

2021 NATIONAL CONFERENCE



JANUARY 28 to 31, 2021 | Online

January 27, 28 & 29: 11:00am-12:30pm PT | 2:00-3:30pm ET

FISA Coastal Coaching Sessions

Guin Batten

The Coastal Race Module is aimed at experienced rowing coaches who are interested in coaching coastal racing and club and event officials wishing to learn more about the two coastal race formats. The module has been split into two parts: A - virtual and B - practical. Part A will be delivered in January and Part B will be delivered when COVID-19 restrictions allow. The part A sessions are a mixture of pre-recorded video keynotes, 3 live webinars, and 4 written tasks. The course covers:

- A. Introduction to racing coastal.
- B. Safe management of on water coaching sessions, including: risk management, navigational hazards, float plans, boat and crew checks, briefing, signing out/in.
- C. Launching and landing on a beach and rescue drills.
- D. Race technique: Overview of the technical and tactical phases of beach sprint and endurance. The start, slalom rowing, working the water, race turning and beach finish.
- E. Race logistics: Beach sprint – overview of the physical demands of the race, insight into the logistics of racing (progression, time trials, last eight, pool boats, standard rigging, lane selection) and the role of boat handlers.
- F. How to set up a beach sprint training course and run selection races.

Guin Batten will be delivering the course with support from RCA coach developers. Successful participants will receive a World Rowing Coastal Race Module Part A Virtual Certificate.

THURSDAY January 28, 2021

3:00-4:00pm PT | 6:00-7:00pm ET

Defining Success as a Coach: How to Win All Your Coaching Moments

Dr. Wade Gilbert

Winning in competition is obvious – cross the line first or hit your target time. But as a coach, how do you know if you “won” an athlete’s trust, the hearts and minds of a team, or the long-term quest to build a better athlete? In this session, principles and evidence-based strategies will be shared illustrating how successful coaches win all their coaching moments while creating quality sport experiences.

4:00-5:00pm PT | 7:00-8:00pm ET

Testing and Monitoring for Enhanced Performance

Jordan Clarke & Matt Davey

Experts with RCA’s Sport Science and Sport Medicine team, Jordan Clarke and Matt Davey, will share how to utilize the RCA targets and testing tools and strategy to monitor training and build an effective training program. Learn how to use these effective tools to address gaps in athlete development and your yearly training program.

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FRIDAY January 29, 2021

1:30-2:30pm PT | 4:30-5:30pm ET

NCCP Performance Coach Pathway

Volker Nolte, Jill Wurflinger, Howie Campbell, Mike Purcer & Matt Waddell

Coaches interested in pursuing and already engaged in the Performance Coach Pathway will learn about the process and best practices to completing assignments and on water evaluations. Coaches have the opportunity to engage with RCA's Performance Coach Workshop Facilitators and Evaluators during this open forum discussion.

3:00-4:00pm PT | 6:00-7:00pm ET

The Intentional Coach: How to Increase Influence Through Authenticity

James Leath

"A coach will impact more young people in a year than the average person does in a lifetime." Billy Graham was right—good or bad, a coach has an incredible impact on the athletes under their supervision. However, if a coach thinks they can coach today's kids the way they were coached, that coach will not be as effective as they would like to be. Let's spend some time remembering what it was like to be a young athlete and be intentional about the experience we are providing for our athletes.

4:00-5:00pm PT | 7:00-8:00pm ET

Canadian University Rowing: How to Navigate Recruitment and What to Expect at University

Katie Edwards, Craig Pond, Katie Bruggeling, Dan Bechard & Dave Leger

Join coaches from universities across Canada to learn more about the recruitment process, the transition from high school to university, and what to expect on a university team. This session is a good chance for athletes and parents to connect with university rowing coaches and get a sense of what type of program is the best fit for them.

4:00-5:00pm PT | 7:00-8:00pm ET

Attracting and Developing the New Rower in 2021

Lesley Thompson-Willie & Janine Stephens

Former National Team athletes and coaches, Lesley Thompson-Willie and Janine Stephens, will provide insight into their shared personal journey as athlete and coach. Participants will learn to how to engage, motivate and retain new rowers and build a program using tried and true mental and training concepts.

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SATURDAY January 30, 2021

8:00-9:15am PT | 11:00am-12:15pm ET

The Long Win: Redefining Success to Create Inclusive Growth in Our Sport

Cath Bishop (with Jennifer Walinga, Jason Dorland and Allison Ray)

The Long Win: Redefining success to create inclusive growth and sustainable high performance: across the world, Olympic champions are crossing the line first and describing emptiness, anti-climax and even depression. Athlete retention and attraction of more people into rowing at all levels is stuck. A binary win-loss mentality is holding us back from exploring what more can be achieved through sport at both grassroots and elite level. Cath's new book 'The Long Win' looks at how an increasingly narrow definition of success is holding us back from exploring performance potential and connecting with the purpose of sport. Cath's unique career combines experiences across Olympic sport, diplomacy in warzones and business coaching. She has encountered the search for success and desire to win at every turn and become fascinated in the negative consequences that winning sometimes brings. In her book, she proposes a new approach, 'The Long Win' to help set up a more effective, sustainable and inclusive approach to success. Following Cath's presentation will be a panel of Jennifer Walinga, Jason Dorland and Allison Ray.

9:30-10:30am PT | 12:30-1:30pm ET

Taking Action to Break a Climate of Silence

Erin Davis

A climate of silence is an environment in which individuals feel restrained from constructively speaking up about problems, concerns, or challenges. It emerges as part of a shared belief that speaking up will bring either repercussions or no meaningful change. Fear runs rampant. Trust is absent. People feel caught in a no-win situation, with limited options for speaking up to disrupt inappropriate behaviour.

