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NATIONAL CONFERENCE

JANUARY 24 to 26, 2020 | Ottawa



Nancy Au

Pearson Dunn
Senior VP, Sports and Recreation

Understanding the RCA Insurance Program

Saturday January 25 | 3:45-4:15pm

Nancy Au is the Senior Vice President of Sports at Pearson Dunn Insurance. She has worked in the insurance industry for 30 years and has focused the last 16 years on helping sports and recreation groups with insurance and risk management. She works with many provincial and national sport organizations on understanding and reducing their risks and developing proactive insurance programs to meet their needs.



Iain Brambell

Rowing Canada Aviron
High Performance Director

Coastal and Other Community Initiatives

Saturday January 25 | 2:30-3:30pm

2020 Tokyo High Performance Goals

Saturday January 25 | 3:45-4:15pm

As a 2008 Olympic rowing bronze medallist, Iain has actively engaged in sport at all levels, from grassroots to the Olympic and Paralympic Games, throughout his career as an athlete, volunteer and administrator. Prior to returning to RCA, Iain worked for Own the Podium as a High Performance Advisor, directly supporting the development and delivery of National Sport Organizations' (NSOs) high performance planning and programming. This included advising NSOs on how to best position their organization for success through the strategic recruitment of staff and effectively prioritizing resources, among other tactics. Iain represented Canada at eight World Rowing Championships, winning a bronze medal in 2002 with the Lightweight Men's Four. Beginning in 2000, he competed at three consecutive Olympic Games and is a two-time Pan American Games silver medallist. Iain has also committed his time to supporting athlete interests on boards, commissions, and committees of the Canadian Olympic Committee, FISA, Athletes CAN, PacificSport National Sport Centre, Canada Games Council, and Rowing Canada Aviron.



Jordan Clarke

Rowing Canada Aviron
NextGen SSSM Lead - Rowing

The Connection Between the Weight Room and the Water!

Saturday January 25 | 10:45am-12:15pm

Jordan is the Sport Science and Sport Medicine Lead for the Rowing Canada Aviron NextGen program. He has been working with Rowing Canada Aviron since 2015, with both the NextGen and Senior programs. He has a Master's Degree from the University of Calgary and is a Certified Exercise Physiologist.

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Michelle Darvill

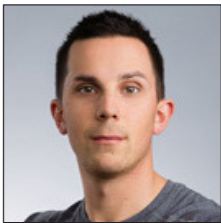
Rowing Canada Aviron

Senior National Team Women's Program Assistant Coach

Practical Implementation to Improve Rowing Stroke

Friday January 24 | 3:30-5:00pm

Michelle Darvill has extensive experience coaching with the Canadian National Team, having served in assistant and lead coach roles with the Senior and NextGen Women's Teams from 2004 to 2018. As an NCCP certified Performance Coach, she has led numerous crews to podium finishes at the World Championships, World U23 Championships, and Pan American Games. Prior to coaching, Darvill represented both Canada and Germany internationally, winning World Championship medals for both countries, one gold and one silver for Canada, and two gold and one bronze for Germany.



Matt Davey

CSI Pacific

Strength and Conditioning Coach

The Connection Between the Weight Room and the Water!

Saturday January 25 | 10:45am-12:15pm

Matthew Davey is a certified NSCA Strength and Conditioning Specialist as well as a certified CSEP Exercise Physiologist. He holds both a Bachelor of Science in Human Kinetics as well as a Master's degree in Human Kinetics from the University of Ottawa. Matthew began working in high performance sport while in university with different university teams as a strength coach as well as at the Athletic Conditioning Center working with NHL, CFL and MLS players.

Upon completion of his schooling, he worked at Queen's University overseeing 13 varsity teams which included football, hockey, basketball, soccer and rowing. After two seasons with the Queen's Gaels, Matthew moved to Winnipeg to work at the Canadian Sport Centre Manitoba as the strength coach for Volleyball Canada. There he also worked with national team athletes from the sports of wrestling, rowing, triathlon and taekwondo. Matthew is now employed by the Canadian Sport Institute Pacific where he is the strength coach for Rowing Canada Aviron as well as the strength coach for BC Hockey (Hockey Canada).

On a daily basis, Matthew is responsible for the strength training of the men's, women's and para rowing programs for Rowing Canada Aviron. This includes in-gym sessions and testing protocols as well as warm-ups and cool-downs for on-water activity.

