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NATIONAL CONFERENCE

JANUARY 27 to 29, 2023 | Victoria

Katie Bahain-Steenman

Rowing Canada Aviron

BC NextGen Performance Centre Coach

Coaching Coastal Beach Sprints

Friday January 27 | 2:15-3:00pm

Go Coastal Rowing

Friday January 27 | 3:30-5:30pm

Katie Bahain-Steenman is the BC NextGen Performance Centre coach who values a positive training environment with trust, respect, and clarity. Placing the enjoyment of the journey in the centre by empowering individuals to strive for excellence and reach their full potential. Katie is originally from the Netherlands where she worked at as a Paediatric and Sport Physiotherapist. She rowed for the Dutch national team as a Junior and U23 athletes. After moving to Canada in 2014 she started coaching at the Victoria City Rowing Club, was part of the LOC for the 2018 World Rowing Coastal Championships held in Sidney BC and is the co-owner of West Coast Rowing Adventures. This year after supporting at Wold Cup III, the u23 World Rowing Championships and Canada Summer Games Katie travelled to Wales to become a certified Coastal Rowing coach and coach the Canadian team at the 2022 World Rowing Beach Sprint Finals.

Ted Benford

Community Rowing Inc.

Executive Director

Meeting Your Mission Through Impact

Friday January 27 | 10:00-10:45am

No Money, No Mission

Friday January 27 | 2:15-3:00pm

Ted Benford brings more than 30 years of experience as a coach, businessperson, administrator and leader into his role as Community Rowing Inc.'s current Executive Director. He has been a successful head coach of collegiate club teams as well as Division III and Division I rowing programs. He finished his coaching career at Northeastern University Men's Rowing in 2015 where crews he coached won medals at the Eastern Sprints and IRA National Championships. Additionally, he has coached crews to the Royal Henley Regatta in the UK, lead USRowing Under-23 development camps and coached crews that represented the United States at the 2007 and 2008 World Rowing Championships. In addition to coaching, he has held multiple leadership roles outside of rowing including management consultant for Fortune 500 companies; special projects manager reporting to the COO of a \$5 billion furniture company; associate director of Career Services at Tufts University and was founder of a small business that combined the experiences of Olympic rowers with leadership training experiences.

Jordan Clarke

Rowing Canada Aviron

Lead Sport Scientist and Physiologist

Impacting Olympic/Paralympic Performance Through Domestic Development

Friday January 27 | 10:00-10:45am

Jordan Clarke is the Lead Sport Scientist and Physiologist with Rowing Canada Aviron. 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.

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Will Crothers

Rowing Canada Aviron
National Team Athlete

Creating a People First Culture for High Performance

Saturday January 28 | 1:00-2:00pm

Will Crothers is a long-time member of RCA's National Team. He has been competing internationally for Canada since 2004 when he made his first appearance at the world junior championships, winning bronze in the coxed four. After progressing to the U23 level, he won gold and silver with the eight in 2006 and 2008, respectively. Since joining the senior team, he has won two world championship medals and has also competed in the last three Olympic Games, winning the silver medal with men's eight at the 2012 London Olympics.

Colleen Coderre

Rowing Canada Aviron
Communications Lead

The Social Game

Friday January 27 | 10:00-10:45am

Colleen Coderre brings over 25 years of professional experience working with not-for-profit sport organizations in both communications and sport management. She runs her own communications business, currently working as the Communications Lead at both Rowing Canada Aviron, Canoe Kayak Canada and consults for other smaller not-for-profit organizations. Previously, she worked as the Communications Manager at Sail Canada for over 10 years in Kingston, Ontario. Colleen was selected by the Canadian Olympic Committee as a media attaché for the 2012 London Olympics, 2015 Pan Am Games, 2016 Rio Olympic and Paralympic Games, and the 2020 Tokyo Olympic Games.

Allison Forsyth

ITP Sport
Partner and Chief Operating Officer

The Future of Safe Sport

Saturday January 28 | 8:30-9:30am

Safe Sport at the Club

Saturday January 28 | 10:00-10:45am

Creating a People First Culture for High Performance

Saturday January 28 | 1:00-2:00pm

Allison Forsyth is a partner and COO with ITP Sport, Canada's first full service and programming Safe Sport agency. She is a two-time Olympian, 8-time Canadian Champion and a top-15 world ranked athlete for nearly a decade in alpine skiing, Allison is an athlete, advocate, and change maker. A true trailblazer and leader in Safe Sport, Allison, through coming forward and sharing her story has been instrumental in the changes in the Canadian sport system to date. She aims to make sport a safe, positive place for athletes of all levels, driven by her commitment for a better future in sport for her three young children and yours.

