

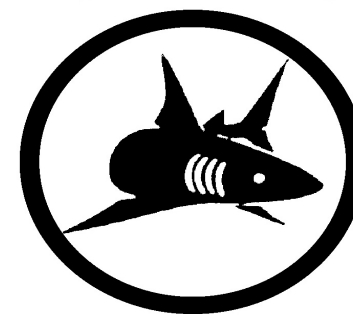
2014 Team Aquatic Supplies CSCTA National Swim Coaches Conference

BUILDING OUR NATIONAL IDENTITY

Thursday,
September 18

4:00 - 6:00	Conference Registration Westin Hotel
7:00 - 9:00	CSCTA WELCOME SOCIAL - Ceilis Irish Pub Sponsored by Team Aquatic Supplies & Speedo

Sponsored by



**TEAM AQUATIC
SUPPLIES**

Friday, September 19

	Age Group	International
6:30am	Group Run	
8:00 - 8:50	Breakfast Provided by CSCTA - Speaker TBD	
9:00 - 9:15	Dean Boles Welcome & Introductions	
9:15 - 10:15	John Atkinson Swimming Canada's High Performance Program: Defined	
10:30 - 11:30	Dean Boles Role of Provincial Programming & Club Integration with National Programs	
11:45 - 12:45	Ryan Mallette Athlete Development Systems: By Design or By Chance	
12:45 - 2:15	Lunch Break OYO <i>Perfect time for a Team Coaches Meeting or an exercise break</i>	
2:15 - 3:15	Dr. Allan Wrigley & Eugene Liang Observations of Characteristics of Elite Swimmers on the World Scene	
3:30 - 4:30	Dr. Trent Stellingwerff Getting the Facts: Understanding the Reality of Supplementation	
4:45 - 5:45	Panel Discussion Decision Making & Athlete Planning for Career Progression	

Saturday, September 20

	Grassroots	Age Group / International
6:00am	Group Run	
7:30 - 8:15	Breakfast - Speaker TBD Provided by CSCTA	
8:30 - 9:30	Ryan Atkison & Ryan Mallette Developmental Progressions for Freestyle	Eugene Liang Activation Protocols
9:45 - 10:45	Ryan Atkison & Martin Gingras Developmental Progressions for Breaststroke	John Atkinson, Iain McDonald, Ken McKinnon Explaining the On Track Times Program
11:00 - 12:00	Ryan Atkison & Bill Humby Developmental Progressions for Backstroke	Steven Indig & CCES Responsibilities of the Professional Coach: A Legal Perspective & Overview of Changes to the WADA Code
12:00 - 1:30	Lunch Break OYO 12:00 - 1:30 <i>Perfect time for a Team Coaches Meeting or Exercise Break</i>	
1:30 - 3:00	The Inaugural Gord Sleivert Memorial Lecture	
3:15 - 4:15	Melody Davidson Creating a Winning Mindset	
4:30 - 5:30	Ken McKinnon Top 10 List for Developing Coaches	Dr. Steve Norris Coaching the Millennial Athlete

Sunday, September 21

	Grassroots	Age Group	International
7:30am	Group Run		
9:00 - 10:00	Ryan Atkison Drills Drills Drills	Eugene Liang Applied Warmups	
10:15 - 11:15	Ryan Atkison & Tom Rushton Developmental Progressions for Butterfly	Dr. Allan Wrigley How the Natonal Centre IST Resources Can Help & Assist Club Programs (20 min Q&A)	
11:30-12:30	John Atkinson The Road to Tokvo 2020		