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Dr. Natalie Durand-Bush

University of Ottawa School of Human Kinetics
Associate Professor of Sport Psychology

Healthy Minds Peak Perform

Friday January 24 | 10:00-11:00am

Dr. Natalie Durand-Bush is a sport psychology professor, scientist, and practitioner in the School of Human Kinetics at the University of Ottawa. She is the Director of the SEWP Lab and the co-founder of the Canadian Centre for Mental Health and Sport, a specialized interdisciplinary centre offering collaborative sport-focused mental health care and resources to competitive and high-performance athletes, coaches, and leaders. As a Mental Performance Consultant for the past 25 years, she has helped amateur and professional athletes and coaches of all ages, sports, and levels achieve their performance and well-being goals. A relentless advocate for the field of sport psychology, Natalie has co-founded and chaired the Canadian Sport Psychology Association (CSPA) and has served as the Vice-President of the International Society of Sport Psychology (ISSP). She is currently the President of the Association for Applied Sport Psychology (AASP), the largest sport psychology association in the world. Natalie's areas of specialization include psychological skills training and assessment, mental health, coaching psychology, and smartphones/social media.



Jennifer Fitzpatrick

Rowing Canada Aviron
Director of Partnerships and Sport Development

Coastal and Other Community Initiatives

Saturday January 25 | 2:30-3:30pm

Jennifer is responsible for developing and executing the strategic planning and implementation of domestic operations. This includes providing direction for the implementation of Coach, Umpire, Member Services and Engagement initiatives. Jennifer also oversees the Marketing and Communications strategy for the promotion of rowing in Canada. Jennifer works with government, corporate and community partners, member clubs and associations to increase inclusiveness, develop awareness of and increase participation in rowing.



Maksym Kepsyy

Rowing Canada Aviron
NextGen Coach - UBC HUB

Measuring Blade Slip & Factors that Influence Blade Slip

Friday January 24 | 1:30-3:00pm

Practical Implementation to Improve Rowing Stroke

Friday January 24 | 3:30-5:00pm

Maksym uses his competitive rowing background combined with his experience studying in sport science in his role as a NextGen coach with Rowing Canada Aviron. He earned his Master of Science in Kinesiology with a specialization in Sport Biomechanics from the National University of Physical Education and Sports of Ukraine. Prior to that, Maksym earned a Master of Kinesiology in Sport Physiology and Coaching Science at the University of British Columbia and a degree with a Rowing Coach specialization from the National University of Physical Education and Sports of Ukraine. Prior to working with Rowing Canada Aviron, Maksym did consulting work in the area of sport science using technologies for testing athletes and applying results to practical experience.

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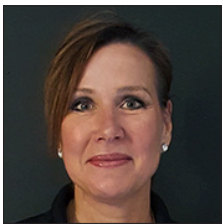
Dr. Gretchen Kerr

University of Toronto Faculty of Kinesiology and Physical Education
Professor

Safe Sport Session & RCA Safe Sport Agenda

Saturday January 25 | 1:00-2:00pm

Gretchen Kerr is a Professor in the Faculty of Kinesiology and Physical Education and Vice-Dean, Programs, in the School of Graduate Studies at the University of Toronto. Her research focuses on Safe Sport, and specifically on strategies to realize the potential and promise sport has for individual health and fulfillment, collective well-being, and the public good. She has a long history of translating her research to practice and working with key sport organizations across Canada to advance Safe Sport.



Lorraine Lafrenière

Coaching Association of Canada
CEO

Safe Sport Session & RCA Safe Sport Agenda

Saturday January 25 | 1:00-2:00pm

As CEO of the Coaching Association of Canada (CAC), Lorraine Lafrenière leads Canada's Coaching Education Partnership through the National Coaching Certification Program (NCCP) and safe sport initiatives within the profession of coaching and the Responsible Coaching Movement.

Her career spans more than 30 years within the national sport system including roles as CEO of Canoe Kayak Canada and Cycling Canada, and as Manager Media Relations and Press Chief with the Canadian Olympic Committee, as well as consultant to Olympic and Paralympic sponsors and media consortiums.

Lorraine has participated in more than a dozen Olympic or Paralympic Games in various leadership capacities. She was twice named to the Canadian Association for Advancement of Women and Sport Top 20 most influential women in Canada in 2014 and 2015.

Internationally, Lorraine is a board member of the International Council for Coaching Excellence and she also sits on the Coaching and Education Commission for PanAm Sports (PASO).