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Christie Gialloreto

Canadian Sport Institute - Pacific
Mental Performance Consultant

The Gold Medal Profile for Sport Psychology

Friday January 27 | 3:30-4:15pm

Christie Gialloreto is a full time Mental Performance Consultant (MPC) with the Canadian Sport Institute-Pacific, a Canadian Certified Counsellor and a Registered Psychologist in the Province of Alberta. She has had the privilege of educating and counseling athletes and performers in a variety of sports and activities from recreational to Olympic, Paralympic and professional levels for almost 25 years. In that time, she has been honored to serve several National Sport Organizations including Golf Canada, Diving Canada and currently shares her time between Rowing Canada Aviron and Canada Snowboard. A career highlight for her was attending the Tokyo Olympics with Rowing and 6 months later serving as the Snowboard MPC and the Mental Health Co-Coordinator for Team Canada at the Beijing Paralympics. She is a member of the Association of Applied Sport Psychology and the Canadian Sport Psychology Association where she volunteers as a member of the Managing Council as the British Columbia Representative and Chair of the Supervision Committee.

Geoff Hackett

Canadian Sport Institute - Pacific
Mental Performance Consultant

The Gold Medal Profile for Sport Psychology

Friday January 27 | 3:30-4:15pm

Geoff Hackett is a mental performance consultant (MPC) with the Canadian Sport Institute - Pacific. He works on the with athletes and coaches in the RCA NextGen programs, where he provides education, coach support, and individual consultations with athletes in applied sport psychology. The main focus of his work involves providing athletes with skills and strategies to prepare effectively for competition, self-regulate attention and emotion, and build confidence to perform under pressure. He is a professional member of the Canadian Sport Psychology Association.

Maksym Kepsyy

Rowing Canada Aviron
National Training Centre Coach

Can We Change the Way We Race?

Friday January 27 | 11:00-11:45am

Creating a People First Culture for High Performance

Saturday January 28 | 1:00-2:00pm

Maksym Kepsyy is a coach at RCA's National Training Centre. Prior to joining the NTC, Maksym held several coaching roles including RCA's NextGen Hub Coach with the University of British Columbia and Development Coach at the Vancouver Rowing Club. A former athlete of UBC, Maksym has a keen interest in Biomechanics and holds a Masters of Kinesiology from UBC.

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Jenn Massingham

Rowing Canada Aviron

Lead Therapist

Less Injury = More Training = Elevated Performance

Saturday January 28 | 2:15-3:00pm

Jenn Massingham is the Lead Therapist with Rowing Canada Aviron and has been practicing on southern Vancouver Island for over a decade. She completed a Bachelors of Athletic and Exercise Therapy degree as well as a diploma in Exercise and Wellness from Camosun in 2010 and 2008, respectively. She has extensive experience in the field of Athletic Therapy and has provided clinical services with RCA since 2011 supporting their Olympic and development athletes and traveled with the competitive teams.

Chuck McDiarmid

Rowing Canada Aviron

NextGen Program Lead

Impacting Olympic/Paralympic Performance Through Domestic Development

Friday January 27 | 10:00-10:45am

Can We Change the Way We Race?

Friday January 27 | 11:00-11:45am

Chuck McDiarmid is RCA's NextGen Program Lead and is responsible for the development and implementation of RCA's NextGen strategy. Chuck works collaboratively with RCA's Director of Coach and Athlete Pathways, corporate and government partners, member clubs and associations, and other RCA staff, to identify and support athletes with potential to represent Canada internationally.

