



2015 ATLANTIC COACHES CONFERENCE

FRIDAY APRIL 24th			
Session 1	Time	Location	Facilitator
Keynote Address: Creating a Winning Culture - Canadian Olympic Women's Hockey Team, Sochi 2014	7pm- 8pm	Auditorium	Lisa Haley
Body Talk: Promoting Positive Body Image in Sport	8:15pm – 9:15pm		Angela Dufour
Leading the Right Way!	8:15pm – 9:15pm		Dr. Angelo Caravaggio
Coach Burn Out	8:15pm – 9:30pm		Lori Dithurbide
Building Successful Programs - Elements of the Transformation Process	8:15pm – 9:30pm		Chantal Vallée
COACHES SOCIAL	9:30m – 11:00pm	Auditorium	

Session 2	Time	Location	Facilitator
Morning Plenary	8:30am – 9:30am	Auditorium	Chantal Vallée
Mental Preparation for Coaching	9:45am – 11:00am		David Scott
Long Term Athlete Development – Connecting the Dots - Linking Physical Literacy to Performance	9:45am – 11:00am		Mike Hudson & Michelle Aucoin
Keys to Preventing & Management of Injuries	9:45am – 11:00am		Karen Decker & Jeremy Stienbach
Video Analysis Resources That Work!	9:45am – 11:00am		Mike Bawol
Impressing vs Improving Helping our Athletes in Their Journey Through High Performance Sports	9:45am – 11:00am		Lisa Haley
Session 3	Time	Location	Facilitator
Body Talk: Promoting Positive Body Image in Sport	11:15am – 12:30pm		Angela Dufour
Leading the Right Way!	11:15am – 12:30pm		Dr. Angelo Caravaggio
Coach Burn Out	11:15am – 12:30pm		Lori Dithurbide

Building Successful Programs - Elements of the Transformation Process	11:15am – 12:30pm		Chantal Vallée
Investors Group Luncheon	12:30pm – 1:30pm	Auditorium	
Session 4	Time	Location	Facilitator
Mental Preparation for Coaching	1:45pm - 3:00pm		David Scott
Long Term Athlete Development – Connecting the Dots - Linking Physical Literacy to Performance	1:45pm – 3:00pm		Mike Hudson & Michelle Aucoin
Keys to Preventing & Management of Injuries	1:45pm – 3:00pm		Karen Decker & Jeremy Stienbach
Video Analysis Resources That Work!	1:45pm – 3:00pm		Mike Bawol
Impressing vs Improving Helping our Athletes in Their	1:45pm – 3:00pm		Lisa Haley

PRESENTERS – TOPICS & BIOGRAPHIES

Keynote: Creating a Winning Culture - Canadian Olympic Women's Hockey Team, Sochi 2014

Presenter: Lisa Haley

Synopsis

The journey to a 4th consecutive Olympic Gold medal for Canada's Olympic Women's Hockey Team involved many obstacles along the way. This includes a change in the Head Coach position only months before the Olympics, plus the most famous women's hockey player in the world, Hayley Wickenheiser, being demoted to Assistant captain just weeks before competition started. Learn how the winning culture of this team helped them overcome all of the adversity to bring home the Gold medal to Canada.

Impressing vs Improving | Helping our Athletes in Their Journey Through High Performance Sports.

Presenter: Lisa Haley

Synopsis

As a coach at the University, Club, or Provincial level, we have a responsibility to our athletes in helping them along their developmental journey to a level of high performance. In this presentation, we will discuss how to keep a "big picture" vision with our athletes; one that focuses less on immediate wins and losses, and more on performance and teaching our athletes the meaning of a High Performance lifestyle.

Biography

Lisa Haley's list of accomplishments speaks for itself. In the past few years alone:

- Assistant coach of Canada's National Women's Team at the 2014 Olympic Winter Games in Sochi Russia where the team won a thrilling gold medal.
- Assistant coach of the women's national team at the 2013 IIHF Ice Hockey Women's World Championship, claiming a silver medal.
- Assistant coach with Canada's National Women's Team at the 2012 4 Nations Cup in Tikkurila, Finland, winning a silver medal.

