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NATIONAL CONFERENCE

JANUARY 26 to 28, 2024 | Québec City

FRIDAY January 26, 2024

EVERYONE!

9:00 - 10:00am

Balancing the Delicate Art of Modern High Performance Coaching

Marc-André Duchesneau

Coaches will understand the best principles that underpin the careers of serial-winning coaches. Learn the importance of self-reflection on your own career path for a sustainable coaching journey ahead. Coaches and club personnel will be able to identify the type of environment that exists at their own rowing club and its impact on the development of resilient athletes.

COACH

10:30 - 11:30am

Strategies for Delivering the Canadian Rowing Model Technique

Tom Morris & Katie Bahain-Steenman

Coaches will learn how to implement the Canadian Rowing Model Technique in a sequential process while navigating barriers in their daily training environment. Learn how to assess competencies relative to the technical model and RCA performance standards.

THRIVING ORGANIZATIONS

10:30 - 11:30am

Safe Sport – What Does it Look Like in Action?

Lisa Roddie

How do leaders of local rowing clubs implement safe sport? What does Rule of Two look like in different settings and club activities? Questions like these were common in the feedback received through the recent RCA Survey on Safe Sport – come get answers, ideas, and practical resources to better implement safe sport policies and practices in your club. The goal is to translate the vast information and language used in Safe Sport material into practical explanations and tips for situations that rowing clubs encounter on an ongoing basis.

ROWING FOR ALL

10:30 - 11:30am

Community Sport For All Initiative - 2024 and Beyond

Prepare for your 2024 Community Sport For All Initiative program by learning from club leaders who have successfully delivered programming. We will cover topics such as how to create partnerships with equity deserving populations and how to grow and sustain programming beyond the first year.

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COACH

11:45am - 12:45pm

Athlete Preparation to Technical Proficiency

Kaity Szabo & Anneke Winegarten

Coaches will learn some key techniques for increasing robustness and preparing athletes for competition at higher levels. This presentation will focus on developmental readiness, training assessment, injury prevention and return to row protocols following extended pause, injury or illness.

THRIVING ORGANIZATIONS

11:45am - 12:45pm

Show Me The Money! Principles and Practical Guidance for Writing Grants

Jen Fitzpatrick

In recent years RCA has been a successful recipient of several grants and special funding opportunities. Learn from our successes - and mistakes - as we provide an overview of principles to grant writing and key elements that you should aim to include in your grants and proposals, both large and small.

ROWING FOR ALL

11:45am - 12:45pm

Navigating Inclusivity Waters: Empowering CSAI Leaders to Expand Rowing Programs with Confidence

Erin Davis

In this session we will support CSAI leaders navigating the dynamic landscape of rowing programs. Whether they're embarking on new initiatives or expanding existing ones for Equity-Deserving Populations (EDPs), our focus is on ensuring leaders feel supported in their journey of engaging with diverse communities and provide CSAI leaders with confidence and the necessary tools to create a lasting impact.

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1:45 - 2:45pm

Evidence and Insights from a National Survey of Rowing Club Capacity and Growth

Katie Misener, PhD

This plenary presentation provides an overview of findings from a Canada-wide project designed to profile the landscape of club rowing in Canada and its capacity for growth. Data were collected through focus groups and a national survey of clubs to identify current strengths and challenges of club capacity and priorities for growth in local rowing clubs. Strategies for effective club growth will be discussed in light of the particular challenges and issues that stand in the way of rowing clubs delivering vibrant sport opportunities in their communities. The presentation provides actionable insight that will enhance RCA stakeholders' knowledge and connection to pertinent rowing club issues and trends.

COACH

3:00 - 4:00pm

Advancing Coach Impact

Tom Morris

Coaches will develop an understanding for how to specifically teach motor-skills to athletes and how to effectively lead teams to support peak performance and increase their impact in short time spans or campaigns.

This two-part presentation will provide some interesting background into the foundation for coaching skill acquisition to assist delivering a technical model. As a second component, coaches will acquire some useful steps for both leading and managing teams with clarity and purpose.

ROWING FOR ALL

3:00 - 4:00pm

Para Rowing Fire Side Chat

Taylyr Dickinson

Join RCA's Para Rowing Lead, Taylyr Dickinson to engage in conversation around the current Para rowing landscape and reimagine what bringing adaptive programming to your club means. Meant for those looking to start out on their Para rowing journey, as well as anyone currently engaging in Para rowing who want to grow and learn more. We will explore the topics of language and education, athlete identification and retention, barriers to participation/adoption, as well as resources and supports available.

