

20 23



NATIONAL CONFERENCE

JANUARY 27 to 29, 2023 | Victoria

COACH
STREAM

THRIVING ORGANIZATIONS
STREAM

ROWING FOR ALL
STREAM

EVERYONE!

FRIDAY January 27, 2023

| TIME (PT) | SESSION | | |
|-------------------|--|---|--|
| 7:15 - 8:00am | Registration | | |
| 8:00 - 8:30am | Welcome | | |
| 8:30 - 9:30am | Better: Creators Wanted Keynote Speaker <i>Judy Riege</i> | | |
| 9:30am - 10:00am | Break ☕ | | |
| 10:00am - 10:45am | Impacting Olympic / Paralympic Performance Through Domestic Development <i>Chuck McDiarmid & Jordan Clarke</i> | Meeting Your Mission Through Impact - Balancing Mission with DEI and Strategic Planning: One Organizations Experiment with Cohesive Leadership <i>Ted Benford</i> | The Social Game <i>Colleen Coderre</i> |
| | Transition | | |
| 11:00am - 11:45am | Can We Change the Way We Race? <i>Chuck McDiarmid & Maksym Kepsyy</i> | How to Create Greater Inclusion of Gender Diversity in Washrooms and Change Rooms at Your Rowing Club <i>Kai Scott</i> | Concussions? Really? <i>Lisa Roddie</i> |
| | 11:45 - 1:00pm Lunch & RCA Performance Coach Awards 🍴 🏆 | | |
| 1:00 - 2:00pm | Coaches are Performers, Too Keynote Speaker <i>Cody Royle</i> | | |
| 2:00 - 2:15pm | Transition | | |
| 2:15pm - 3:00pm | Coaching Coastal Beach Sprints <i>Katie Bahain-Steenman & Iain Wilson</i> | The Relevance and Application of Building the Bevin's Rowing Skiff: From Kindergarten to Graduate Studies. Starting with WHY. <i>David Vine</i> | No Money, No Mission: How to Thrive as a 'Just a Boatclub' While Being a 'Small Philanthropy' <i>Ted Benford</i> |
| | 3:00 - 3:30pm Break ☕ | | |
| 3:30 - 4:15pm | The Gold Medal Profile for Sport Psychology <i>Geoff Hackett & Christie Gialloreto</i> | Go Coastal Rowing (3:30 - 5:30pm) <i>Katie Bahain-Steenman, Iain Wilson & Marla Weston</i> | |
| | 4:15 - 6:30pm Wellness Break | | |
| 6:30 - 7:30pm | RegattaCentral Wine and Cheese 🍷 | | |

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SATURDAY January 28, 2023

| TIME (PT) | SESSION | | |
|-------------------|--|--|--|
| 7:00 - 8:15am | Diversify Rowing Breakfast <i>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.</i> | | |
| 7:15 - 8:00am | Registration | | |
| 8:30 - 9:30am | The Future of Safe Sport Keynote Speaker <i>Allison Forsyth</i> | | |
| 9:30am - 10:00am | Break ☕ | | |
| 10:00am - 10:45am | Training and Fuelling for Success: Foundations of Physiology and Nutrition to Bring Your Athletes to the Next Level <i>Anneke Winegarden & Vanessa Zoras</i> | 'CR-EA-TE' How to Take the Action You Need <i>Judy Riege</i> | Safe Sport at the Club <i>Allison Forsyth</i> |
| 10:45 - 11:00am | Transition | | |
| 11:00am - 11:45am | The Coach as a Passionate and Engaging Leader <i>Mary Rao, Mike Pearce & Allison Ray</i> | Community Sport For All Part 1 - Year in Review: Program Outcomes and Best Practices <i>Club Leaders - Community Sport for All</i> | BOARD BASICS: What Every Board - Regardless of Size of the Organization - Needs to Know About Governance <i>Rose Mercier</i> |
| 11:45 - 1:00pm | Lunch 🍴 | | |
| 1:00 - 2:00pm | Creating a People First Culture for High Performance <i>Adam Parfitt, Will Crothers, Maksym Kepsyy, & Allison Forsyth</i> | | |
| 2:00 - 2:15pm | Transition | | |
| 2:15pm - 3:00pm | Less Injury = More Training = Elevated Performance <i>Laura Strenger & Jenn Massingham</i> | Community Sport For All Part 2 - Looking Ahead <i>Club Leaders - Community Sport for All</i> | BEYOND THE BASICS: How Can a Board Shape a Meaningful Future <i>Rose Mercier</i> |
| 3:00 - 3:30pm | Break ☕ | | |
| 3:30 - 4:30pm | RCA Semi-Annual Meeting Pre-Voting Perspectives and Considerations | | |
| 4:30 - 6:00pm | Wellness Break | | |
| 6:00 - 9:00pm | Cocktail Reception (6-7pm) 🍷 and RCA Excellence Awards (7-9pm) 🏆 | | |

**20
23**



NATIONAL CONFERENCE

JANUARY 27 to 29, 2023 | Victoria

SUNDAY January 29, 2023

| TIME (PT) | SESSION |
|----------------------|------------------------------------|
| 7:15 - 8:00am | REGISTRATION - Semi-Annual Meeting |
| 8:00 - 9:30am | RCA Semi-Annual Meeting |