- Assistant coach with Canada's National Women's Team at the 2012 IIHF Ice Hockey Women's World Championship in Burlington, Vt., winning a gold medal
- Assistant coach with Canada's National Women's Team at the 2011 IIHF World Women's Championship in Winterthur and Zurich, Switzerland, winning a silver medal
- Assistant coach with Canada's National Women's Under-18 Team at the 2010 IIHF World Women's Under-18 Championship in Chicago, Ill., winning a gold medal

An NCCP Level IV certified coach, Lisa is currently head coach of women's hockey at Ryerson University where the Rams' had their first season in Canadian Interuniversity Sport (CIS) in 2011/2012. Previously she spent 14 seasons as head coach of the Saint Mary's University women's hockey team, where she led the Huskies to four Atlantic University Sport (AUS) championships. She was co-recipient of the CIS coach of the year in 2002-03, named AUS coach of the year in 2001-02 and 2002-03. She was also Nova Scotia's head coach at the 2007 Canada Winter Games in Whitehorse and an assistant coach with Nova Scotia at the 2003 Canada Winter Games in Bathurst.

Lisa herself played hockey at Concordia University where she completed a bachelor of science in exercise science, with a specialization in athletic therapy. She represented Nova Scotia at the 1991 Canada Winter Games in P.E.I., and 1996 Esso Women's Nationals in New Brunswick. She resides in Toronto with her husband and son.

Coach Burn Out

Presenter: Lori Dithurbide, PhD.

Synopsis

Much of the attention regarding burnout in sport is directed towards athletes. Furthermore, when speaking with coaches about mental skill development, proper mental and physical recovery, and emotional control, we often make the assumption that it is all about the athletes. What about mental skill development for coaches? What about recovery and emotional control in coaches? This presentation will focus on the issue and strategies to help prevent coach burnout from a mental skills perspective.

Biography

Dr. Lori Dithurbide is a faculty member in the School of Health and Human Performance (Kinesiology) at Dalhousie University where she teaches classes and conducts research in the area of sport and exercise psychology. Dr. Dithurbide completed an undergraduate degree in Psychology from Saint Mary's University, a Master's degree in Health and Physical Education from Brock University and a Doctoral degree in Kinesiology, specializing in sport and exercise psychology from Michigan State University. In addition to her work at Dalhousie University, Dr. Dithurbide is the lead Mental Performance Consultant at the Canadian Sport Centre Atlantic and consults with athletes of all ages and experiences on mental training, helping athletes reach their potential. Dr. Dithurbide is a certified mental performance consultant through the Canadian Sport Psychology Association, holds professional member status with the CSPA and has consulted with athletes participating in a variety of sports including hockey, basketball, curling, figure skating, golf, paddling, sailing, and track and field. Dr. Dithurbide has experience in competing and coaching in a number of sports including hockey, golf, and triathlon among others.

Building Successful Programs - Elements of the Transformation Process

Presenter: Chantal Vallée

Synopsis

Winning is not normal. This is a saying that Coach Vallée employs on a regular basis with her team. If you want to win you cannot think, act or train like anyone else. During her presentations, Coach Vallée will address her research-base proven model that leads a coach to success. She will also address the important steps to develop the <3-prong horn program> that has led her team to win multiple national championships.

Biography

In 2002, after years of research on successful enterprise and leaders, Chantal Vallée submitted her master's thesis at McGill University on "How to build a successful program". Three years later, she was hired by the University of Windsor to become the Head Coach of the Lancers Women's Basketball Team.

At the time, the Windsor Lancers had only four winning seasons in a span of nearly 50 years. In the two years prior, the team had played over 60 games and lost all but eight. Fan attendance was sparse and Windsor was known as the "doormat of women's basketball in Canada." But Chantal had a dream and a plan and told anyone who would listen that the team would win a national championship within five years!

In March 2011, the mission was accomplished. The Lancers Women's Basketball team were crowned National Champions for the first time in history in front of a capacity crowd on their home court. This was topped by a record-breaking rating on TSN for the most watched National Championship final with over 104 000 viewers. The Globe and Mail featured Chantal with the title "Coach Takes Windsor from Outhouse to Penthouse". In 2012, the team repeated as National Champions, 3-peated in 2013, and 4-peated in 2014; a feat only one other team has done in history.

