

# 2021



# NATIONAL CONFERENCE

JANUARY 28 to 31, 2021 | Online



## Guin Batten

World Rowing  
*Coastal Coach Educator*

### FISA Coastal Coaching Sessions

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

In 2000 at the Sydney Olympic Games, Guin made history by being part of the crew that won Britain's first ever female rowing medal at an Olympic Games. This was the highlight of an international career that spanned nine years, two Olympic Games and six World Championships. More recently in coastal rowing, Guin has won two World Championship titles. Guin has a handful of world records, including the fastest solo rowing crossing of the English Channel (3hr14m) and the fastest USA to UK land record of 49 days.

Academically, Guin has degrees from Leeds Carnegie and Loughborough University and has worked for the British Olympic Association, Sport England, the Youth Sport Trust, and British Canoeing. Guin is a member of World Rowing's Council, a Director of Henley Royal Regatta and chair of the Women's Eights Head of the River Race.



## Dan Bechard

University of Western Ontario  
*Head Coach, Men's Rowing*

### Canadian University Rowing: How to Navigate Recruitment & What to Expect at University

Fri January 29 | 4:00-5:00pm PT | 7:00-8:00pm ET

Dan Bechard is the Head Coach of the men's team at Western University, where he began rowing as a novice in 1999. He has coached several crews at international events and is also a Research Associate with Hudson Boatworks, focusing on the intersection of biomechanics and technology.

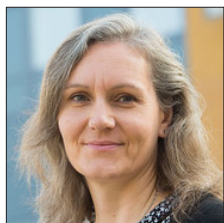
Dan has been part of the Mustangs program since 1999, when he first joined the team as a novice rower. He's been involved in nearly every aspect of the program, first beginning his coaching career as the lightweight men's coach in 2006, and since then serving as the heavyweight men's coach, the women's team lead coach, and as the men's team lead coach since 2014. His teams have helped the Mustangs capture six OUA championships, along with four Canadian men's titles. Bechard is also the only Canadian university coach to be named both the men's (2008) and women's (2010) Coach of the Year by the Canadian University Rowing Association.

Along with his experience at Western, Bechard has an impressive international coaching resume as well, spending time as an assistant coach with the Canadian under-23 women's national team, a talent development centre coach with Rowing Canada Avron and Row Ontario, and as the team lead and women's head coach for the 2015 World University Games. Bechard is a Level 4 NCCP coach and NCI certified.

Hailing from Wallaceburg, Ont., Bechard has an Honours BA in Kinesiology, a MSc. in Kinesiology, a Certificate in University Teaching, and a PhD in Health and Rehabilitation Sciences, all from Western.

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## Cath Bishop

*Business Speaker, Coach,  
Consultant and Author*

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

Sat January 30 | 8:00-9:15am PT | 11:00am-12:15pm ET

Dr. Cath Bishop is an Olympian, former diplomat, business coach and author.

She competed in rowing at three Olympic Games, winning World Championship gold in 2003 and Olympic silver in Athens 2004. As a diplomat for the British Foreign Office for 12 years, Cath specialized in policy and negotiations on conflict issues, with postings to Bosnia and Iraq. Cath now works as a business consultant, leadership coach and author, and teaches on Executive Education programmes at the Judge Business School, Cambridge University and is a Visiting Professor at Surrey Business School.

Cath speaks at events globally on topics of leadership, high performing teams and cultural change. Her first book 'The Long Win: the search for a better way to succeed', published October 2020, was described by the Financial Times as "a deep and rewarding exploration of human motivation in sport, politics, business and our personal lives" and listed in their Top 10 Business Books for 2020.



## Katie Bruggeling

*Queen's University  
Assistant Coach*

**Canadian University Rowing: How to Navigate Recruitment & What to Expect at University**

Fri January 29 | 4:00-5:00pm PT | 7:00-8:00pm ET

Katie Bruggeling is an assistant coach at Queen's University and a coach at the Kingston Rowing Club. She was a highly decorated coxswain for Clemson University, where she also coached prior to returning to Canada.



