



28 - 30 September 2018 – Edmonton, AB

## Conference & AGM

### **ANNUAL GENERAL MEETING: Saturday, 29 September 2018**

Delegates to the Annual General Meeting must be pre-registered by completing the Conference Registration form or by emailing the Swim Alberta office at [office@swimalberta.ca](mailto:office@swimalberta.ca) if not attending the conference. More information about the Annual General Meeting will be posted [here](#).

### **AWARDS BANQUET:**

Join us Saturday, 29 September at 6:30 pm when Swim Alberta celebrates the achievements of our athletes, coaches & volunteers at the Annual Awards Banquet - Cocktails at 6:30 & Dinner at 7:00 pm. Tickets at \$60/person & can be purchased through the [Conference Registration Form](#) or individually if not attending the conference [here](#).

### **ANNUAL CONFERENCE:**

This year's conference promises not to disappoint with workshops & sessions for Club Boards & Coaches. Sessions start on Friday, 28 September, run all day Saturday & wrap up on Sunday at mid afternoon. Conference Registration will close on 17 September 2018.

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Conference fees: \$200.00 per person (Each year round club will receive one complimentary conference registration for a club Board Member & one for a coach).

Banquet fee: \$60.00 per person.

REGISTER NOW by clicking on the [Conference Registration Form](#).

**REMINDER:** *Block Expires on 28 August 2018* Space is limited - Book Early

Coast Edmonton Plaza Hotel, Edmonton, AB

Reservation information:

Call 1-800-663-1144 or book online at <http://coa.st/pofq> Special Code CEP-GFC17125 where it asks for Group

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| <b>FRIDAY, 28 September</b>  |  |
| <u><i>Coach Stream</i></u>   | <u><i>Board Member Stream</i></u>  |
| <b>2:15 - 3:15 pm Swim Alberta Coaches Meeting (Glenora)</b>   |  |
| 3:30 - 5 pm <a href="#"><u>Coaching Opportunity Reports</u></a> - Alexx Diep NCSA, Wendy Johnson CASC, Scott Wilson OSC (Glenora)                        | 3:30 - 5 pm <a href="#"><u>In's &amp; Out's of your Club Insurance Program</u></a> – Haley Taskey (Wood Buffalo) |
| 5:15 - 6:45 pm <b>Keynote Address</b> <a href="#"><u>Creating the Shared Vision - Swim Alberta Performance Strategy</u></a> - Dr. Steve Norris (Glenora) |  |
|  | 7 - 8 pm Club Executive Meet & Greet with Swim Alberta Board & Staff (Wood Buffalo)                              |

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| <b>SATURDAY, 29 September</b>  |   |  |
| 9 - 10:30 am <a href="#"><u>Backstroke &amp; Freestyle (T2T/T2C)</u></a> - Wendy Johnson (Drayton Valley)                                  | <a href="#"><u>Backstroke &amp; Freestyle (FUN/L2T)</u></a> - Marc Tremblay (Turner Valley)         | 9 - 5:30 <a href="#"><u>Club Operations - Building a Sustainable &amp; Vibrant Swim Club</u></a> - Steve Indig (Glenora) |
| <i>Coffee Break</i>  |   |  |
| 10:45-12:15 <a href="#"><u>Sports Nutrition - Reduce Fatigue &amp; Maximize Performance (T2T/T2C)</u></a> - Abby Knox, RD (Drayton Valley) | <a href="#"><u>Mental Training &amp; Mental Health (FUN/L2T)</u></a> – Matthew Bain (Turner Valley) |  |
| <b>12:30 - 1:15 pm Swim Alberta AGM (Lunch available for pre-registered delegates only)</b>  |   |  |
| 1:45 - 3:15 pm <a href="#"><u>Building a Winning Team Culture</u></a> - Tina Hoeben KISU (Valley Ballroom)                                 |   |  |
| <i>Coffee Break</i>  |   |  |
| 3:30 - 5 pm <a href="#"><u>Optimizing Activation, Warm-up/Warm-down Routines</u></a> - Tessa Gallinger (Valley Ballroom)                   |   |  |
| <b>6:30 pm Swim Alberta Awards Banquet. Seating &amp; Cocktails at 6:30 pm. Banquet at 7 pm (Valley Ballroom)</b>                          |   |  |

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| <b>SUNDAY, 30 September</b>  |
| 9 - 11:00 am <a href="#">Creating a Safe &amp; Caring Swim Community - Is there a Hidden Culture of Bullying in Sports</a> - Lisa Dixon Wells ( <i>Valley Ballroom</i> ) |
| <i>Coffee Break</i>  |
| 11:15 - 12:15 pm <a href="#">Next Steps - Aligning Your Club to a Provincial Performance Strategy</a> - Dr. Steve Norris ( <i>Valley Ballroom</i> )                      |

## CONFERENCE SPEAKER BIOS & SESSIONS:

**Session: [Coaching Opportunity Reports](#)** - Alberta Coaches have had some fantastic international opportunities this past season and they will be sharing their experiences via short presentations.

