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# NATIONAL CONFERENCE

JANUARY 24 to 26, 2020 | Ottawa

## FRIDAY January 24, 2020

### EVERYONE!

8:30-9:45am

### **The Future of Mental Health in High Performance Sport**

Dr. Tom Patrick

Many national high performance systems are actively addressing mental health in elite athletes. As this work has progressed, it has asked national sport organisations and institutes to change how they approach high performance and also to ask themselves how they address the mental health of coaches and performance staff. Current trends and best practices will be shared with important implications identified as we move towards the future.

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### COACH

10:00-11:00am

### **Stress, Recovery and Coaching Performance**

Dr. Tom Patrick

The purpose of the coaching forum is to outline key aspects surrounding stress, recovery and mental health in community, NextGen and high performance coaching. Practical strategies and approaches towards optimizing recovery states will be offered ensuring coaches can deliver their optimal performances at all levels of national and international competitions.

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### ADMINISTRATOR/COMMUNITY

10:00-11:00am

### **Healthy Minds Peak Perform**

Dr. Natalie Durand-Bush and Krista Van Slingerland

This session will differentiate between the concepts of mental performance, mental health/well-being, and mental illness. Attendees will learn about the duty of care of leaders regarding mental health/well-being in competitive sport as well as key mental skills and strategies for optimizing mental performance and mental health and coping with symptoms of mental illness in competitive sport.

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### COACH

11:30am-12:30pm

### **Understanding Biomechanics and Blade Slip and Their Role in Technique and Technical Development - Part 1**

Dr. Volker Nolte

Rowing biomechanics has advanced over the last years in discovering characteristics of rowing technique. Learn about the theory in rowing biomechanics and gain understanding in the key principles. Blade slip will be presented and coaches will also learn how positive and negative blade slip relates to the biomechanical principles.

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### ADMINISTRATOR/COMMUNITY

11:30am-12:30pm

### **Cardiac Screening and Interventions for Masters Heart Health**

Dr. Mike Wilkinson

Aimed at Masters participants, coaches, and club administrators, this session will look at the present scientific research and recommendations regarding cardiac risks and screening in Masters endurance athletes, especially Masters rowers. Canadian-specific studies and risk mitigation/intervention strategies at the personal and club levels will also be discussed.

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### COACH

1:30-3:00pm

### **Measuring Blade Slip and Factors that Influence Blade Slip - Part 2**

Carol Love, Maksym Kepsyky, Mike Purcer and Dr. Volker Nolte

Like biomechanics, measurement equipment has progressed at the same time so that a variety of technology is now available to coaches and athletes that can be used to analyze rowing technique. Reflecting on video presented, coaches will learn how to use specific measuring tools in their own coaching practice.

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### ADMINISTRATOR/COMMUNITY

1:30-3:00pm

### **Lightweights and Coxswains...Making Weight!**

Dr. Kim McQueen, ND and Dr. Mike Wilkinson

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## FRIDAY January 24, 2020

### COACH

3:30-5:00pm

### **Practical Implementation to Improve Rowing Stroke - Part 3**

Beginner/Intermediate: Carol Love and Michelle Darvill

Advanced: Maksym Kepsyy, Mike Purcer and Dr. Volker Nolte

Coaches will actively apply the presented measuring tools through video analysis. Coaches will also have the opportunity to discuss rigging changes and applying skills and drills to improve technique, boat speed and ultimately blade slip!

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### ADMINISTRATOR/COMMUNITY

3:30-4:15pm

### **The Power of a Good Brand and Website**

Shawn Patriquin and Andrew Williamson (They Integrated)

Gain a better understanding of how the power of a good brand and website can change your organization from within by creating brand ambassadors, increasing member retention and referrals, profitability and improving communication with members and prospects.

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### ADMINISTRATOR/COMMUNITY

4:15-5:00pm

### **Driving Digital**

Dr. Michael Naraine

Dr. Michael Naraine will highlight the importance of social media for your organization, what we know from research, and best practices for content curation, delivery, and evaluation.