## Howie Campbell

*Performance Coach Facilitator*

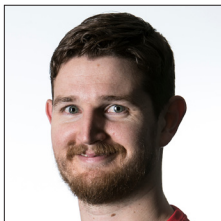
**NCCP Performance Coach Pathway**

Fri January 29 | 1:30-2:30pm PT | 4:30-5:30pm ET

Howie has been a professional coach since 1986, and was the Head Coach of the six time national champion University of Victoria men's team from 1990 to 2013. He is a graduate of the National Coaching Institute and has coached internationally at Olympic Games, Senior World Championships, Under 23 World Championships and Pan American Games over a 15 year span as an assistant and lead National Team Coach. Howie is involved in the development of the RCA Performance Coach material and evaluation. He is a Master Evaluator for both RCA Coach and RCA Performance Coach.

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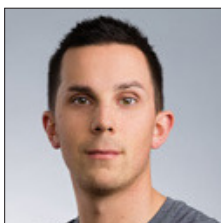
## Jordan Clarke

Rowing Canada Aviron  
*NextGen SSSM Lead - Rowing*

**Testing and Monitoring for Enhanced Performance**

*Thurs January 28 | 4:00-5:00pm PT | 7:00-8:00pm ET*

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.



## Matt Davey

CSI Pacific  
*Strength and Conditioning Coach*

**Testing and Monitoring for Enhanced Performance**

*Sat January 30 | 8:00-9:15am PT | 11:00am-12:15pm ET*

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. 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 program for Rowing Canada Aviron. This includes gym sessions and testing protocols as well as warm-ups and cool-downs for on-water activity.

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## Erin Davis

Catalyst

*Director, Corporate Engagement, Western Canada*

**Taking Action to Break a Climate of Silence**

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

**Unconscious Bias to Inclusive Leadership Workshop**

Sat January 30 | 10:45am-1:15pm PT | 1:45-4:15pm ET

Erin is a connector, change maker, and builder of inclusive workplace cultures. She continues to follow her passion on building workplaces that work for women and works as the Director, Corporate Engagement, Western Canada with Catalyst. Previously, Erin was the Director, Global Talent Engagement at Stantec and lead their global inclusion strategy. Erin was honoured to receive both the Canadian Centre for Diversity and Inclusion award as D&I Practitioner of the Year in Western Canada, as well as the Catalyst Canada Honours award in the Emerging Leader category for her work in the diversity and inclusion space in 2018. Outside her organization, she is the chair of the Edmonton Business Diversity Network (EBDN), a director with Explore Edmonton, and was recently appointed to the City of Edmonton's Community Safety and well-being Task Force. Erin currently lives in Edmonton with her two amazing children and also works to teach them about a world where inclusion truly matters.



## Jason Dorland

Your Mindset

*Speaker, Coach and Author*

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

Sat January 30 | 8:00-9:15am PT | 11:00am-12:15pm ET

Jason Dorland was born into a rowing family. His grandfather, father and older brothers all rowed at a high level. Jason spent his high school years rowing at Ridley College before continuing his passion in university. Once on the National Team, he set his sights on the 1988 Olympic Games in Seoul. As defending Olympic Champions, the Canadian men's eight were expected to defend that title or at the very least medal. They didn't. Instead, they finished dead last in the final. Much was made of that performance. The Canadian press held nothing back in their assessment of the young Canadian crew and their coach. Like many of his crewmates, Jason was unprepared for the feedback that filled national and local papers. It would prove his last race for Canada. Decades later, he defines that experience and the troubled years that followed as the greatest gift he ever received. "It changed everything for me. Up until that moment, I was all about the prize. Now, I get it—how we travel our life's journey is more important than where that journey leads us."

Jason helped start an organic food business in 1996 in Vancouver after earning his degree in Graphic Design from The Emily Carr Institute of Art and Design. He then returned to university where he received his degree in Education before entering the teaching profession where he taught high school for fifteen years. For ten of those years, he coached rowing—winning 12 International Championships, setting a Canadian course record time and becoming the first coach to win the prestigious Calder Cleland Memorial Trophy at the Canadian High School Championships with crews from two different schools.

Jason is also the author of two critically acclaimed books; *Chariots and Horses* and *Pulling Together*. Today, with his wife and fellow Olympian, Robyn Meagher, they share their experience as athletes and coaches through their performance workshops and keynotes.