In the past five seasons, Chantal has received 12 Coach of the Year Awards, produced 4 Canadian national team members, won 123 regular season games and lost only 7, won 5 Provincial and 4 National Titles, and maintained a winning percentage of 94%. Chantal is now in high demand for speaking engagements across Canada and the United States and is a publish author on the topics of leadership and coaching success.

Leading the Right Way!

Presenter: Dr. Angelo Caravaggio

Synopsis

Leadership is one of the most sought after abilities in every globally sector yet few people are able to lead well. This presentation will examine the subject of leadership with the specific aim of providing participants with practical advice on how to become effective leaders.

Biography

Dr. Caravaggio is a leadership, defence and security specialist with over 36 years of military and academic experience. Dr. Caravaggio's areas of expertise include executive leadership development, strategic thinking, operational planning, national security studies and military history. He has lectured extensively in his areas of expertise to the senior leaders and future general officers of the Canadian Armed Forces attending the Canadian Forces College, Emergency Management Professionals, numerous Police Services, executives of the Federal Public Service and Coaching Canada.

Dr Caravaggio currently serves as a leadership advisor to the Ontario Association Chiefs of Police Education, Training and Professional Development Committee and is a member of the Associate Graduate Faculty in the Department of Business and Economics at the University of Guelph, teaching in Masters in Leadership Program.

A Mental Skills Toolbox for Coaches

Presenter: David Scott

Synopsis

The purpose of this presentation is to provide coaches with simple and practical strategies for the introduction and coaching of mental skills such as goal-setting, self-talk, focusing, and self-confidence.

Biography

Dr. David Scott is a professor in the Faculty of Kinesiology at the University of New Brunswick in Fredericton, New Brunswick. He teaches and does research in the area of sport and exercise psychology. He completed a B.Sc.(Hons.) in Sport Science and a teaching degree at the University of Ulster, Belfast, Northern Ireland, and an MA in Sport Psychology, an MA in Psychology, and a Ph.D. in Sport and Exercise Psychology from the University of Victoria, in Victoria, British Columbia. He has also been a consultant with a number of sport teams and organizations and for the past six years has been the sport psychology consultant with the Montreal Canadiens. For eight years prior to that he was a consultant with the Vancouver Canucks, the Philadelphia Flyers, and the Florida Panthers of the National Hockey League. He has also worked as a consultant with the Louisville Panthers, the Manitoba Moose, the Rochester Americans, and the Hamilton Bulldogs of the American Hockey League, Lugano H.C. (Switzerland), ERC Ingolstadt (Germany), the Kamloops Blazers, the Moose Jaw Warriors, the Prince Albert Raiders and the Swift Current Broncos of the Western Hockey League, the North Bay Centennials and the Peterborough Petes of the Ontario Hockey League, the Moncton Wildcats of the Quebec Major Junior Hockey League, the Melville Millionaires of the Saskatchewan Junior Hockey League, the OCN Blizzard of the Manitoba Junior Hockey League, the Long Beach Ice Dogs of the East Coast Hockey League, the CorpusChristi Rays of the Central hockey League, the University of New Brunswick Varsity Reds, the Acadia University Axemen, the University of Victoria Vikes, the Brock University Badgers, the Canadian Men's National Gymnastic Team, Bowls Canada, the Canadian Junior National Archery team, Swim Canada, the West Indies Cricket Team, the Bermuda Cricket Team, Fencing New Brunswick, Swim BC, Tennis BC, and Ringette BC. He is currently a sport psychology consultant with the Montreal Canadiens of the NHL, the

Hamilton Bulldogs of the AHL, ERC Ingolstadt of the German Elite Ice Hockey League, and the Moncton Wildcats of the QMJHL.

Keys to the Prevention and Management of Injuries

Presenters: Karen Decker and Jeremy Steinbach

Synopsis

Injuries, although a natural part of sport, can derail an athlete's season and even career. In order to achieve athletic and team potential, coaches need players on the field not in the therapy room. By understanding and managing the risks that lead to injury, coaches can play a large and important role in preventing them. The most common external and internal risk factors will be discussed and applied to participant's particular sports. Presentation will also include the explanation and application of the use of Functional Movement Screens in preventing imbalances and injury, as well improving athletic performance.