**Alexx Diep**, Head Age Group Coach Nose Creek Swim Association: Alexx was chosen to mentor with the Swim Canada Para-swimming NextGen Train and Race camp tied to the Copenhagen World Para Swimming World Series.

**Wendy Johnson**, Assistant Head Coach Cascade Swim Club: Wendy attended the Swim Canada Junior Men's Training Camp in Trinidad with two Cascade swimmers.

**Scott Wilson**, Head Coach Olympian Swim Club: Scott was chosen as part of the coaching staff with the Swim Canada 2018 Junior Pan Pac Championship team, Suva, Fiji.

**Session: [In's & Out's of your Club Insurance Program](#)** - What exactly does our Insurance cover? As boards turn over, new board members often ask this question. Join Hailey Taskey in this informative session that explains the coverage clubs receive through their insurance programs with Swim Alberta.

**Hailey Taskey**, Account Executive LloydSadd: Currently bringing over 11 years of experience in the insurance industry, and a background in the management and development of complex insurance programs for large commercial operations such as, property development and management, specialty construction, engineers and project managers, environmental remediators and specializing in the development and placement of insurance programs for sporting and not-for-profit organizations. In 2017, she was named as one of the Insurance Business Canada's Young Guns. Top 50 Insurance professionals in Canada under 35. She currently holds a Canadian Accredited Insurance Broker (CAIB) designation, Chartered Insurance Professional (CIP) designation and is licenced in many provinces across Canada.

**Session: [Creating the Shared Vision - Swim Alberta Performance Strategy](#)** - Dr. Norris will share the performance strategy as well as address how to guide through it so each and every club can be successful within the Swim Alberta Strategic Plan.

**Dr. Stephen Norris, PhD:** Norris is recognized as a leading authority on child/youth activity & athletic development. Dr. Norris has roots in swimming as a Coach and a Swim Canada Board member. Norris is currently contracted with Swim Alberta to review training, competition & supporting elements to develop a world class framework for Swim Alberta's performance strategy.

**Session: Backstroke & Freestyle** - Cascade Swim Club coaches break down these two strokes for all stages in the Long Term Athlete Development model. In two sessions (Marc Tremblay - Fundamental & Learn to Train and then Train to Train & above), technique will be covered along with progressions, starts, turns, training, & test sets.

**Marc Tremblay**, Head Age Group Program Coach Cascade Swim Club: Marc is bringing his extensive 25+ years of coaching experience to the conference. Marc has coached some of Canada's top-age group programs over the last two decades, including the Vernon Kokanee Swim Club and the Edmonton Keyano Swim Club. Marc has produced several swimmers who have gone on to compete for Canada internationally - including at the Olympic games.

**Wendy Johnson**, Assistant Head Coach Cascade Swim Club: Wendy has over 20 years of coaching experience and a stellar international swimming resume. A former world record holder and two time Olympian, Wendy adds tremendous leadership and experience to swimmers and coaches. In addition to coaching groups within the Talisman Performance Programs, Wendy will also work with and supervises the 10 & Under and Age Group coach programs.

**Session: Club Operations - Building a Sustainable & Vibrant Swim Club** - Presented by Steve Indig, Sport Law and Strategy Group Club Operations. Each participant will receive a Club Operations Manual that has been produced by Swim Alberta and the Sport Law and Strategy Group. This all-encompassing manual will work board members through all they need to know to create a sustainable and vibrant swim club. Topics include: Mission, Vision/Values; Governance Models, Bylaws, Director Responsibilities, Meetings of the Members, Committees, Complaint Management, Human Resources and Volunteer Management, Finance and Corporate Maintenance and Policy Support. The topics presented as well as the information contained in the manual can be used as an effective tool for both new or building swim clubs to update or address emerging policy trends or operational gaps at the governing level. Templates provided.

**Steve Indig BRec, LLB**: Steve began his career with the Sport Law & Strategy Group in 2003 immediately after being called to the bar as a lawyer. Steve has had the opportunity to work with over 650 national, provincial, and local sport organizations providing consulting and legal services related to governance, employment, contracts, policies, disputes, and privacy. He is a regular guest speaker and presenter at AGMs, conferences, and workshops, and also acts as a mediator and adjudicator.

**Session: Sports Nutrition - Reduce Fatigue & Maximize Performance** - Abby will focus on provincial level swimmers and higher and will cover evidence based sports nutrition information that is essential for athletes to know, particularly when their training demands are high. She will also teach nutrition strategies to reduce fatigue, speed up recovery and improve performance in training as well as competition. Pre-training nutrition, fuel/fluids during training, post-training nutrition, training meals, competition nutrition and iron needs of athletes will be covered.