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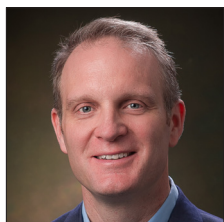
## Katie Edwards

Canadian University Rowing Association, Row Nova Scotia  
*President*

**Canadian University Rowing: How to Navigate Recruitment & What to Expect at University**

*Fri January 29 | 4:00-5:00pm PT | 7:00-8:00pm ET*

Katie Edwards is the President of the Canadian University Rowing Association, Row Nova Scotia, and the Antigonish Rowing Club, and has been the Head Coach of the St. Francis Xavier University rowing program for ten years.



## Dr. Wade Gilbert

California State University - Fresno  
*Professor, Coaching Minor and Sport Psychology Coordinator*

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

*Thurs January 28 | 3:00-4:00pm PT | 6:00-7:00pm ET*

Born and raised in Canada, Dr. Wade Gilbert is an internationally renowned coaching consultant and award-winning professor in the Department of Kinesiology at California State University - Fresno. Gilbert holds degrees in physical education, human kinetics, and education, and has taught and studied coaching and talent development at the University of Ottawa, UCLA, and Fresno State. He is author of the highly acclaimed book *Coaching Better Every Season* and Editor Emeritus of the *International Sport Coaching Journal*. Recognitions of his contributions to the field include the Dorothy V. Harris Memorial Award from the Association for Applied Sport Psychology, the Kristen Marie Gould Endowed Lecture on Sport for Children and Youth at Michigan State University, and the Cal Botterill Legacy Lecture at the University of Winnipeg. In addition to serving as consultant to many college and high school coaches, Gilbert is a long-time advisor to the United States Olympic and Paralympic Committee (USOPC) Coach Education Department and is the lead author of the USOPC Quality Coaching Framework. Gilbert has counseled coaches and sport organizations around the world spanning all competitive levels and in every sport imaginable including world leading teams such as Hockey Canada, England Rugby, US Soccer, USA Water Polo, US Ski & Snowboard, and Cricket Australia. Wade currently also serves as the mental performance coach for the Canadian Women's Softball team that will be competing in the Tokyo 2021 Summer Olympics.



## Jane Gumley

Victoria City Rowing Club  
*Masters Coach*

**Enhancing Training While Minimizing Injury in the Masters Rower**

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

Jane Gumley is a former national team coxswain, Masters rowing coach, personal trainer, and owner of Flo State Fitness. She competed as a coxswain for seven years and has been coaching for 13 years at the junior and Masters levels. Currently, she is working at the Victoria City Rowing Club as their lead Masters coach. Jane uses her experience from competing at all levels to build a program that is inclusive for all levels. She also uses her experience as a personal trainer working with mainly third-aged clients to identify how and when athletes can push a bit further and when they need to back off. This will be her fourth year working with a wide range of Masters athletes, from row for life to train to compete.

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## Vandana Juneja

Catalyst

*Executive Director*

### Unconscious Bias to Inclusive Leadership Workshop

Sat January 30 | 10:45am-1:15pm PT | 1:45-4:15pm ET

Vandana Juneja is Executive Director of Catalyst Canada, where she leads the growth of Catalyst's operations in Canada, working closely with supporters, corporate partners, professional organizations, CEOs, and senior leaders to accelerate progress for women through workplace inclusion. A sought-after speaker on diversity, equity, and inclusion, Vandana is a trusted business leader who has guided DEI strategies around the globe, including in Canada, the US, Europe, Asia-Pacific and Latin America. She joined Catalyst in 2013, working closely with Catalyst's supporter communities in progressive roles, and advancing to VP, Global Growth Markets in 2017.

Prior to joining Catalyst, Vandana practiced immigration law, working with clients across a broad range of industries. She went on to work in the Diversity and Inclusion groups of two leading Canadian banks, where she focused on gender initiatives and advising Employee Resource Groups. Vandana holds a BComm. from McMaster University, an MBA from the University of Windsor, and an LLB from the University of Ottawa. You can follow her on Twitter @ms\_juneja.