Biographies

A graduate of the Dalhousie University School of Physiotherapy, **Karen Decker** also holds a Bachelor of Science in Kinesiology, along with post graduate Diplomas in Sport Physiotherapy and Manipulative Therapy.

Besides treating orthopedic and sports injuries in private practice, Karen works with athletes in the field. She has covered local to international events and worked and travelled with Canada's National Teams for over 2 decades including hockey, softball, soccer and sailing. She was selected as part of Team Canada for the Olympic Games in 2004 and 2008. Karen was also the Lead Physiotherapist for the 2011 Canada Winter Games held in Halifax.

Karen has worked with provincial organizations such as Hockey Nova Scotia, Ringette Nova Scotia, and Soccer Nova Scotia, as well as many local sports teams helping to develop sports health and injury prevention protocols. She worked with Hockey Canada for 15 years developing, teaching, and leading the Hockey Canada Safety program. Along with lecturing to sports teams and coaches, Karen has presented at national sport medicine symposiums and taught the Sport Physiotherapy curriculum at the Dalhousie University School of Physiotherapy for 15 years. She is currently a mentor and examiner for Sport Physiotherapy Canada.

Karen is the owner of two physiotherapy clinics in metro, the ACCEL Physiotherapy and Sport Performance Centre in Halifax, and KD Physical Therapies within the Medicine in Motion Centre in Dartmouth. Both clinics focus on

assisting the active population, the developing and high performance athlete, offering a collaborative choice of rehabilitation services.

Jeremy Steinbach graduated from McMaster University in 2011 with an Honours Bachelor of Science in Kinesiology degree. Jeremy obtained his NSCA-CSCS certification in 2011 and is FMS Level 2 certified. Jeremy worked as a Strength and Conditioning Coach at McMaster University for six years, working with multiple varsity teams. Jeremy has been involved with the Women's Hockey Canada Program for five years, and been the Lead Strength and Conditioning Coach for the U22/Development Team for the 2012-2013 and 2014-2015 seasons. Jeremy was also the Lead Strength and Conditioning Coach for the National Sledge Hockey Team for the 2011-2012 season. Additionally, Jeremy has been the Lead Strength Coach Mentor for the International Ice Hockey Federation Women's High Performance Camp for the previous two seasons, teaching best practices and developing other coaches and athletes across the world. In 2012, Jeremy worked as a Strength and Conditioning Consultant for Basketball Canada's Junior and Cadet Programs. Lastly, Jeremy has experience at the professional level as well, doing internships with the Hamilton Bulldogs (AHL) and Hamilton Tiger Cats (CFL).

Body Talk: Promoting Positive Body Image in Sport

Presenter: Angela C. Dufour, MEd., RD, IOC Dip Sports Nutr, CFE

Synopsis

Do you find it difficult to deal with body image/weight issues with your athletes? As coaches, we need to be aware of how we deliver messages to our athletes. In this interactive session, coaches will learn how to identify, address and deal with body image disorders so we can promote healthy environments that support healthy, high performing athletes.

Biography

Since 1999 Angela has been working as a Professional (Registered) Sports Dietitian within the health/wellness, high performance sports and foodservice industries in Nova Scotia and abroad. Angela graduated with her Bachelor of Science Human Ecology degree (BScHE) Nutrition, in 1995 from Mount Saint Vincent University (MSVU), Halifax, NS

and completed her Masters degree in Adult Education (MEd) also from MSVU, 1998. She also completed a post graduate dietetic internship from the Calgary Regional Health Authority, AB, in 1999. Angela is also a graduate from the inaugural International Olympic Committee's (IOC) Graduate Diploma in Sports Nutrition program, December 2007. She also holds a Level 2 (Cand) Anthropometrist certification from the International Society of Anthropometry Kinetics.