Along with her passion for sport, Lorraine's commitment to volunteerism has been consistently demonstrated throughout her career. Over the years she has had the honour to serve on boards or committees with many not-for-profits, including Ottawa Sports Hall of Fame, Canadian Cancer Society (Ottawa-Carleton), Run for the Cure, Big Sisters of Ottawa, and Ottawa-Carleton Epilepsy. She was also the co-chair of the 2004 Ontario Summer Games held in Ottawa. Lorraine is the mother of two and she is a proud cancer survivor. She is an advocate of resiliency in all facets of life.

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Dane Lawson

Rowing Canada Aviron
NextGen Coach - Western HUB

Optimizing Athlete Progression and Performance

Saturday January 25 | 2:30-3:30pm

Dane Lawson is the NextGen Coach at the Western University HUB in London, Ontario. Originally from Brockville, Dane began coxing at the Brockville Rowing Club in 2004. He coxed at Western University from 2007 to 2011 and competed at the 2012 World Rowing Championships in the Men's Coxed Pair event, finishing in third. Dane then coached at Purdue University as a Graduate Assistant for three years and has since coached at the Brockville Rowing Club and Argonaut Rowing Club as well as with the Canadian National Team at the 2019 Pan American Games and several Junior and U23 World Championships.



Carol Love

Rowing Canada Aviron
NextGen Coach - HUB Lead Coach

Measuring Blade Slip & Factors that Influence Blade Slip

Friday January 24 | 1:30-3:00pm

Practical Implementation to Improve Rowing Stroke

Friday January 24 | 3:30-5:00pm

Currently a NextGen coach with Rowing Canada Aviron, and formerly stroke of the 1976 Olympic women's eight and World Championship bronze medallist, Carol Love's contribution to Canadian rowing spans decades. Carol is a graduate of McMaster University and the Canadian Sport Institute's Advanced Coaching Diploma, as well as a NCCP Performance Coach and Coach Developer. She continues to make a significant contribution to talent identification and development in RCA's Junior and U23 programs. She resides in Peterborough and shares a love of cycling, nordic skiing and canoe tripping with her family.



Trevor Mayoh

Next Gen Men
Diversity, Inclusion and Violence Prevention Consultant

Men in Rowing Breakfast

Saturday January 25 | 7:30-8:30am

Building a Safe, Diverse and Inclusive Rowing Community

Saturday January 25 | 9:00-10:15am

Trevor is a disruptive diversity, inclusion and violence prevention consultant who focuses on transformative projects around the world. Trevor works with government and corporate partners on deconstructing gender norms and creating innovative violence prevention programming. He possesses unique expertise from working with professional sports, hospitality, technology, extractive and post-secondary organizations internally and externally to help foster more inclusive, safe and successful environments. Trevor is a regular commentator on Newstalk 1010 programs and has been featured in numerous print, radio and television media throughout North America.

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Chris McCully

Hudson Boat Works
Engineering Manager

Practical Rigging

Saturday January 25 | 10:45am-12:15pm

Chris McCully is the Engineering Manager at Hudson Boat Works and has been on staff since 2006. Chris is a long-time member of the Kennebecasis Rowing Club and coached at Western University from 2006-2015. Chris continues to be engaged in projects that assist in the development of the London and greater rowing community.



Dr. Michael Naraine

Brock University
Assistant Professor in Sport Management

Driving Digital

Friday January 24 | 4:15-5:00pm

Dr. Michael Naraine (PhD, University of Ottawa) is an Assistant Professor in Sport Management at Brock University. His research is primarily concentrated on the digital frontier of the sport industry, specifically the strategic management and marketing of products and services, including (but not limited to) social, analytics, Wi-Fi, blockchain, and eSports. Dr. Naraine has authored work in premier sport management and marketing journals, and is a research fellow of the North American Society for Sport Management. He has been quoted in several media outlets including the Toronto Star, Globe and Mail, and TSN, and has consulted for various sport organizations such as the Canadian Olympic Committee, the Australian Olympic Committee, and the Geelong Cats Football Club.



Dr. Kim McQueen, ND

Naturopathic Physician

Lightweights and Coxswains...Making Weight!

Friday January 24 | 1:30-3:00pm

Menstruation and Performance...Period!

Saturday January 25 | 2:30-3:30pm

Kim is a naturopathic physician who works with Olympic athletes on their nutrition programs to help them reach their optimal performance levels. A former captain and coxswain of the University of Victoria's rowing team, Kim developed an understanding of the value of nutrition to high performance sport at a young age. For more than 15 years she has supported athletes from Rowing Canada Aviron and Rugby Canada, as well as national-level ice dance, track and field, and triathlon athletes, to help them reach their goals. In 2012, Kim co-developed and launched a successful beverage, Rumble Supershake. The health product has gone on to sell throughout Canada and the United States. Kim runs a naturopathic clinic in Victoria, BC, helping patients with their overall health and wellbeing.

