dina Bell-Laroche (Crocus/Arnica) <i>Coaches, this session will provide an additional PD point for all who attend the full session.</i>		
10:30-10:45 AM	COFFEE BREAK		
10:45-12 PM	Building Champions in and out of the Pool-Vision to Reality - Dr. Steve Norris (Crocus/Arnica)		
12:30-3 PM	Referees: Aligning Officiating Best Practices Across the Province with the AOCC (Crocus/Arnica)		

* The Invited Coach stream will be closed to a select group of coaches. In order to be considered for invitation, last year's swimmers must have achieved a minimum time of the FINA A +2% or achieve a Swimming Canada 'On-Track' Track 1 time. There may be an opportunity to add select coaches.

SESSIONS:

- **Session: Keynote Speaker** - Canadian adventurer, author, filmmaker, actor, and public speaker Jamie Clarke is a storyteller who has pushed the limits in exploration, climbing and business will share stories of passion, anger, heartache and triumph that will challenge us all to Build Champions – in and out of the pool. Presented by: [Jamie Clarke](#)
- **Session: Biomechanics of Swimming Disciplines** - A biomechanics overview of starts, turns and transitions including accompanying metrics for U18 & older. This session will also cover stroke length, stroke counts which leads to stroke rate all from an age group perspective. Presented by: [Ryan Atkinson](#)
- **Session: Best Practices for Building Champions:** Dean will share best practices he has seen internationally as well as cover what he feels coaches in Canada need to do to have successful swimming at every level. Presented by: [Dean Boles](#)
- **Session: Mental Performance Plan** - Discussing the forthcoming Swim Alberta Mental Performance Plan (project currently being developed to support Alberta swimmers). Frank will also discuss practical tools around discipline, courageous swimming and pressures of dealing with expectations. Presented by: [Frank van den Berg](#)
- **Session: Call to Action: What your club needs to have in place by 2020 to ensure a successful Risk Management and Safe Sport Program** – With the ever-changing requirements in sport around ensuring participant safety and risk management best practices, clubs along with Swim Alberta have a commitment to align with national policies on this topic. By the end of October 2020, Swim Alberta will require clubs to have several key policies in place as well as have every coach and chaperone trained through the Respect in Sport Activity Module. This session will give you the tools to put in place and implement both immediate and future safe sport practices. Presented by: [Dina Bell-Laroche](#) & [Steve Indig](#)
- **Session: Hot Topics (Coaches)** - BOLD swimming, Daily Training Environment, Starts/Turns/Transitions, Swim Alberta record bounties, and more. Presented by: [Dean Boles](#), [Steve Norris](#), [Kevin Dennis](#)
- **Session: Hot Topics (Invited Coaches)** - BOLD swimming, Daily Training Environment, Starts/Turns/Transitions, Swim Alberta record bounties, and more. Presented by: [Ryan Atkinson](#), [Dean Boles](#), [Steve Norris](#), [Kevin Dennis](#)
- **Session: Leading with Values** - A conscious and practical guide to enrich and expand communication in your leadership role (coach, official, board member) to support the “building of champions – in and out of the pool”. #whywedowhatwedo. Coaches, this session will provide an additional PD point for all who attend the full session. Presented by: [Dina Bell-Laroche](#)
- **Session: Building Champions in and out of the Pool-Vision to Reality** - Alberta must be creative in how we do ‘the business of swimming’. Volunteerism is not an excuse for poor or under performance. We need to build confidence and reinforce belief in our children and youth. Swimming

needs to be known for being fun with a strong community and for being bold and courageous, in and out of the pool. Presented by [Steve Norris](#)

→ **Session: Referees: Aligning Officiating Best Practices Across the Province with the AOCC** - Pulling together a consistent approach to different interpretations on rules, regulations and best practices on the swim deck. Discussion will include a number of topics that have been brought up throughout the year. Presented by: Alberta Officials Competition Committee

SPEAKER BIOS:



Jamie Clarke: Jamie believes that Life Is An Expedition: you have to plan or you don't stand a chance. But you also need to prepare for the unknown. Jamie stood on the top of Everest twice — in 1997 and 2010. But he failed the first two times. He's crossed the barren Empty Quarter, learning to trust ancient cultures for survival. He's launched a successful e-commerce start-up — and saw it succumb to intense competition. Jamie has brought stories back from the edge. Stories of passion, anger, heartache and triumph. When you hear him speak, you'll get goosebumps. But you'll also get sore sides from laughter and wet cheeks from tears of compassion. Storytellers don't get any closer to the edge of human experience.



Ryan Atkinson: Ryan is a bio mechanist for Swimming Canada, and is the integrated support team lead for the High Performance Centre Ontario (HPCO). Since 2012, Ryan has worked alongside HPCO head coach Ben Titley, contributing to the growth and development of the program that has produced multiple medallists at every major international championship since 2014. His award-winning research on the underwater dolphin kick has been featured on media outlets such as Swimming Science and Nautilus magazine. More recently, Ryan's research has focused on swimming starts and relay starts, exploring strategies to optimize relay performance.



Dean Boles: Dean is the Chief Executive Officer (CEO) and Chief Technical Officer (CTO) for Swim Ontario. Boles previously held the position of Swim Ontario Provincial Mentor Coach for 6 years from 2009 to 2015 before taking the position of National Coach of the Danish Swimming Federation.



Frank van den Berg: Frank van den Berg graduated in 1995 with a Master's degree in developmental psychology and sport psychology. Since 1998, Frank is working as a sport psychologist and mental performance consultant for several national and developmental teams in The Netherlands and Canada. Frank's own competitive sports background highlights track & field and bobsleigh.



Dina Bell-Laroche, BJ, MA, Integral Master Coach: Dina joined the Sport Law & Strategy Group in 2009. She specializes in Integral Coaching, strategic planning, communications, risk management, change management, and leadership development. Dina's passion is in supporting sport leaders looking to explore various ways to develop, learn, grow, and thrive. As an expert in facilitation and strategic communications, she has worked in a variety of leadership roles at over a dozen major Games.



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.



Steve Norris, PhD: Steve 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.



Kevin Dennis: Kevin has worked in the sport of aquatics for over 30 years including teaching grassroots, coaching competitive programs and delivery of NCCP swim coaching courses. Kevin is currently a Sport Development Director with Swim Alberta with a focus on Para Swimming and Provincial Competitions.