## Megan Kamachi

Canadian Sport Institute Pacific

*Biomechanics and Performance Analyst*

### EmPower Oarlock for Technical Feedback

Sat January 30 | 1:00-2:00pm PT | 4:00-5:00pm ET

Megan Kamachi works with Rowing Canada as a Biomechanics and Performance Analyst at the Canadian Sport Institute Pacific. She joined the team in March 2020 after graduating from the University of Toronto with a Master's degree in biomechanical engineering. Her research focused on using sensors to provide biofeedback. She is now able to combine her knowledge with her passion for rowing, as she was a varsity rower throughout her university career in Guelph and Toronto.



## James Leath

Unleash the Athlete

*Founder and Mental Performance Coach*

### The Intentional Coach: How to Increase Influence Through Authenticity

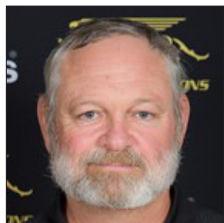
Fri January 29 | 3:00-4:00pm PT | 6:00-7:00pm ET

James Leath is a mental performance coach and the founder of Unleash the Athlete ([www.utathlete.com](http://www.utathlete.com)). With a Bachelor's in communication, a Master's in Performance Psychology, and almost 20 years of coaching experience, James teaches leadership, character, and mental residency to elite performers in sport, theater, and business. James teaches live workshops, online courses, and delivers keynotes. He has worked for companies like MINDBODY, IMG Academy, and the Dallas Cowboys. Currently, James is a mental performance coach for the Chicago Bulls organization and splits his time between Dallas and Chicago.

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## Dave Leger

University of Guelph  
*Head Coach*

**Canadian University Rowing: How to Navigate Recruitment & What to Expect at University**

*Fri January 29 | 4:00-5:00pm PT | 7:00-8:00pm ET*

Dave Leger is the Head Coach of the Guelph University rowing team and VP Eligibility for the Canadian University Rowing Association.

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## Phil Marshall

Rowing Canada Aviron  
*Senior National Team Women's Program Assistant Coach*

**Creating Collaborative Coaching Practices**

*Sat January 30 | 11:45am-12:45pm PT | 2:45-3:45pm ET*

Phil has extensive experience coaching with the Canadian National Team. He helped lead Canada's women's eight to a silver medal at the 2018 World Championships and coached the Olympic heavyweight women's team in Rio. Phil also worked as Head Coach for the Canadian U23 men's lightweight program from 2013 to 2015. He has played an integral role in fostering a high performance daily training environment for NextGen athletes. Phil has over 30 years of experience in high performance rowing, including time spent as Head Coach of the Varsity Rowing Team at Queen's University.

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## Tricia McBride

Rowing Canada Aviron  
*Lead Physiotherapist*

**Enhancing Training While Minimizing Injury in the Masters Rower**

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

Tricia is the lead physiotherapist for Rowing Canada Aviron. She has a Bachelor of Kinesiology from Acadia University, a Bachelor of Science in Physiotherapy from Dalhousie University, a Master's of Clinical Science from Western University, is a Fellow of the Canada Academy of Manipulative Physiotherapy, and is a Registered International Sports Physical Therapist. She has been working with various national sporting organizations since 2011.

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## Ian McCarthy

Simon Fraser University

*Professor of Innovation & Operations Management, Director of the CPA Innovation Centre*

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

*Sun January 31 | 9:15-10:15am PT | 12:15-1:15pm ET*

Ian McCarthy, Ph.D, is the W.J. VanDusen Professor of Innovation & Operations Management, and the Director of the CPA Innovation Centre at Simon Fraser University. He is also a Professor of Innovation Management at the Luiss Center in Leadership, Innovation and Organisation (CLIO) in Rome, Italy. He has also worked in engineering roles for Philips and Alcan. He received his Ph.D from University of Sheffield and was previously a faculty member at the universities of Sheffield and Warwick. He was appointed a Canada Research Chair, and was also a Fulbright Scholar at the Georgia Institute of Technology. Ian is also an award-winning teacher, who has taught in executive education programs for companies and universities across the world. His work on innovation, social media and misinformation has been featured in the media numerous times. In terms of sport, Ian played for British University Football (soccer), and has been involved with youth soccer in Vancouver as a parent, coach, Club Director and District President.



## Dr. Michael Naraine

Brock University

*Assistant Professor in Sport Management*

### **Rowing Together: Building Brand Community During COVID-19**

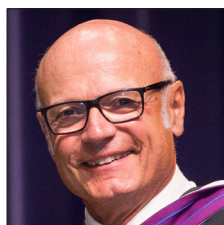
*Sat January 30 | 10:45-11:30am PT | 1:45-2:30pm ET*

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.



