

20
23



NATIONAL CONFERENCE

JANUARY 27 to 29, 2023 | Victoria

FRIDAY January 27, 2023

EVERYONE!

8:30-9:30am

Better: Creators Wanted

Judy Riege

Albert Einstein said: "We cannot solve our problems with the same thinking we used when we created them."

Are you a Creator? How are you elevating your thinking and widening your perspective to create BETTER? In this plenary session, Judy Riege, leadership and team performance expert, wants to expand and elevate your thinking and vision of what is possible and what is better. There is no shortage of problems, challenges and opportunities. What we are short on is energy and time. When we expand the way we see and relate to each other, we see possibilities and solutions that eluded us before. We become energized and engaged in possibility. We stop polishing problems and create new ways of being and doing the work of our sport - together. Come learn about the new leadership playbook for today - the mindsets.

COACH

10:00-10:45am

Impacting Olympic / Paralympic Performance Through Domestic Development

Chuck McDiarmid & Jordan Clarke

By introducing RCA's Performance standards and gold medal profile with Developing athletes, we have the opportunity to impact performance at Future Olympic and Paralympic Games. During this session we will start to explore the gaps between performance domestically and internationally, and what we can do to close or shift these gaps, setting the stage for the next four sessions.

THRIVING ORGANIZATIONS

10:00-10:45am

The Social Game

Colleen Coderre

We will take a look at the latest social media trends and discuss how these platforms can be powerful tools in helping us collectively grow rowing in Canada.

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ROWING FOR ALL

10:00-10:45am

Meeting Your Mission Through Impact - Balancing Mission with DEI and Strategic Planning: One Organization's Experiment with Cohesive Leadership

Ted Benford

We've heard the saying in rowing often - 'rowing changes lives' and our missions aspire to make that change for all those who we serve. But how? Through improvements in technical skill and physical strength? Changes in confidence that comes from mastery and learning to tolerate discomfort? What about the growth cultivated through establishing new friendships and feeling a sense of belonging to a community?

As rowing organizations, there may not necessarily be one single program or outcome within our clubs that fully exemplifies the impact we aspire to achieve or that fully resonates the communities we want to reach - our organizations, regardless of size, are complex with many amazing stories! In this talk we will discuss a path to potential alignment between mission, values, and impact in order to more fully meet the expectations of our rowers, staff and funders, especially in the context of inclusion, equity and diversity and possible pathways to succeed as inclusive and equitable organizations.

COACH

11:00-11:45am

Can We Change the Way We Race?

Chuck McDiarmid & Maksym Kepsykk

Facilitators will look at the difference between international and domestic race strategies. Are there technical principles and strategies we can use to prepare athletes for international competition? Maksym Kepsykk will discuss the importance of the start and transition, how the M8+ approached this section of their race.

THRIVING ORGANIZATIONS

11:00-11:45am

Concussions? Really?

Lisa Roddie

Could it be a concussion? What do I need to know about concussions at my rowing club? Join us to determine what are myths and what are facts around concussions in the rowing landscape. Walk away with practical tools to help know what to do if you suspect the possibility of a concussion and if a rower is diagnosed with a concussion.

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ROWING FOR ALL

11:00-11:45am

How to Create Greater Inclusion of Gender Diversity in Washrooms and Change Rooms at Your Rowing Club

Kai Scott

Have you ever wondered how to respond to a trans or non-binary athlete asking for support to access washrooms or change rooms? If so, this is a session for you! This session will shed light on this invisible barrier that prevents full and safe participation by trans and non-binary athletes in rowing. Attendees will learn the two key parts of the problem, including cultural and structural aspects. The session will also provide practical solutions to address current challenges. This session will be interactive to allow for sharing among session attendees about what is working in clubs across Canada.

EVERYONE!

1:00-2:00pm

Coaches Are Performers, Too

Cody Royle

As coaches, we know the optimum state our athletes need to be in to race at their peak. But do we know the state we need to be in to coach at our best? Cody Royle spent a decade coaching Canada's men's AFL program, and now coaches some of the world's top head coaches. In this session, he will outline how to think about your coaching with a performance mindset, and explore why coaches having their own coaches is becoming increasingly mainstream. Members in our rowing community will learn the value of the performance mindset and how you can support these best practices for coach development in your own club.

COACH

2:15-3:00pm

Coaching Coastal Beach Sprints

Katie Bahain-Steenman & Iain Wilson

There are different considerations when coaching a coastal rowing outing as compared to a flat-water rowing practice. Participants in this session will learn beach sprint skills and will be introduced to strategies for making good decisions around safety and training. Coastal coaches who have experience at national and international beach sprint competition will share best practices to build coastal rowing at your club.

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THRIVING ORGANIZATIONS

2:15-3:00pm

No Money, No Mission: How to Thrive as a 'Just a Boatclub' while being a 'Small Philanthropy'

Ted Benford

If your organization improves the social emotional health of people, raises money, and/or has a mission beyond simply winning rowing races a question you may have been asked within your community - Is your organization a "rowing club" or is it a "philanthropy"... can it be both successfully? In this talk, we will look at the balance between the "rowing club" business model and a philanthropic model, with a focus on how to embrace inclusion, equity and diversity among the challenges of operational, organizational and strategic performance. We will discuss how balancing the strategy between each can help grow the reach and scope of rowing organizations.