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Dr. Volker Nolte

University of Western Ontario School of Kinesiology
Professor Emeritus/Performance Coach Facilitator

Understanding Biomechanics and Blade Slip Friday January 24 | 11:30am-12:30pm

Measuring Blade Slip & Factors that Influence Blade Slip Friday January 24 | 1:30-3:00pm

Practical Implementation to Improve Rowing Stroke Friday January 24 | 3:30-5:00pm

Dr. Volker Nolte was Canada's lightweight men's coach from 1992 to 2000. His crews won several international medals, including 1993 World Championship lightweight men's eight gold and 2000 World Championship lightweight men's pair gold. Volker also joined the Canadian National Team from 2012 to 2016, coaching Carling Zeeman to bronze and silver at the World U23 Championships and leading her to qualify for the Rio 2016 Olympics.

Since his retirement in July 2019, Volker has been a Professor Emeritus at the University of Western Ontario School of Kinesiology. He was the university's head rowing coach from 1993 to 2017, and under his leadership the Mustangs won 21 Ontario and 10 Canadian University Rowing Championships. Highlights include winning the 2008 Henley Royal Regatta Temple Challenge Cup, sweeping all university events in Canada in 2013 and 2015, and becoming the first Canadian university team to win a championship eight event at the 2016 Head of the Charles Regatta.

Volker is involved in many of RCA's innovative coaching education initiatives, providing his expertise by developing course materials, mentoring numerous coaches and presenting the newest scientific findings at conferences. He has edited several rowing books, including "Rowing Faster". Volker is also a world-renowned expert in rowing biomechanics. In January 2013, he received the Queen Elizabeth II Diamond Jubilee Medal for his work in rowing education.

Volker is an experienced rower who has represented his home country of Germany at several World Championships. He is still a keen competitor in Masters events.



Liam Parsons

Hudson Boat Works
Sales and Service Representative

Practical Rigging

Saturday January 25 | 10:45am-12:15pm

Liam Parsons is a Sales and Service Representative at Hudson Boat Works and has been on staff since 2016. Liam started his rowing career as a member of the Thunder Bay Rowing Club and also rowed as a varsity member at both Lakehead University and Western University. Liam eventually went on to win a bronze medal at the 2008 Beijing Olympic Games.

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Dr. Tom Patrick

NSW Institute of Sport
Senior Manager, High Performance

The Future of Mental Health in High Performance Sport

Friday January 24 | 8:30-9:45am

Stress, Recovery and Coaching Performance

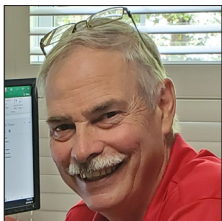
Friday January 24 | 10:00-11:00am

Optimizing Athlete Progression and Performance

Saturday January 25 | 2:30-3:30pm

Dr. Tom Patrick is an experienced high performance leader and sport psychologist who has worked extensively with national sport organizations, high performance systems, coaches and athletes from Canada, New Zealand, Australia, India, Argentina and Qatar.

Dr. Patrick currently serves as the Senior High Performance Director for Australia's New South Wales Institute of Sport. He has previously held the positions of High Performance Manager with the South Australian Sports Institute, Director of Sport Performance with the Canadian Sport Institute - Ontario, and High Performance Director with Triathlon Canada.



Mike Purcer

Purcerverance Coaching Development
Master Coach Developer

Measuring Blade Slip & Factors that Influence Blade Slip

Friday January 24 | 1:30-3:00pm

Practical Implementation to Improve Rowing Stroke

Friday January 24 | 3:30-5:00pm

Mike Purcer has been coaching for over 40 years and has coached at all levels, from novice high school to World Championships and Pan American Games. Mike's book RIGGING, first published in 1985, has helped coaches understand how to measure dimensions and how changes affect the rowing stroke. His current research involves video analysis of rigging factors such as blade slip and the correlation with performance. Mike is a Coaching Association of Canada certified Master Coach Developer, a Rowing Canada Aviron Performance level coach, and a regular presenter on rigging and rowing technique.