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## Dr. Volker Nolte

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

### NCCP Performance Coach Pathway

Fri January 29 | 1:30-2:30pm PT | 4:30-5:30pm ET

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.



## Terry Paul

Rowing Canada Aviron  
*Senior National Team Men's Program Assistant Coach*

### EmPower Oarlock for Technical Feedback

Sat January 30 | 1:00-2:00pm PT | 4:00-5:00pm ET

Terry has coached extensively with both the Canadian and Swiss national teams. He coached Canada's men's quad to 2016 Olympic qualification and has coached Canadian crews to gold (M4+ in 2014, M4x in 2015) and bronze (M4- in 2015) medals at the World U23 Championships. In 2008, Terry coached the Canadian men's pair to a silver medal at the Beijing Olympic Games. Terry competed for Canada as a coxswain in the men's eight, winning a gold medal at the Barcelona 1992 Olympics.

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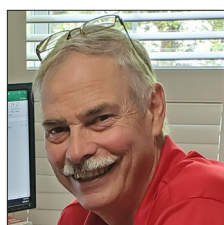
## Craig Pond

University of British Columbia  
*Head Coach, Women's Team*

**Canadian University Rowing: How to Navigate Recruitment & What to Expect at University**

Fri January 29 | 4:00-5:00pm PT | 7:00-8:00pm ET

Craig Pond is the Head Coach of the Women's team at the University of British Columbia, and the past president of the Canadian University Rowing Association. During his 21 year career with UBC he has coached myriad athletes onto national teams, where they've found success at all levels, including the Olympic Games.



## Mike Purcer

Purcerverance Coaching Development  
*Master Coach Developer*

**NCCP Performance Coach Pathway**

Fri January 29 | 1:30-2:30pm PT | 4:30-5:30pm ET

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.



## Allison Ray

Oakland Strokes  
*Director of Women's Rowing*

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

Sat January 30 | 8:00-9:15am PT | 11:00am-12:15pm ET

Allison has experience at all levels of the sport of rowing in the USA and Canada, domestically and internationally, including coaching at the 2012 Olympic Games. Since beginning her career coaching in 1998, Allison has coached at the University Championships, the World University Championships, the Provincial Games, the Canada Games, the Pan American Games, five World Championships and eight World Cups. Allison was awarded the Petro-Canada Coaching Award for top place performances of crews she coached at the World Championships in 2007 and 2008. She received the BC Woman in Sport Award in 2009 and contributed a chapter to "Real Women, Real Leaders" by Kathleen Hurley and Priscilla Shumway. Allison received her university degree at Simon Fraser University. She graduated from the National Coaching Institute in 2010 and has her Canadian Level 4 Coaching Certification. Since leaving Canada in 2012, Allison has taken on the roles of Director of Women's Rowing and Varsity Head Women's Coach at Oakland Strokes. Oakland Strokes is a premier junior rowing club in the United States based in Oakland, California. Allison plays a key role in supporting the women's coaching staff in their professional development while pursuing her own interests and passion in leadership and executive coaching. Allison believes in fostering a long term approach to sustained performance through coaching the whole athlete and driving a positive team culture.

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## Adam Sollitt

Coaching Association of Canada  
*Coaching Consultant*

### Make Ethical Decisions Training

Sat January 30 | 11:00am-3:00pm PT | 2:00-6:00pm ET

Adam brings valuable international experience to the CAC through years of involvement in various sport initiatives. After the completion of his Bachelor's Degree in Sports and Leisure Management (specializing in coaching) in Finland, Adam gained experience visiting and working directly with National Sport Organizations in over 60 nations around the globe. He's held roles in Hockey Operations with the Mexico Ice Hockey Federation, was Project Manager for the International Ice Hockey Federation, and was Senior Sport Consultant for Alberta Sport Connection. Adam is also an NCCP trained hockey coach, and multi-sport Master Coach Developer.