ROWING FOR ALL

2:15-3:00pm

The Relevance and Application of Building the Bevin's Rowing Skiff: From Kindergarten to Graduate Studies. Starting with WHY?

David Vine

Building on last year's Stem2Stern session at the RCA conference, "Engaging Marginalized Youth in the Craft of the Rowboat: From Building to Rowing", David will speak to how education has changed, and so too should our methodologies, and rightly so. In this new era, students are no longer engaged by what you want to teach, but rather by what they want to learn. Today, in competition for our students' attention, they become engaged when they understand why the topics are relevant, and relevant to them. Real world applications make all the difference.

COACH

3:30-4:15pm

The Gold Medal Profile for Sport Psychology

Geoff Hackett & Christie Gialloreto

The Gold Medal Profile for Sport Psychology is a framework meant to identify different characteristics and qualities athletes have to demonstrate to succeed at the Olympic and Paralympic level. This session will highlight the different competencies outlined in the GMP and provide a rationale for developing these qualities with RCA programs.

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ROWING FOR ALL

3:30-5:30pm

Go Coastal Rowing

Katie Bahain-Steenman, Iain Wilson, & Marla Weston

Come try out coastal rowing boats in Victoria's Inner Harbour! Participants will be able to take short rows on this amazing waterway, and will have the opportunity to try coastal boats and see what they can do for clubs, whether it's exploring different waters and adventures, or creating stability for Learn to Row classes. Please come prepared to wet-launch.

This opportunity is limited to 48 participants, please ensure you are able to participate prior to registering.

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7:00-8:15am

Diversify Rowing Breakfast

Join us over breakfast for an opportunity to learn more about recent Equity, Diversity and Inclusion initiatives RCA has undertaken, progress we've made, and areas we need to advance alongside our community. This session is open to all delegates of the conference.

EVERYONE!

8:30-9:30am

The Future of Safe Sport

Allison Forsyth

We know Safe Sport is a large issue and a large body of work in our sport system. In this hour, Allison will share with us her expertise on what we all can do to contribute to a safe, happy, healthy and positive environment for all participants and the direction Safe Sport is headed nationally.

COACH

10:00-10:45am

Training and Fuelling for Success: Foundations of Physiology and Nutrition to Bring Your Athletes to the Next Level

Anneke Winegarten and Vanessa Zoras

In this interactive session, RCA physiologist and sport Dietitian will discuss the why behind their approaches with rowers, what integration of key aspects of training and fueling strategies can do for your athletes, and how to incorporate messaging and strategies into your athlete programming to bring your athletes to the next level.

THRIVING ORGANIZATIONS

10:00-10:45am

Safe Sport at the Club

Allison Forsyth

In this session, we will break down the best practices and must haves for successful Safe Sport implementation at the club level.

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'CR-EA-TE': How to Take the Action You Need

Judy Riege

Got a problem that needs a plan? Want to elevate you and your team's ability to collaborate and co-create in a way that has a positive impact on the team or your community? Come with a problem, a project or challenge you want to unpack and solution. In this hands-on, practical, and very applicable session with Judy Riege - understand a framework that elevates your ability to go from problem to solution by using a brain-based way to CR-EA-TE better....together!

COACH

11:00-11:45am

The Coach as a Passionate and Engaging Leader

Mary Rao, Mike Pearce, & Allison Ray

Coaches set the tone and energy in a rowing program. Learn about the specific strategies for outreach, engagement, and continual development necessary to establish a healthy and performance-based program. Discussion will involve how coaching philosophy, innovation strategies and leadership behaviors are integral to the energy and commitment of the crews they coach.

THRIVING ORGANIZATIONS

11:00-11:45am

BOARD BASICS: What Every Board - Regardless of Size of the Organization - Needs to Know About Governance

Rose Mercier

Every board needs to understand its fiduciary duty, set clear direction, ensure protection of the organization's assets, ensure separation of governing and managing functions, is responsible to ensure leadership and leadership succession, and ensure the organization it is governing operates in a sustainable, ethical and responsible manner. This workshop will consider how boards in different sizes of organizations, particularly boards that are also acting as volunteer program managers, can meet these demands.

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ROWING FOR ALL

11:00-11:45am

Community Sport For All Part 1 - Year in Review: Program Outcomes and Best Practices

Learn from club leaders involved in delivering unique programs as part of the Community Sport For All Initiative. Presenters will share their learnings and practices in addition to recommendations they have for future programming.

EVERYONE!

1:00-2:00pm

TBA Plenary Session

COACH

2:15-3:00pm

Less Injury = More Training = Elevated Performance

Laura Strenger & Jenn Massingham

This session will focus on how and where the FMA fits within a holistic approach to long-term athlete health and development.

THRIVING ORGANIZATIONS

2:15-3:00pm

BEYOND THE BASICS: How Can a Board Shape a Meaningful Future

Rose Mercier

We start from the premise that truly responsible boards want to shape meaningful futures for the organization they are governing. In order to do this, a board needs a clear understanding of the role of the board and the role of staff, have a robust process to manage risk, and an ability to set long term future direction. These outcomes are driven by nine capabilities. The workshop will look at where your board currently stands with respect these capabilities and how it can develop its capacity to achieve governance excellence.

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ROWING FOR ALL

2:15-3:00pm

Community Sport For All Part 2 - Looking Ahead

A portion of this session will be a continuation of Part 1. As we wrap up the Rowing For All Stream, delegates will have an opportunity to identify and share their focus for 2023 programming and beyond.
