

2024 NATIONAL CONFERENCE



JANUARY 26 to 28, 2024 | Québec City

Scott Anderson

Brock University

Varsity Men's / Lwt Men's Coach

Exploring Strategies to Elevate Your Coaching Practice

Saturday January 27 | 2:15-3:00pm

Scott is a long-time member of the St. Catharines Rowing Club and has coached the SCRC Lightweight Men's Rowing Program since 2008. In 2016, he began coaching at Brock University in the Lightweight Men's Varsity Rowing Program and accepted the role of Open Men's Varsity Coach in 2020. In the spring of 2023, he once again joined the NextGen coaching team at the National Training Centre and had the opportunity to work with the high performance athletes in the U23 Men's 2x, Men's 2-, and Men's 4-, who competed in the World Rowing Championships in Plovdiv, Bulgaria. The Men's 4- also competed in World Cup III in Lucerne. During the Fall, he helped lead the Men's Varsity Rowing Team (Lightweight and Open Men) to their third consecutive OUA Rowing Championship Banner.

Nouman Ashraf

Rotman School of Management

Associate Professor, Organizational Behaviour

Exploring the Connection Between Invitation and Innovation

Saturday January 27 | 8:30-9:30am

Uncovering the Makeup of Collaborators

Saturday January 27 | 10:00-10:45am

Uncovering the Makeup of Collaborators (Continued)

Saturday January 27 | 11:00-11:45am

Nouman Ashraf is an Associate Professor, Teaching Stream within the Organizational Behavior area at the Rotman School of Management. He possesses a broad range of professional, academic and research interests, with a specialized focus on enabling inclusive and innovative practices within teams, organizations and boards. For the last decade and a half, he has held progressively senior roles at the University of Toronto, including most recently as the Director of Equity, Diversity & Inclusion the Rotman School of Management. In his role as Director of Equity, Diversity & Inclusion, Nouman worked closely with stakeholders in driving the connection between identity, belonging, and a culture of equity within the organization. He is a recognized thought leader in governance and has taught thousands of directors in the national Rotman program on Not for Profit Governance in partnership with the Institute for Corporate Directors since its inception in 2007.

Katie Bahain-Steenman

Rowing Canada Aviron

NextGen Coach

Strategies for Delivering the Canadian Rowing Model Technique

Friday January 26 | 10:30-11:30am

Creating a Healthy Coach-Athlete Relationship

Saturday January 27 | 11:00-11:45am

As an RCA NextGen coach, Katie Bahain-Steenman fosters a positive training environment at the heart of success. Originally from the Netherlands, where she was part of the Dutch National rowing team and worked as a Pediatric and Sport Physiotherapist, Katie started coaching when she relocated to Canada in 2014. Her coaching focuses on making the journey enjoyable while empowering individuals to push their limits to achieve excellence. She has achieved notable success including coaching at the U23 and Junior World Rowing Championships and the PanAmerican Games.

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NATIONAL CONFERENCE

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Katie Bruggeling

Queen's University

Head Coach

Exploring Strategies to Elevate Your Coaching Practice

Saturday January 27 | 2:15-3:00pm

Katie Bruggeling is the Head Coach for Men's and Women's Rowing at Queen's University and a Performance Coach for the Kingston Rowing Club. This past year, the Queen's Gaels won the OUA Women's Banner and she helped coach the women's eight to a bronze medal at the U23 World Championships. Prior to Queen's, Katie was an assistant coach at the University of Oklahoma and Clemson University and has also coached at the high school and club levels. Along the way, Katie has coached crews to several conference, provincial, and national medals. She is RCA Performance Coach certified and graduated with a Master's in Education and Intercollegiate Athletics.

