

# 2022 NATIONAL CONFERENCE



JANUARY 28 to 30, 2022 | Victoria, BC

## THURSDAY January 27, 2022

TIME (PT)	PRE-CONFERENCE SPECIAL EVENTS
11:00am - 3:00pm	National Training Centre Visit in Quamichan
6:00 - 7:00pm	Social Event (TBA)

## FRIDAY January 28, 2022

TIME (PT)	COACH	GROW ROWING	THRIVING ORGANIZATIONS
7:15 - 8:15am	REGISTRATION		
8:00 - 8:30am	Welcome and Introductions		
8:30 - 9:45am	Keynote (TBA)		
9:45 - 10:00am	Transition		
10:00 - 11:00am	RCA High Performance: One Team Strategy	5000+ Rowers by 2025	Fundraising Part 1: Myths and Mysteries of Big Gifts
11:00 - 11:30am	Break		
11:30 - 12:30pm	Planning and Tracking Athlete Development	Coaching a Coastal Rowing Session	Capacity Building for Diverse Rowing: Removing Barriers and Creating Opportunities
12:30 - 1:30pm	LUNCH (NCCP Performance Coach Awards + Jack Nicholson Bursary)		
1:30 - 2:30pm	What's On Your "TO BE" List for 2022?		
2:30 - 2:45pm	Transition		
2:45 - 3:45pm	Engaging Together to Develop Your Rowers (Part 1)	Coastal Rowing Experience	TBA
3:45 - 4:15pm	Break		Break
4:15 - 5:00pm	Engaging Together to Develop Your Rowers (Part 2)		Rowing and the Climate Crisis: Acting Now to Fight Climate Change
6:00pm - onwards	Alumni Event <i>Four Mile Pub and Restaurant</i>		

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## SATURDAY January 29, 2022

TIME (PT)	COACH	GROW ROWING	THRIVING ORGANIZATIONS	JUNIORS
7:15 - 8:15am	Women in Rowing Networking Opportunity			
7:45 - 8:15am	REGISTRATION			
8:30 - 9:45am	KEYNOTE: Will Diversity Grow Rowing in Canada? <i>Matt Rostron, London Youth Rowing</i>			
9:45 - 10:00am	Transition			
10:00 - 11:00am	The Golden Journey: Two-time Olympian and Olympic Gold Medallist Christine Roper			
11:00 - 11:30am	Break			
11:30 - 12:30pm	Opportunities for New Speed in the Early Drive Phase	Engaging Marginalized Youth in the Craft of the Rowboat: From Building to Rowing	Building an Inclusive Canadian Rowing Culture	Functional Movement Assessment and Strength Progressions
12:30 - 1:30pm	LUNCH			
1:30 - 2:15pm	University Rowing 2.0: The New Role of the Head Coach in University Sport	Listen First: How to Expand the Impact and Influence of Rowing	What Does Safe Sport Look Like in the Day to Day?	RCA NextGen Team and Junior Athletes Fireside Chat
2:15 - 2:30pm	Transition			
2:30 - 3:10pm	Longevity in Coaching	Grow Rowing and DEI Panel		Performance Nutrition for Juniors
3:10 - 3:30pm	Break			
3:30 - 5:00pm	RCA Semi-Annual Meeting Pre-Voting Perspectives and Considerations			-
6:00 - 7:00pm	Cocktail Reception			-
7:00pm - onwards	Excellence Awards			-

## SUNDAY January 30, 2022

TIME (PT)	SEMI-ANNUAL MEETING
7:30 - 8:30am	Semi-Annual Meeting Registration
9:00 - 11:00am	Semi-Annual Meeting