Speaking up is instrumental to the success of our Safe Sport initiatives. Join us for this session and learn how you can take action as a leader to break through a climate of silence.

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SATURDAY January 30, 2021

10:45am-2:00pm PT | 1:45-5:00pm ET

Unconscious Bias to Inclusive Leadership

Erin Davis & Vandana Juneja

RCA believes that everyone has the right to enjoy rowing at all levels of participation and we have committed to provide training and support in raising awareness of inclusion, diversity and equality in our rowing community.

Unconscious Bias to Inclusive Leadership is an introductory course that provides insight into how unconscious bias manifests itself personally, interpersonally and at an organizational level. Participants will conduct a deep-dive into how biases present themselves in different environments, and then learn and practice behaviours that will mitigate and interrupt those biases, including:

- Understanding unconscious bias and its impact
- Understanding the importance of inclusion and their role as an inclusive leader
- Becoming aware of and begin to address internal, interpersonal and organizational biases
- Identifying and committing to actions to create a more inclusive culture

This course is limited to 50 individuals and has been arranged for those in leadership and decision-making roles of RCA member organizations (e.g. club volunteers, administrators, coaches, umpires, etc.).

11:00am-3:00pm PT | 2:00-6:00pm ET

Make Ethical Decisions (MED) Training

Adam Sollitt

Coaches are required to complete the MED module for Every Coach Certified requirements and prior to taking an NCCP workshop. The workshop fee is \$35. For more information on registration visit: <https://thelocker.coach.ca/event/registration/5241>.

Coaches need to confirm their interest on the registration page and RCA will confirm the 12 participants (maximum number allowed) following the registration deadline of January 7, 2021. More information on the module can be found at: <https://coach.ca/nccp-make-ethical-decisions>.

The MED module equips coaches to handle challenging ethical situations with confidence and surety. It helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in team and individual sports.

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SATURDAY January 30, 2021

10:45-11:30am PT | 1:45-2:30pm ET

Rowing Together: Building Brand Community During COVID-19

Dr. Michael Naraine

Learn about the opportunities to build your brand digitally in a COVID world. Learn how to take advantage of the COVID virtual world to engage your membership and build your online and on water community.

10:45-11:30am PT | 1:45-2:30pm ET

Enhancing Training While Minimizing Injury in the Masters Rower

Tricia McBride & Jane Gumley

Masters rowers will gain insight on how to further develop their athletic and rowing fitness while learning best practices to prevent and manage injuries.

11:45am-12:45pm PT | 2:45-3:45pm ET

Creating Collaborative Coaching Practices

John Wetzstein & Phil Marshall

Learn about the Coaching Pathway of our RCA High Performance coaches. John Wetzstein and Phil Marshall will detail their career journeys and provide insight into the valuable development opportunities and collaborative coaching approach that continues to shape their rowing programs as they pursue excellence in their own coaching development and that of their athletes.

1:00-2:00pm PT | 4:00-5:00pm ET

EmPower Oarlock for Technical Feedback

Terry Paul & Megan Kamachi

Learn about the EmPower Oarlock and how this innovative coaching tool can be used for athletes and coaches to measure angle and force measurement.

Effectively advance your athletes and crews and reach your physiological goals with this affordable, easy to install, and easy to understand technology. Learn about how the Senior National Men's Team is utilizing these tools to monitor training zones through the use of on water speed charts compared to outputs at C6 on the RP3 ergometer using speed, power and lactate.

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SATURDAY January 30, 2021

2:00-2:45pm PT | 5:00-5:45pm ET

Rules of Racing Review - Community Consultation

Rules of Racing Review Working Group

This session will be an opportunity for all stakeholders in Canadian rowing to provide feedback and discuss issues with the Rules of Racing Review Working Group. The Working Group is very interested and engaged in knowing what changes our community wants and all are encouraged to come with their ideas and suggestions for discussion.

SUNDAY January 31, 2021

9:15-10:15am PT | 12:15-1:15pm ET

What Next for Rowing? Exploring the Discontinuous Side of Continuous Change

Ian McCarthy

In this session we will explore the challenges and opportunities of being able to pursue and balance both continuous and discontinuous change. Continuous change is more of the same—for example, striving to be a better and bigger club that provides the same services to the same type of members. Discontinuous change is about implementing different services for the same type of members or the same services for very different types of members. Both continuous and discontinuous change are important, but discontinuous change is much more difficult to attain. Discontinuous change requires foresight and synchronization to ensure the right type of innovation and change happens in time. This session will explore what types of things clubs should start doing and stop doing in order to attain different types of innovation and change.

10:30-11:30am PT | 1:30-2:30pm ET

RCA Strategic Priorities for 2025

Join us as we introduce the key elements of our new strategic priorities. We will speak to what we heard through the consultation process and how RCA will support the growth of rowing in Canada. A portion of this session is reserved for attendees to ask questions.

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SUNDAY January 31, 2021

11:45am-1:15pm PT | 2:45-4:15pm ET

Safe Sport: A Harmonized Approach to Prevent and Address Maltreatment in Canadian Rowing

Safe Sport continues to be an evolving area of focus for all sport in Canada and it remains at the top of RCA's agenda. Collectively we can ensure rowing in Canada is protected and thrives because we have created a safe and welcoming environment free of abuse, harassment and discrimination. This session provides a high-level overview of a Pan-Canadian Safe Sport Policy Manual for all of rowing in Canada, including expectations and important timelines related to implementation. It is imperative that our entire rowing community work together to address Safe Sport and all RCA member organizations should ensure a representative attends this session.