

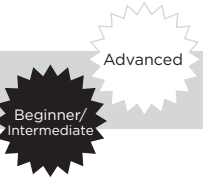
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NATIONAL CONFERENCE

JANUARY 24 to 26, 2020 | Ottawa

**COACH
STREAM**



**ADMINISTRATOR/COMMUNITY
STREAM**

EVERYONE!

FRIDAY January 24, 2020

| TIME (ET) | SESSION | |
|-------------------|---|---|
| 7:30 - 8:00am | REGISTRATION | |
| 8:15 - 8:30am | Welcome and Introductions | |
| 8:30 - 9:45am | The Future of Mental Health in High Performance Sport Keynote Speaker <i>Dr. Tom Patrick</i> | |
| 9:45 - 10:00am | Transition | |
| 10:00 - 11:00am | Stress, Recovery and Coaching Performance <i>Dr. Tom Patrick</i> | Healthy Minds Peak Perform How sport leaders can optimize mental health <i>Dr. Natalie Durand-Bush & Krista Van Slingerland</i> |
| 11:00 - 11:30am | Break ☕ | |
| 11:30am - 12:30pm | Understanding Biomechanics and Blade Slip and Their Role in Technique and Technical Development Part 1 <i>Dr. Volker Nolte</i> | Cardiac Screening and Interventions for Masters Heart Health Effective and worth it? <i>Dr. Mike Wilkinson</i> |
| 12:30 - 1:30pm | LUNCH 🍴 (NCCP Performance Coach Awards and Jack Nicholson Award) | |
| 1:30 - 3:00pm | Measuring Blade Slip and Factors that Influence Blade Slip Part 2 <i>Carol Love, Maksym Kepsyy, Mike Purcer & Dr. Volker Nolte</i> | Lightweights and Coxswains... Making Weight! Performance nutrition for energy and long term health <i>Dr. Kim McQueen, ND & Dr. Mike Wilkinson</i> |
| 3:00 - 3:30pm | Break ☕ | |
| 3:30 - 4:15pm | Practical Implementation to Improve Rowing Stroke Part 2 <i>Carol Love & Michelle Darvill</i> | Practical Implementation to Improve Rowing Stroke Part 3 <i>Maksym Kepsyy, Mike Purcer & Dr. Volker Nolte</i> |
| 4:15 - 5:00pm | | The Power of a Good Brand and Website <i>They Integrated</i> Driving Digital Positioning online engagement as a driver, not drainer, of capacity <i>Dr. Michael Naraine</i> |
| 5:00 - 6:00pm | Fitness Break | |
| 6:00 - 7:00pm | RegattaCentral Wine and Cheese 🍷 <small>powered by stacksports</small> | |
| 7:00 - 9:00pm | HUDSON Social Event at Calabogie Brewing | |

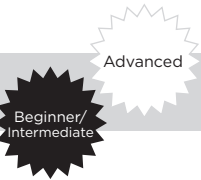
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EVERYONE!

SATURDAY January 25, 2020

| TIME (ET) | SESSION | | |
|-------------------|--|--|---|
| 7:30 - 8:30am | Women in Rowing Breakfast | Men in Rowing Breakfast | |
| 8:30 - 9:00am | REGISTRATION | | |
| 9:00 - 10:15am | Building a Safe, Diverse and Inclusive Rowing Community Keynote Speaker <i>Trevor Mayoh (Next Gen Men)</i> | | |
| 10:15 - 10:45am | Break | | |
| 10:45am - 12:15pm | Practical Rigging Get the basics right and learn quick rigging hacks every coach needs to know! <i>Liam Parsons & Chris McCully (Hudson Boat Works)</i> | The Connection Between the Weight Room and the Water! <i>Matt Davey & Jordan Clarke</i> | Gender Equity as a Path to Performance <i>Stephanie Talsma (CAAWS)</i> |
| 12:15 - 1:00pm | LUNCH | | |
| 1:00 - 2:10pm | Safe Sport Session & RCA Safe Sport Agenda <i>Dr. Gretchen Kerr & Lorraine Lafrenière</i> | | |
| 2:10 - 2:30pm | Break | | |
| 2:30 - 3:30pm | Menstruation and Performance...Period! <i>Dr. Kim McQueen, ND</i> | Optimizing Athlete Progression and Performance A review of international high performance systems Facilitator: <i>Dr. Tom Patrick</i> Coaches: <i>Dane Lawson, Lesley Thompson-Willie, Gavin McKay</i> | Coastal and Other Community Initiatives <i>Jennifer Fitzpatrick & Iain Brambell</i> |
| 3:30 - 3:45pm | Transition | | |
| 3:45 - 4:15pm | 2020 Tokyo High Performance Goals <i>Iain Brambell</i> | Understanding the RCA Insurance Program <i>Nancy Au</i> | |
| 4:15 - 4:20pm | Transition | | |
| 4:20 - 5:20pm | RCA Semi-Annual Meeting Pre-Voting Perspectives and Considerations | | |
| 6:00 - 7:00pm | Cocktail Hour (reception) | | |
| 7:00 - 9:00pm | Excellence Awards | | |

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NATIONAL CONFERENCE

JANUARY 24 to 26, 2020 | Ottawa

SUNDAY January 26, 2020

| TIME (ET) | SESSION |
|-----------------------|------------------------------------|
| 7:15 - 8:00am | REGISTRATION - Semi-Annual Meeting |
| 8:30 - 10:30am | RCA Semi-Annual Meeting |
| 10:30am - 12:30pm* | Strategic Planning |

**The Strategic Planning session will begin either 15 minutes after the conclusion of the RCA Semi-Annual Meeting or at 10:30am, whichever comes first*