

2011 PRESENTERS

Ryan Walter played and coached more than 1100 games over 17 seasons in the National Hockey League and represented Team Canada at the World Junior Championships and 4 World Championships. He served as Vice-President of the NHL Players Association, was once named NHL Man of the Year, and was inducted into the BC Hockey Hall of Fame. Currently the President and CEO of the AHL's Abbotsford Heat, Ryan has written 5 books and may be recognized for his work in televised hockey broadcasts, the TV series Making the Cut, and the movie Miracle.

Dave Freeze is an enthusiastic mental trainer and patient sports counselor with over 30 years of training, competing and coaching experience in all levels of sport with all age groups. His work focuses on mental training and the development of life-long skills to be able to concentrate, manage anxiety and manage emotion when in high-pressure situations.

Angela Wright founded Align Holistic Health & Nutritional Services, which offers everything from cooking classes to family diet interventions. She has a degree in Environmental Science from the University of Waterloo and a diploma in Applied Holistic Nutrition from the Institute of Holistic Nutrition in Toronto, ON. She also holds Certified Nutritional Practitioner (CNP) and Registered Nutritional Consulting Practitioner (RNCP) designations.

Tim Gayda is the 5th President and CEO in Sport BC's history and is responsible for the overall strategic development of the organization. Prior to this role, he worked with the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC) as the Vice-President of Sport.

Wendy Wheeler is a Professor in the Human Kinetics Program at Okanagan College. She is a volleyball coach and NCCP Learning Facilitator who has worked with several CIS, CCAA, Provincial Elite Development and Club Teams. She also has experience working as a Kinesiologist and workplace health consultant.

David Hill has dedicated his career to legitimizing the role of coaches in Canada and raising awareness to the value of coach education, coaching and athlete development. As Director of the NCI-BC, he envisions a world leading coach education program accessible to coaches who wish to further their skills and experiences and help athletes reach their full potential.

Shane Pizzey has extensive experience in the coaching field highlighted by stops at 2 National Sports Institutes (Canada and Malaysia) as well as being a testing specialist for the Calgary Flames and Hockey Canada. Shane's clients include Olympians, NHL and pro hockey players, junior athletes from all sports, and active lifestyle clients.

Leanne Manlove specializes in performance coaching for endurance athletes. She is a Certified Strength and Conditioning Specialist and is a Competition Level Triathlon Coach serving as the Head Coach for the Okanagan Region in Triathlon at the 2010 BC Summer Games.

PRESENTED BY:



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2011 OKANAGAN SPORT LEADERSHIP CONFERENCE

OCTOBER 22, 2011
UBC OKANAGAN
KELOWNA, BC



REGISTRATION:

REGISTRATION FEE

\$50 per person (includes lunch)

Sessions approved for BCRPA & CSEP Credits

REGISTRATION INFORMATION

Register by phone: 250.469.8800

Register in person: Parkinson Recreation Centre
1800 Parkinson Way, Kelowna

Register online: www.kelowna.ca/recreation

Course barcode: 118951

CONTACT INFORMATION

Phone: 250.469.8855

Email: okanagan@pacificsport.com

Web: www.pacificsport.com/okanagan



OKANAGAN 2011 SPORT LEADERSHIP CONFERENCE 1

Sport Kelowna, in partnership with Investors Group, CSC Pacific, Coaches Association of BC and Sport BC, is pleased to present the 2011 Okanagan Sport Leadership Conference, designed to provide sport education opportunities and hands-on training experiences.

Investors Group Volunteer Sport Administration Award

The Investors Group Community VSA Award will be presented at the 2011 Okanagan Sport Leadership Conference to a dedicated volunteer for their outstanding contribution to sport within our community. The recipient will automatically become eligible for the Investors Group National VSA Award.

To nominate a volunteer from your sport organization, go to www.pacificsport.com/okanagan for the nomination form.

8:30am-9:00am	Registration & Check-In	
9:00am-9:10am	Welcome & Opening Remarks	
9:10am-9:20am	Investors Group VSA Award Presentation	
9:20am-10:20am	<p>Leadership Behaviors For Developing Hungry Athletes The margin between winning and losing can be miniscule and the difference is often in the athlete's ability to feed and sustain their "hungry spirit". This session will explore the links between coaching, leadership and athlete success. Participants will develop their "Leader To-Do lists" and learn how to incorporate five core leadership behaviors into their coaching plans, thereby inspiring their athletes and feeding their "hungry spirits".</p> <p style="text-align: right;">Ryan Walter MA, Leadership/Business</p>	
10:20am-10:30am	Nutrition Break	
10:30am-11:30am	<p>Mental Skills For Sport: Creating "The Invincible Player" We all have limitations, and our performances are often limited by our own beliefs and mental/emotional abilities. Whether working with individuals or teams, the goal is to provide a solid foundation of skills and self-awareness for long-term results. This session will provide practical strategies to build confidence, overcome obstacles and instill a sense of "invincibility" in your athletes.</p> <p style="text-align: right;">David Freeze MA, Applied Behavioural Science</p>	<p>The Holistic Approach To Sport Nutrition An athlete is only as good as the food choices they make and the nutrients they absorb into their body. Whole foods provide everything one needs to access and use nutrients appropriately including the vitamins and minerals required for energy and performance. This session will explore the holistic approach to sport nutrition and will provide practical tips to give your athletes the added edge.</p> <p style="text-align: right;">Angela Wright B.Sc., CNP, RNCP</p>
11:30am-12:40pm	Lunch & Sport Trade Show / Marketplace	
12:40pm-1:40pm	<p>How Leaders Inspire, Influence And Achieve Results As Vice-President, Sport at VANOC, the Organizing Committee for the 2010 Vancouver Olympic and Paralympic Winter Games, Tim led a team of 100 staff and 4,000 volunteers as they worked alongside International Federations, NSOs, PSOs, athletes and coaches to deliver a world class sport experience. This session will take a "behind the scenes" look at the inner workings of the Games and explore how you can maximize your coaching effectiveness by recognizing your own influence and understanding how to lead.</p> <p style="text-align: right;">Tim Gayda President & CEO, Sport BC</p>	
1:40pm - 1:50pm	Nutrition Break	
1:50pm - 2:50pm	<p>Working Together To Achieve Excellence Many principles and practices from high performance team sport may also be helpful for individual sport athletes that train together with others. This session will focus on individual motivation and group dynamics, as well as strategies that will help your team to achieve more together and to avoid common pitfalls. Come prepared to "learn-by-doing" and to compete in some group challenges.</p> <p style="text-align: right;">Wendy Wheeler M.Sc.</p>	<p>Building Tomorrow's Champions Today "It takes 10 years to build an elite athlete." The theory of "Deliberate Practice" identifies that 10 years of sustained practice is critical for the development of expert performance. This workshop will explore the different factors associated with "Deliberate Practice" by examining the practical experiences of elite coaches and athletes. Join a panel of national level athletes and coaches in this discussion designed to uncover key elements for building championship performance.</p> <p style="text-align: right;">David Hill Director, NCI-BC</p>
2:50pm - 3:00pm	Nutrition Break	
3:00pm - 4:00pm	<p>Lower Body Training – No More Squats? Learn the science behind both sides of the debate between bilateral and unilateral lower body training. You'll leave this session with a better idea of which training modality is best for your athletes, as well as first hand experience in the progressions of exercises that you can implement into your training programs.</p> <p style="text-align: right;">Shane Pizzey CEP, CSCS & Leanne Manlove B.Sc., CSCS, NCCP</p>	
4:00pm - 4:30pm	Informal Q & A	

* Sessions Approved for BCRPA & CSEP Credits*