Rose Mercier

The Governance Coach

Partner

Board Basics: What Every Board Needs to Know About Governance

Saturday January 28 | 11:00-11:45am

Beyond the Basics: How Can a Board Shape a Meaningful Future

Saturday January 28 | 2:15-3:00pm

Rose Mercier has had extensive experience within the Canadian sport system. She was involved as director of coaching education with Swim Canada for eight years, served as Director General of the Canadian Cycling Association for six years, worked with the Major Games and International Relations Unit in Fitness and Amateur Sport, and as the director of the Tait McKenzie Leadership Institute in the Canadian Sport and Fitness Administration Centre. Following her professional management career, Ms. Mercier began a consulting career, first with Maverick Consulting and since 2009 with The Governance Coach. In that period, she worked with over sixty national and provincial governing bodies. Most recently she has worked with Rowing Canada, Karate Canada, Boxing Canada, Swim Ontario, and Canadian Collegiate Athletic Association in governance projects.

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Adam Parfitt

Rowing Canada Aviron
High Performance Director

Creating a People First Culture for High Performance

Saturday January 28 | 1:00-2:00pm

Adam Parfitt is RCA's High Performance Director and is responsible for the effective alignment, development and delivery of the coach and athlete high performance pathway through RCA's NextGen strategy. He works within RCA High Performance Program overseeing NextGen staff, and their relationships with HUB partners and Provincial Rowing Associations to ensure collaboration and engagement around a common strategy of plans and activities. In Adam's role he oversees the NextGen Strategy, including Talent ID programs, NextGen HUBs and Provincial Rowing Association engagement strategies.

Mike Pearce

UBC Thunderbirds Rowing
Head Coach

The Coach as a Passionate and Engaging Leader

Saturday January 28 | 11:00-11:45am

Mike Pearce has been a Head Coach at UBC since 1995. Over these years he's provided leadership in the rebuilding of the UBC Rowing to becoming a consistent National Championship-winning program. He has coached over UBC 30 athletes onto Canadian National teams and won numerous coaching awards at the university, provincial and national levels. Mike has a degree in Human Kinetics from UBC, is a NCCP level 4 coach and a graduate of the National Coaching Institute.

Mary Rao

Brock Badgers Rowing
Assistant Coach

The Coach as a Passionate and Engaging Leader

Saturday January 28 | 11:00-11:45am

Mary Rao is the Assistant Coach at Brock University and lead of the Women's program. On top of working with a wide range of athletes and coaches from many clubs over the last 14 years, Mary has also coached at the provincial and national level. She has coached at two junior world championships and coached the Ontario rowing team at the 2022 Canada Summer Games.

Allison Ray

Oakland Strokes
Director of Women's Rowing

The Coach as a Passionate and Engaging Leader

Saturday January 28 | 11:00-11:45am

Allison Ray is the Director of Women's Rowing at Oakland Strokes in California. Allison is proudly a Canadian certified coach who has worked at every level of competition nationally and internationally since 1998 for both Canada and the USA. In 2012 Allison represented Canada at the Olympic Games as a coach on the men's team.

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Judy Riege

Connected Leaders

Connector, Coach, Educator

Better: Creators Wanted

Friday January 27 | 8:30-9:30am

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

Saturday January 28 | 10:00-10:45am

For over 25 years, Judy Riege has been in the business of elevating leadership thinking and behavior for people who truly want to be world-class in all they do. She is a thought leader on “why-to” and “how-You” enhance leadership, emotional intelligence (EQ), and performance in individuals, teams, and organizations. Judy is a proud learning partner and a faculty member of Canada’s Coach Development Program - Pursuit teaching the Emotionally Intelligent Leadership modules for coaches and high-performance directors. She is a leadership performance coach to many NSO leadership teams across the country and has delivered a number of workshops to club and provincial-level coaches and leaders on emotional intelligence, healthy cultures and building better teams. She is on a mission to increase connection, conversation, and collaboration across our sports system - shifting mindsets and inviting people to lean in focus more on creating GREAT sports experiences for all!

Lisa Roddie

Row Ontario

Member Services Manager

Concussions? Really?

Friday January 27 | 11:00-11:45am

Lisa Roddie is passionate about safety and has been a leader supporting sports in implement best practices for concussion management both in Ontario and nationally. She is one of the rowing community’s leaders in concussion management and well versed in guiding clubs in how to implement complex policies and manage operations. She brings a practical approach, relying on her decades of experience in management of not-for-profit membership organizations and especially her current work directly supporting rowing clubs.

