

2024



NATIONAL CONFERENCE

JANUARY 26 to 28, 2024 | Québec City

COACH
STREAM
Beaumont/Belair Room

THRIVING ORGANIZATIONS
STREAM
de Tourny Room

ROWING FOR ALL
STREAM
Beauport Room

EVERYONE!
Palais & Kent Room

FRIDAY January 26, 2024

TIME (ET)	SESSION		
8:00 - 8:30am	Registration		
8:30 - 9:00am	Welcome		
9:00 - 10:00am	Balancing the Delicate Art of Modern High Performance Coaching Keynote Speaker Marc-André Duchesneau		
10:00 - 10:30am	Break ☕		
10:30 - 11:30am	Strategies for Delivering the Canadian Rowing Model Technique Tom Morris & Katie Bahain-Steenman	Community Sport For All Initiative - 2024 and Beyond RCA Member Club Leaders	Safe Sport - What does it Look Like in Action? Lisa Roddie
11:30 - 11:45am	Transition		
11:45am - 12:45pm	Athlete Preparation to Technical Proficiency Kaity Szabo & Anneke Winegarten	Navigating Inclusivity Waters: Empowering CSAI Leaders to Expand Rowing Programs with Confidence Erin Davis	Show Me The Money! Principles and Practical Guidance for Writing Grants Jen Fitzpatrick
12:45 - 1:45pm	Lunch 🍴 (Palais & Kent Room)		
1:45 - 2:45pm	Evidence and Insights from a National Survey of Rowing Club Capacity and Growth Keynote Speaker Katie Misener, PhD		
2:45 - 3:00pm	Transition		
3:00 - 4:00pm	Advancing Coach Impact Tom Morris	Para Rowing Fire Side Chat Taylyr Dickinson	Pulling Together to Thrive: Building Rowing Club Capacity for Growth Alison Doherty, PhD & Dr. Kaleigh Pennock
4:00 - 4:30pm	Break & Networking 🤝		
4:30 - 6:00pm	Wellness Break		
6:00 - 7:15pm	RegattaCentral Wine and Cheese 🍷 (Grande Place)		

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SATURDAY January 27, 2024

TIME (ET)	SESSION		
7:00 - 8:15am	Diversify Rowing Breakfast (Palais & Kent Room)		
8:15 - 8:30am	Transition		
8:30 - 9:30am	Exploring the Connection between Invitation & Innovation Keynote Speaker Nouman Ashraf		
9:30 - 10:00am	Break ☕		
10:00 - 10:45am	Developing People First Coaches David Robertson	Uncovering the Makeup of Collaborators Nouman Ashraf	
10:45 - 11:00am	Transition		
11:00 - 11:45am	Creating a Healthy Coach-Athlete Relationship David Robertson & Katie Bahain-Steenman	Uncovering the Makeup of Collaborators (Continued) Nouman Ashraf	
11:45am - 1:00pm	Lunch & Performance Coach Certificate Presentation and Jack Nicholson Coaching Bursary (Palais & Kent Room)  		
1:00 - 2:00pm	State of Sport presented by Canadian Tire Jumpstart Charities Keynote Speaker Stuart McReynolds		
2:00 - 2:15pm	Transition		
2:15 - 3:00pm	Exploring Strategies to Elevate Your Coaching Practice Joe Rochon, Mary Rao, Katie Bruggeling & Scott Anderson	Systems and Resource Development to Support the Future of Diversity and Inclusion Programming	Building Stronger Communities Through Sport Stuart McReynolds
3:00 - 3:30pm	Break ☕		
3:30 - 5:00pm	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) 		

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SUNDAY January 28, 2024

TIME (PT)	SESSION
7:15 - 8:00am	REGISTRATION - Semi-Annual Meeting
8:00 - 9:30am	2024 Rowing Canada Aviron Semi-Annual Meeting (Palais & Kent Room)