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## SATURDAY January 25, 2020

**EVERYONE!**

7:30-8:30am

### Women in Rowing Breakfast

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**EVERYONE!**

7:30-8:30am

### Men in Rowing Breakfast

Trevor Mayoh (Next Gen Men)

The inaugural 'Men in Rowing Breakfast' will explore the positive role that men can play in creating a successful sporting space, their role as mentors, and the impact that conversations on diversity and inclusion have on men.

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**EVERYONE!**

9:00-10:15am

### Building a Safe, Diverse and Inclusive Rowing Community

Trevor Mayoh (Next Gen Men)

This keynote will set the scene for why conversations around gender equality are needed. Next Gen Men's Trevor Mayoh will address the benefits of and opportunities created by gender equity and the role each individual can play in creating positive change, in addition to putting out a call to action for sustainability throughout the sporting community.

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**COACH**



10:45am-12:15pm

### Practical Rigging

Liam Parsons and Chris McCully (Hudson Boat Works)

Coaches will learn rigging basics for boats and oars, including how to measure accurately and consistently, key measurements for rigging, and quick rigging hacks for clubs to have on hand for last minute changes in training and competition.

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## SATURDAY January 25, 2020

COACH

Adv.

10:45am-12:15pm

### **The Connection Between the Weight Room and the Water!**

Matt Davey and Jordan Clarke

Coaches will learn about the difference between injury resistance and performance prescription and will learn testing protocols that all coaches can use, from the club level to high performance environments.

ADMINISTRATOR/COMMUNITY

10:45am-12:15pm

### **Gender Equity as a Path to Performance**

Stephanie Talsma (CAAWS)

CAAWS will provide foundational knowledge on gender equity and the importance of embracing gender equity at Rowing Canada Aviron and for rowing in Canada. Attendees will learn about the work CAAWS and RCA are embarking on, and the first steps they should consider taking at their own rowing organization.

EVERYONE!

1:00-2:10pm

### **Safe Sport Session and RCA Safe Sport Agenda**

Dr. Gretchen Kerr and Lorraine Lafrenière

Recent data showcasing the reality of maltreatment in sport will provide context to a discussion with University of Toronto Professor of Athlete Maltreatment Dr. Gretchen Kerr and the Coaching Association of Canada's Lorraine Lafreniere on the practical steps that local sports groups can take to create safe sport environments.

COACH

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2:30-3:30pm

### **Menstruation and Performance...Period!**

Dr. Kim McQueen, ND

Coaches will learn about the menstrual cycle and female physiology, including the impact of contraceptives, symptom management, RED-S and sleep. How to monitor and talk about menstruation, as well as what we know about training optimization and performance and what we can do to optimize athletes' wellbeing will also be discussed.

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## SATURDAY January 25, 2020

COACH

Adv.

2:30-3:30pm

### Optimizing Athlete Progression and Performance

Facilitator: Dr. Tom Patrick

Coaches: Dane Lawson, Lesley Thompson-Willie, Gavin McKay

Most of the top high performance nations have prioritized rowing given the number of medals on offer. A critical discussion and review of best practices from various high performance nations will be facilitated to capture key learnings that can be implemented by coaches engaged in all levels of the athlete development pathway.

ADMINISTRATOR/COMMUNITY

2:30-3:30pm

### Coastal and Other Community Initiatives

Jennifer Fitzpatrick and Iain Brambell

Join us for an update on recent learnings and what's to come in 2020 related to all things coastal, including details on plans underway to select those to represent Canada in 2020 and beyond. A portion of the session will also be dedicated to the "I'm a Canadian Rower" initiative and other updates relevant to the membership.

COACH

3:45-4:15pm

### 2020 Tokyo High Performance Goals

Iain Brambell

ADMINISTRATOR/COMMUNITY

3:45-4:15pm

### Understanding the RCA Insurance Program

Nancy Au

RCA has an insurance program. In this session, we will discuss what activities are covered, what types of insurance are in place, and what other insurance should be considered by clubs. We will also discuss what a club should do if an incident occurs.