Stephanie Talsma

CAAWS
Program Director

Gender Equity as a Path to Performance

Saturday January 25 | 10:45am-12:15pm

Stephanie Talsma is the Program Director at CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity, where she works to ensure that girls and women have equitable access to the opportunities and benefits of sport and physical activity. Stephanie started her career as a physical education teacher in Inukiuak, a remote Inuit community in Northern Quebec. After five years there, she returned to school to obtain her Masters in Physical and Health Education from McGill University. She subsequently worked with Physical and Health Education Canada, culminating with a role as the Director of Knowledge Mobilization and Innovation. At CAAWS, Stephanie leads the strategic design, implementation and measurement of programs to drive systemic change with the aim of creating an equitable and inclusive sport system. In her spare time, Stephanie is an avid participant in sport and looks forward to being physically active with her daughter in the years to come.

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Lesley Thompson-Willie

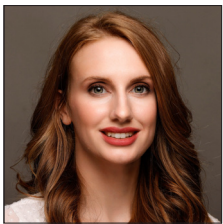
Rowing Canada Aviron

Senior National Team Women's Program Assistant Coach

Optimizing Athlete Progression and Performance

Saturday January 25 | 2:30-3:30pm

Lesley Thompson-Willie served as an Assistant Coach under Dave Thompson in 2017 and 2018, leading Canada's U23 women's eight to back-to-back World Championship gold. An NCCP certified Performance Coach, Thompson-Willie has coached numerous Canadian crews to international podium success since 2004. In addition, Thompson-Willie was a long-time member of the National Team, having won multiple medals at the Olympics (one gold, three silver, one bronze) and World Championships (one gold, four silver, five bronze) as a coxswain since 1979.



Krista Van Slingerland

Canadian Centre for Mental Health and Sport

Co-Founder and Executive Director

Healthy Minds Peak Perform

Friday January 24 | 10:00-11:00am

Krista Van Slingerland is a co-founder and the Executive Director of the Canadian Centre for Mental Health and Sport (CCMHS). A PhD candidate at the University of Ottawa, Krista's research focuses on the antecedents and outcomes of mental health challenges and mental illness in the sport context. As a private consultant, Krista assists organizations in developing, delivering and evaluating programming and policy that promotes flourishing athletes, coaches, administrators and students. A former collegiate athlete who experienced her own mental health struggles, Krista has come full circle to find a meaningful career building a healthier, more inclusive Canadian sport community.



Dr. Mike Wilkinson

Rowing Canada Aviron

Chief Medical Officer

Cardiac Screening, Interventions for Masters Heart Health

Friday January 24 | 11:30am-12:30pm

Lightweights and Coxswains...Making Weight!

Friday January 24 | 1:30-3:00pm

Mike is the Chief Medical Officer (CMO) for RCA and a member of the FISA Sports Medicine Commission. He practices sports medicine as an Assistant Clinical Professor in Sports Medicine at UBC in Vancouver and is a founding member of the BC Sports Cardiology Center. He studied at the University of the Witwatersrand in Johannesburg, South Africa, and has over 35 years of experience providing medical care and coverage for athletes and sports events across a number of different sports. Mike is the CMO for the Canadian Olympic Committee (COC) and has served as the team physician for RCA and the COC at multiple summer and winter games. In addition, Mike serves as a member of the International Bobsleigh and Skeleton Federation and FISA TUE Committees and is an expert advisor to the IOC/IPC medical commissions.

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Andrew Williamson

They Integrated
Project Manager

The Power of a Good Brand and Website

Friday January 24 | 3:30-4:15pm

Andrew joined THEY Integrated in 2015 as Project Manager and plays an integral role at the agency managing agency resources and client relations and ensuring that projects come in on time and on budget. Andrew graduated from McGill University with a B.Comm in Marketing and Strategy and has a strong understanding of how a brand can encompass the internal/external values of an organization. He has a passion for sports both as a spectator and a participant and is always looking for new ways to improve overall health and wellness.

Gavin McKay

L'Association québécoise d'aviron
Head Coach

Optimizing Athlete Progression and Performance

Saturday January 25 | 2:30-3:30pm

Gavin McKay began his coaching career as a volunteer for the Greater Victoria Youth Rowing Society's High School League in 1993. He has been coaching full time since 1997. He has held various leadership roles at three different clubs in British Columbia. In 2012, Gavin became the Provincial High Performance Head Coach for the Quebec Rowing Association. In addition, he is also the Lead Coach for the regional NextGen program in Knowlton, Quebec. Gavin has spent many years developing athletes of all levels, and has seen many of his athletes compete with the Canadian Junior, U23 and Senior National Teams. This past summer, he was fortunate to be part of the U23 and Senior Women's coaching teams. In their final month of preparation, Gavin helped Canada's W4- qualify for the 2020 Tokyo Olympic Games. Gavin is the proud owner of Filippi Boats Canada Inc.