Erin Davis

Award-winning expert dedicated to advancing diversity, equity, and inclusion (DEI) in the workplace

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

Friday January 26 | 11:45am-12:45pm

Erin Davis is an award-winning expert dedicated to advancing diversity, equity, and inclusion (DEI) in the workplace. With a passion for fostering inclusive cultures, she has played a pivotal role in driving impactful change across organizations. Erin's expertise lies in designing and implementing tailored diversity and inclusion strategies. As the founder of Erin Davis Co., she helps leaders create inclusive workplaces that unlock creativity and enhance innovation. Erin's ability to inspire, educate, and advocate for inclusive practices has made her a respected thought leader. She actively contributes to the diversity and inclusion community through speaking engagements and involvement in committees like the 1,000 Women Advisory Committee, Pride at Work Canada Thought Leadership Committee, and Women in APEGA Advisory Group. Based in Edmonton, she resides in Treaty 6 Territory, Region 4 of the Metis Nation of Alberta, teaching her children about the importance of inclusion in the world.

Taylyr Dickinson

Rowing Canada Aviron

Para Rowing Lead

Para Rowing Fire Side Chat

Friday January 26 | 3:00pm-4:00pm

Taylyr has dedicated her career to fostering inclusivity and excellence in sports. Her expertise spans from early sport introduction, to guiding and nurturing high-performance talent at Major Games. Taylyr brings a wealth of experience, insights, and a passion for empowering athletes of all abilities to excel in their sporting endeavors.

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Alison Doherty

Western University

Professor, Sport Management, School of Kinesiology

Pulling Together to Thrive: Building Rowing Club Capacity for Growth

Friday January 26 | 3:00-4:00pm

Alison Doherty, PhD, is a Professor of Sport Management in the School of Kinesiology, Faculty of Health Sciences at Western University in London, Ontario. Her research focuses broadly on the capacity and management of nonprofit and community-based organizations for safe and inclusive sport and physical activity. She is currently leading or involved in projects advancing insight to creating a safer sport culture, gender equity in sport leadership, integration of newly arrived migrants in and through organized sport, and management of concussion in youth sport. Alison's extensive research portfolio has been supported by over \$1 million in funding from the Social Sciences and Humanities Research Council of Canada (SSHRC), Sport Canada, Ontario Ministry of Culture, Tourism and Recreation, and the Ontario Trillium Foundation. Her knowledge generation and translation activities are enhanced by an extensive network of scholars and industry collaborators in Canada and around the world.

Marc-André Duchesneau

Très Bon Point

Coaching Performance Advisor

Balancing the Delicate Art of Modern High Performance Coaching

Friday January 26 | 9:00-10:00am

Marc-André Duchesneau holds a doctorate in educational sciences from the Université de Montréal. His initial research interests in the psychosocial development of student-athletes in the Sport-études program stemmed from his defining experiences as a swimming coach, a profession he pursued for 5 years up to the junior national team in 2016, and as a physical education teacher in a Montreal youth center. Marc-André retired from sports coaching in 2017 to help coaches and sports organizations innovate. To achieve this, he draws on his experience, knowledge and the scientific approach cultivated during his school career. Among other things, he cut his teeth with the LAB des entraîneur-es, a project he created in 2018 for the Conseil du sport de Montréal and which he operated until 2023. This experience enabled him to accompany more than 70 coaches in their quest for learning. Alongside this project, he collaborated with several Quebec sports federations (figure skating, swimming, water polo, ultimate) and organizations (Ministère de l'Éducation, Institut National du sport du Québec, CREM network).

Jennifer Fitzpatrick

Rowing Canada Aviron

Director of Partnerships and Sport Development

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

Friday January 26 | 11:45am-12:45pm

Jennifer is responsible for the implementation of domestic operations. This includes providing direction for the implementation of Coach, Umpire, Member Services and Engagement initiatives. Jennifer also oversees the Marketing and Communications strategy for the promotion of rowing in Canada. Jennifer works with government, corporate and community partners, member clubs and associations to increase inclusiveness, develop awareness of and increase participation in rowing across Canada.