Angela's previous experience includes:

- Loblaws Company Limited (LCL), regional dietitian spokesperson, 2012-present
- Canada Summer and Winter Games, 2009/2011
- Molson Canadian Hockey House, 2010 Vancouver Winter Olympics
- School, Business and Industry food retail operations
- Acute and long term health care facilities in Atlantic Canada

Angela has recently been featured in Chatelaine Magazine, Canadian Health Magazine, Global TV BC, CTV News at Five, CTV Morning live, various local radio and print. She is currently the performance dietitian with CSCA and part time faculty professor in the Applied Human Nutrition department at MSVU. Angela also owns and operates Nutrition in Action, Bedford, NS, a private counseling and nutrition services practice. Most recently Angela has authored and published her new book titled: PowerFUEL Food, Planning Meals for Maximum Performance.

Long Term Athlete Development – Connecting the Dots - Linking Physical Literacy to Performance

Presenters: Mike Hudson and Michelle Aucoin

Synopsis

In this interactive session we will explore age appropriate coaching as it relates to the different stages of the LTAD. Learn about the importance of creating the optimal training, competition, and recovery environment to maximise development and performance for your athletes. The session will include an overview of the LTAD , define Physical Literacy from a sport perspective, explore performance planning, and identify the criteria for meaningful competition.

Biographies

Mike Hudson is an Active Living Consultant with the Government of Nova Scotia with a focus on Coaching Education, Leadership and Physical Literacy. Originally from Sheffield, England Mike came to Canada in 1994 to pursue a Master's degree at Dalhousie University where he also played varsity soccer helping the Tigers to their only CIS championship in 1995. Over the past 20 years, Mike has been involved in the sport of soccer at the Community, Club, University, Provincial and National level. As Director of Coaching and Player Development at Soccer Nova Scotia, Mike was able to develop the sport at the regional level by promoting the importance of technical leadership. This work culminated in the hiring of regional and club technical staff throughout Nova Scotia to support the implementation of the Canadian Soccer Association LTAD. Mike has sat on the LTAD and Technical committee for the Canadian Soccer Association (CSA) and was part of team responsible for developing the new NCCP CSA coaching courses at the community level. Currently Mike is the Provincial lead for coaching education in Nova Scotia and sits on the national committee that guides the delivery of coaching education across Canada. Mike is also the provincial lead for Physical Literacy and consults with multiple stakeholders in the Education, Early Childhood, and Recreation sectors to promote the optimal development of movement in children. Away from work, Mike still coaches soccer at the community level with his own children and can often be found at the Soccer Nova Scotia training facility working with young players and coaches at all levels.

Michelle Aucoin is an Active Living Consultant with the Government of Nova Scotia, with a focus on Long Term Athlete Development, Canada Games and Event Hosting. Michelle obtained a BSc and MBA from Dalhousie University, where she was consistently an Academic All Canadian, twice an AUS All-Star and led the Tigers to 2 AUS Volleyball Championships. For the past 15 years, Michelle has turned her focus to coaching, where she has coached volleyball at all levels from the community club, provincial and national level. Michelle spent 5 years as the full time head coach of the women's volleyball team at StFX University, where she led the team to a first place finish in the AUS League standings, the best finish in the program's history and was named the AUS Coach of the year. Michelle spent multiple summers with Team Canada and represented Canada as an assistant coach during their world championship qualifier. Prior to joining the Active Living Branch, Michelle was the Executive Director of Volleyball Nova Scotia, where she was instrumental in increasing membership and revenue through the creation of new

programs, specifically focused on LTAD alignment. Away from work, Michelle is an active coach at the community level, delivers coaching education and is very involved as a mentor to female coaches from a variety of sports.

Video Analysis Resources That Work!

Presenter: Michael Bawol

Synopsis

In our evolving online social world, Mike will demo the latest video analysis tools that help connect athletes, their videos, and their online identifies in an effort to enhance the coaching process. After participating in this session, coaches will walk away with a greater understanding of how to extract valuable information from video data and how to best utilize that information to be better prepared for the game.

Biography

Michael completed his Masters of Science in Kinesiology at Dalhousie university, specializing in the mathematical modeling of human exercise movement. He currently works as the lead sports biomechanist with Canoe Kayak Canada. Michael is a Certified Strength and Conditioning Specialist as well as a Competition Development Certified Sprints coach. As a Sports Biomechanist, he has worked with a number of Olympic athletes, including World Record holder and current World Champion Mark DeJonge, and Olympic Gymnast Ellie Black.