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## Janine Stephens

Manitoba Rowing Association  
*Provincial Head Coach*

### Attracting and Developing the New Rower in 2021

Fri January 29 | 4:00-5:00pm PT | 7:00-8:00pm ET

Janine finished off her competitive rowing career with a silver medal in the Women's 8+ at the 2012 London Olympic Games. In January 2013, Janine moved back to Winnipeg. She has been President of the Winnipeg Rowing Club and a Board Member for Sport Manitoba. Janine has a real passion for coaching and helping athletes to reach their full potential, and took on the role of Head Coach for the Manitoba Rowing Association in May of 2017.

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## Lesley Thompson-Willie

Rowing Canada Aviron  
*Senior National Team Women's Program Assistant Coach*

### Attracting and Developing the New Rower in 2021

Fri January 29 | 4:00-5:00pm PT | 7:00-8:00pm ET

Lesley helped lead Canada's U23 women's eight to back-to-back World Championship gold in 2017 and 2018. An NCCP certified Performance Coach, Lesley has coached numerous Canadian crews to international podium success since 2004. In addition, Lesley 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.

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## Matt Waddell

University of Western Ontario  
*Head Coach*

### NCCP Performance Coach Pathway

Fri January 29 | 1:30-2:30pm PT | 4:30-5:30pm ET

Matt Waddell has been a coach at the University of Western Ontario since 2009, and became head coach in 2017. He began rowing at the Ottawa Rowing Club. He holds a PhD in Kinesiology, with a focus on Sport Philosophy.



## Jennifer Walinga

Royal Roads University  
*Professor, Communication and Culture*

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

Sat January 30 | 8:00-9:15am PT | 11:00am-12:15pm ET

An educator for 30 years, and former member of Canada's Commonwealth, World and Olympic gold medal rowing teams (1983 to 1992), Dr. Jennifer Walinga draws on her personal, professional, and educational experiences when facilitating problem solving and leadership processes in organizations. Walinga blends organizational, educational, and sport theories in designing communication, change and performance interventions in organizations. She is an award winning researcher focusing all of her projects on the central theme of optimal human performance. Walinga is currently working on culture building projects in the spheres of sport, women in leadership, and workplace health. She is a mother of three and an active member of the athletic and educational communities in Victoria.

After retiring from elite sport, Walinga taught English for several years in the Toronto area. Walinga began teaching with Royal Roads in 2001 with the Centre for Applied Leadership and Management and Schools of Leadership and Business. She has been faculty in the School of Communication and Culture since 2008. She is also principal of the consulting firm, Integrated Focus, which offers training programs for individuals, teams, departments and organizations.



## John Wetzstein

Rowing Canada Aviron  
*National Para Team Coach*

### Creating Collaborative Coaching Practices

Sat January 30 | 11:45am-12:45pm PT | 2:45-3:45pm ET

John has led Canada's Para rowing program since October 2015. At the Rio 2016 Paralympic Games, he coached the PR3 Mix4+ to a bronze, Canada's first ever medal in Para rowing. Prior to joining the RCA team, John's coaching experiences included serving as the provincial head coach in his home province of Saskatchewan, assisting with programs at the St. Catharines Rowing Club, Brock University and Washington University, and serving as a junior head coach for the St. Louis Rowing Club.



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## **Jill Wurflinger**

*Coach Developer,*

*World Rowing Para Development Coach*

### **NCCP Performance Coach Pathway**

*Fri January 29 | 1:30-2:30pm PT | 4:30-5:30pm ET*

Jill Wurflinger is a World Rowing Para Development Coach from Canada. She graduated from the National Coaching Institute (2004) with a specialization in developing young athletes, earning NCCP Level 4 certification and Chartered Professional Coach designation. Jill enjoys the Coach Developer role and has been an active member of RCA's Coach Education and Development Committee since 2012, contributing to course design and implementation, training Learning Facilitators, and playing a development role in the RCA Performance Coach workshop. RCA's 2007 Coaching Recognition Award acknowledged Jill's success in developing rowers and coaches.

Currently Director of the Rick Hansen Foundation (RHF)'s School Program, Jill's professional and personal interests have aligned to focus on achieving RHF's mission of creating and delivering innovative solutions that lead to a global movement to remove barriers and liberate the potential of people with disabilities. Jill also serves as a World Rowing technical coach, coach developer and mentor to para rowers and their coaches with the goal of increasing the participation of high performance para rowing at international levels.