Cody Royle

Coach of Head Coaches

Coaches are Performers, Too

Friday January 27 | 1:00-2:00pm

Cody Royle coaches head coaches in elite sport. After a decade coaching Canada’s men’s AFL national team, he now mentors over a dozen head coaches across the NBA, WNBA, Premier League, National Rugby League, Liga MX, international rugby, and international field hockey. Cody is the author of two influential leadership books; *Where Others Won't* and *The Tough Stuff*, and co-writes the coaching newsletter *Unfair Advantage*.

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Kai Scott

TransFocus Consulting
Gender Strategist

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

Friday January 27 | 11:00-11:45am

Kai is a social scientist who has devoted his 15-year career to solving complex social issues, especially related to vulnerable and resilient populations. He uses a blend of discovery and reflective approaches to bring greater understanding and clarity to issues of gender diversity. During education sessions, he helps demystify the seemingly daunting topic of gender diversity in a reassuring manner, inspiring confidence and excitement in participants.

Laura Strenger

Canadian Sport Institute - Pacific
Strength & Conditioning Coach

Less Injury = More Training = Elevated Performance

Saturday January 28 | 2:15-3:00pm

Laura Strenger is a Strength & Conditioning Coach from Montreal, Quebec. She has worked for over 12 years with high-level university athletes across multiple sports and was the head strength and conditioning coach at McGill University from 2014-22. She received her M.Sc. Strength & Conditioning from Edith Cowan University (WA, Australia) and is also a NSCA Certified Strength & Conditioning Specialist, ASCA Associate Level-2 Coach and USA Weightlifting Coach. She joined the Canadian Sport Institute - Pacific and began working with RCA National Team and NextGen athletes in March 2022.

David Vine

Stem2Stern
Founder

The Relevance and Application of Building the Bevin's Rowing Skiff

Friday January 27 | 2:15-3:00pm

David Vine is the founder and principal boat builder of Stem2Stern. He founded the community organization in the summer of 2018 after a lifetime of educating young people in the craft of woodworking. David understands the value of an exposure to the trades in rounding out the life experiences of today's young people. He is responsible for directly training the participants in the construction of the wooden boats, as well as working with the funders and other support groups who help launch the boats once completed.

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Iain Wilson

Head Coach

Hanlan Boat Club

Coaching Coastal Beach Sprints

Friday January 27 | 2:15-3:00pm

Go Coastal Rowing

Friday January 27 | 3:30-5:30pm

Iain Wilson served as a coach with the Canadian World Rowing Beach Sprint Finals Team in 2022 and is the current Head Coach at Halan Boat Club. He was previously the Community Outreach Coach for Kingston Rowing Club, where he was responsible for all of the Club's Community programs in addition to his coastal rowing mandate. He served as head coach for the University of Toronto varsity program from 2015-2017; and in various coaching roles for Brock University, St. Catharines Rowing Club and other Niagara-area clubs. Wilson has coached rowers to winning finishes at the National Rowing Championships and Royal Canadian Henley Regatta. Wilson believes the coastal rowing discipline is an important part of our sports ecosystem and expands access and opportunities in the sport.

Anneke Winegarten

Rowing Canada Aviron

Exercise Physiologist

Training and Fuelling for Success

Saturday January 28 | 10:00am-10:45am

Anneke joined Rowing Canada in May 2022 as Exercise Physiologist with both the NextGen and Sr Programs. She has a MSc in Exercise Physiology from the University of Calgary, while completing her degree she also trained with the University of Calgary Rowing Team. Prior to moving to Vancouver Island to join the Integrated Support Team in Duncan, Anneke lived in Ottawa, ON and Calgary, AB, where she worked with varsity and NextGen Nordic skiers competing in provincial, national and international races. Anneke also completed her Advanced Coaching Diploma in Nordic Skiing at Canadian Sport Institute Ontario.

Vanessa Zoras

Canadian Sport Institute - Pacific

Sport Dietitian

Training and Fuelling for Success

Saturday January 28 | 10:00am-10:45am

Vanessa Zoras is a sport dietitian working with the Canadian Sport Institute Pacific at the Victoria campus. She is currently working with Cycling Canada and Rowing Canada where she has worked with both senior and development athletes. Vanessa completed her Bachelor of Applied Science in Nutrition at the University of Guelph before going on to complete a 1-year internship to qualify as a dietitian at Sunnybrook Health Sciences Centre in Toronto in 2015. Since then she has specialized in sport nutrition with a 2-year diploma from the International Olympic Committee and 7 years of practical work in high performance sport