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3:00 - 4:00pm

Pulling Together to Thrive: Building Rowing Club Capacity for Growth

Alison Doherty, PhD & Kaleigh Pennock, PhD

This workshop will provide delegates with opportunities to discuss key findings from a national survey of rowing club capacity and growth. The workshop will focus on action steps for club leaders and other stakeholders to build capacity in key areas of human resources, finances, infrastructure, planning and development, and partnerships. In breakout groups and open discussion, delegates will be invited to reflect and discuss how club capacity challenges can be addressed to build sustainable and thriving clubs.

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SATURDAY January 27, 2024

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7:00 - 8:15am

Diversify Rowing Breakfast

Join us over breakfast for an opportunity to learn more about recent Equity, Diversity and Inclusion initiatives RCA has undertaken and what's to come. A panel of leaders and participants of Community Sport For All Programs will share about the impact this programming has had on them and their club and insights to help you with the delivery of equivalent programming. This session is open to all delegates of the conference and we encourage everyone to attend.

EVERYONE!

8:30 - 9:30am

Exploring the Connection between Invitation & Innovation

Nouman Ashraf

During this interactive keynote, delegates will make connections between how their stance impacts the culture of equity and inclusion within their respective teams and organizations. They will leave with a deeper understanding of their role as stewards of inclusion. Effective leadership at all levels requires continued practice, reflection, and re-evaluation. The session will establish the foundation for this continued iterative approach.

COACH

10:00 - 10:45am

Developing People First Coaches

David Robertson

Leadership is not solely about technical knowledge and skills, but also about fostering self-awareness, effective communication, emotional intelligence, and overall personal development.

Own the Podium's Pursuit initiative is designed to "support and enhance Canada's high performance coaches and technical leaders in their inspired Pursuit of excellence in Olympic and Paralympic sport".

This session offers conference participants an immersive experience, with a focus on creating a psychologically safe space for learning and development. It puts the coach in the center of the model. Rooted in a person-first approach to development, this program prioritizes the personal growth and self-discovery of coaches, empowering them to become exceptional people-first leaders.

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THRIVING ORGANIZATIONS

ROWING FOR ALL

10:00 - 10:45am

Uncovering the Makeup of Collaborators

Nouman Ashraf

Sustaining an equitable organization and team relies on our ability to foster a regular and consistent feedback and radically candid culture inside and outside the places we operate. To understand if our organizations and teams are meeting the needs of all stakeholders, we must understand the experience of others. This workshop will equip delegates with tools to help them shift from a perspective of mere accommodation to meaningful engagement that advances inclusivity in all aspects of their domains.

COACH

11:00 - 11:45am

Creating a Healthy Coach-Athlete Relationship

David Robertson & Katie Bahain-Steenman

Using tools from Pursuit program, coaches will learn how to reflect on their own development and learn how to engage athletes in meetings and conversations. Understand how to set boundaries, manage conflict and reach performance goals in a training environment built on trust, respect and the well-being of athlete and coach.

THRIVING ORGANIZATIONS

ROWING FOR ALL

11:00 - 11:45am

Uncovering the Makeup of Collaborators (Continued)

Nouman Ashraf

Sustaining an equitable organization and team relies on our ability to foster a regular and consistent feedback and radically candid culture inside and outside the places we operate. To understand if our organizations and teams are meeting the needs of all stakeholders, we must understand the experience of others. This workshop will equip delegates with tools to help them shift from a perspective of mere accommodation to meaningful engagement that advances inclusivity in all aspects of their domains.

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1:00 - 2:00pm

State of Sport presented by Canadian Tire Jumpstart Charities

Stuart McReynolds



Jumpstart
Bon départ

This session will provide an overview of the data and findings from Jumpstart's recent State of Sport report, in addition to highlighting opportunities and promising practices designed to ensure all kids have equitable opportunities to participate in sport and play now, and in the future.

COACH

2:15 - 3:00pm

Exploring Strategies to Elevate your Coaching Practice

Joe Rochon, Mary Rao, Katie Bruggeling & Scott Anderson

The **RCA Made in Canada** coach program candidates will share their own reflection and insights on their professional development over the past year. Understand the strategies this team has implemented to elevate their personal coaching pathway through feedback, skill development and mentorship. Coaches will learn how to build a plan and deliver on their own goals to achieve results where they need it most.

THRIVING ORGANIZATIONS

2:15 - 3:00pm

Building Stronger Communities Through Sport

Stuart McReynolds

This session will dig deeper into participation trends among Canada's children and youth and highlight specific areas of need and opportunity. This future focused session will provide delegates with data, insight and ideas for consideration as Canada redefines what winning looks like for kids in community sport.

ROWING FOR ALL

2:15 - 3:00pm

Systems and Resource Development to Support the Future of Diversity and Inclusion Programming

RCA Member Club Leaders

This is a roundtable discussion so CSAI leaders can inform future work on areas such as registration practices and resource development to enhance the experience of participants in CSAI and similar programming. Registrants of this session will be provided questions ahead of the session to enable them to prepare to contribute to the discussion.