**Abby Knox**, Registered Dietician and coach with the Foothills Stingrays Swim Club: Besides being a registered dietician and sports nutritionist, Abby is a swim coach, athlete, mother of three competitive swimmers, and author of Eat Right, Swim Faster.

**Session: Mental Training and Mental Health** – Athletes are humans first. Little humans. They have minds that respond to life challenges in different and unique ways. When a developmental athlete succeeds or fails, in the eyes of the athlete their experience is unique no matter what is stated. Coaches play a large role in helping

these athletes construct a mindset that allows them not only to navigate the challenges of a 200 m IM, but the challenges that occur in life; something every coach knows. At the same time, many of these young people do not know how to voice what they really feel: fear, anxiety, confidence challenges, depression, etc. Consider attending this session not only for some information on mental health but also mental performance and how to recognize, realize, refer, and revere the child who swims for you each day of the week!

**Matthew Bain** is currently a certified Mental Performance Consultant with the Canadian Sport Psychology Association (CSPA) and a Registered Provisional Psychologist with the College of Alberta Psychologists. Matt currently holds graduate degrees in both Education and Sport & Exercise Psychology and is completing his PhD in Sport Psychology with the University of Queensland, with a focus on personality, motivation, high performance sport. Matt is a ChPC with the Coaches of Canada, having coached swimming for 10 years. As well, Matt works with individuals, teams, and coaches at the local, provincial, national, and international levels of sport.

**Session: *Building a Winning Team Culture*** - Tina will address aligning core values, having fun & still accomplishing what is required for performance, communicating, working as a team, how to maintain a culture and how to carefully evolve your team culture.

**Tina Hoeben**, Head Coach KISU Swim Club: Tina is in her 19th season with the KISU Swim Club (more than 30 years of coaching swimming). She has her NCCP Level 3 and in the past few years has done a lot to improve her coaching experience and expertise.

Tina believes that swimming is a sport for everyone from the young to the not-so-young from the fitness interests to those with the highest goals. She has her BSc in Physiology, BFA in Fine Arts-Visual Art and MFA in Fine Arts.

**Session: *Optimizing Activation, Warm-up/Warm-down Routines*** - Tessa Gallinger shares her experiences and expertise in optimizing pre-pool activation and pre-race warm-up/re-warm-up strategies based on the most recent literature. Discussion on the importance of its inclusion, as well as methods to advance an athlete's longevity and performance whilst minimizing fatigue.

**Tessa Gallinger:** Tessa is a Strength & Conditioning Coach with the Canadian Sport Institute Calgary, and Lead S&C Coach for the Canadian Paralympic Swim Team since 2013. She is currently completing a Masters of Science studying Muscle Physiology at the University of Calgary, focusing on muscle architectural changes that occur with sport specific velocity training. Gallinger's work for the National team has had a focus on improving activation routines, and ready room "readiness" prior to a race.

**Session: *Creating a Safe & Caring Swim Community - Is There a Hidden Culture of Bullying in Sports*** - Coaches set the stage for how kids on a team treat one another. Management set the stage on how coaches treat players and parents.

*The reality is that most sport organizations are dealing with more challenging behaviours than ever before. The coaches and management must be very clear that bullying and disrespect will not be tolerated and that all members of the club will be held accountable for their behavior.*

*In order to do this, coaches and management must understand the difference between competitive spirit and true bullying whether it be from players, parents, management, or themselves. Conflict amongst players, parents and coaches is normal.... bullying is not!*

*Participants in this workshop will establish a common language around bullying behaviour, be clear on the difference between conflict and true bullying, be better equipped in the early identification of players that are being targeted, and learn how to take a no-nonsense approach when dealing with players, parents or fellow coaches who are using bullying tactics. As well, coaches/management will learn the importance of having a clear policy and procedures strategy to deal with bullying behaviour so that all team members and families understand the expectations and can be held accountable.*

**Lisa Dixon-Wells** has been working in school systems across Canada since 1990. After completing her M. Ed in Educational Psychology (1997), Lisa's focus has been on Bully Prevention and Mental Health. As the founder of the Dare to Care program, her work has focused on early prevention and intervention in schools as well as sporting organizations, community groups, and the workplace. The Dare to Care program impacts over 65,000 children, youth, and adults each year and has had a significant impact in creating and maintaining safe and inclusive environments for children and youth. In 2016, Dare to Care received the Government of Alberta Inspiration Award for Leadership in Bully Prevention.

Lisa swam internationally with both the Edmonton Keyano Swim Club and the University of Calgary Swim Club and is a 14-time World Masters champion. Lisa was inducted into the University of Calgary's Sports Hall of Fame in 2015.

***Session: Next Steps - Aligning Your Club to a Provincial Performance Strategy*** - Dr. Norris will share positive ideas and next steps for clubs and coaches to maximize performance within the Swim Alberta Strategic Plan.