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Stuart McReynolds

Canadian Tire Jumpstart Charities
Associate Vice-President Programs & Advocacy

State of Sport presented by Canadian Tire Jumpstart Charities

Saturday January 27 | 1:00-2:00pm

Building Stronger Communities Through Sport

Saturday January 27 | 2:15-3:00pm

Stuart joined Canadian Tire Jumpstart Charities in November 2022 in the role of Associate Vice President, Programs & Advocacy. Stuart leads the team responsible for the planning, design and execution of programs and partnerships that enable children and youth across Canada to realize the transformational benefits of sport and play. Before joining Jumpstart, Stuart was President & CEO at Abilities Centre, a national charity focused on accessibility innovation and improving quality of life for persons of all ages and abilities. Stuart has also held previous roles with the Canadian Paralympic Committee and is a former professional rugby athlete. Stuart holds a BA (Hons.) degree in Sport & Leisure Management from the University of Wales Institute, Cardiff, and a Post Graduate Diploma in Education from the Auckland University of Technology, New Zealand. In addition to his formal qualifications, Stuart has extensive experience in sport for development in various roles and is currently a trustee for the International Physical Literacy Association.

Katie Misener

University of Waterloo
Associate Professor & Associate Chair, Department of Recreation and Leisure Studies

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

Friday January 26 | 1:45-2:45pm

Katie Misener, PhD, is an Associate Professor and Associate Chair in the Department of Recreation and Leisure Studies, Faculty of Health at the University of Waterloo. Her primary research focuses on the capacity and social impact of nonprofit community sport organizations, with a particular focus on how capacity can be enhanced to support sport service delivery and foster social engagement through sport. Katie's research interests also include addressing and preventing maltreatment in community sport and creating innovative ways to engage parents in healthy youth sport environments. Her research is supported by the Social Sciences and Humanities Research Council of Canada and several other sport industry partners. She works closely with community organizations in her research and teaching and is currently a volunteer for Parks and Recreation

Tom Morris

Rowing Canada Aviron
Performance Manager

Strategies for Delivering the Canadian Rowing Model Technique

Friday January 26 | 10:30-11:30am

Advancing Coach Impact

Friday January 26 | 3:00-4:00pm

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Kaleigh Pennock

University of Waterloo

Assistant Professor, Faculty of Health

Pulling Together to Thrive: Building Rowing Club Capacity for Growth

Friday January 26 | 3:00-4:00pm

Dr. Kaleigh Pennock is an Assistant Professor in the Faculty of Health at the University of Waterloo. She completed her PhD in the Faculty of Kinesiology and Physical Education at the University of Toronto, where her dissertation examined youth athletes' experiences with reporting sport-related concussions. Broadly, her research focuses on understanding risk, well-being, and responsibility in youth sport and community sport organizations. Dr. Pennock's work highlights the interconnected personal, social, and cultural processes that influence athletes' sport and recreation experiences and the responsibility of sport leaders in managing athlete safety and well-being.

Mary Rao

Brock University

Head Coach

Exploring Strategies to Elevate Your Coaching Practice

Saturday January 27 | 2:15-3:00pm

Mary is the Interim Head Coach at Brock University for the men's and women's rowing programs. On top of working with a wide range of athletes from many clubs over the last 15 years, Mary has also coached provincial and national junior and under 23 teams. Mary has represented Canada at 2 junior world championships and at the 2023 under 23 world championships led our lightweight men's quad to a bronze medal. Mary and the team at Brock collaborated with RCA to pilot a decentralized pathway for lightweight athletes to access national teams in 2023. This pathway is being implemented across the country in 2024 to help more athletes access opportunities to represent Canada internationally.

David Robertson

Own the Podium

High Performance Pursuit Advisor

Developing People First Coaches

Saturday January 27 | 10:00-10:45am

Creating a Healthy Coach-Athlete Relationship

Saturday January 27 | 11:00-11:45am

Dave is passionate about coaching and the positive impact that coaches have on the people around them. He believes in a holistic approach to coach and athlete development, where each individual can grow and thrive in a safe and positive environment. Dave is a Chartered Professional Coach (ChPC) and has an Advanced Coaching Diploma from the Canadian Sport Institute. His previous roles include development and senior coaching positions with Canoe Kayak Canada, was Executive Director of Coaches Association of Saskatchewan, and Advanced Coaching Diploma Director with the Canadian Sport Centre Saskatchewan. Dave is the father of four active kids, and enjoys SUP, nordic skiing and Finnish saunas.

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Joe Rochon

Montreal Rowing Club

Head Coach

Exploring Strategies to Elevate Your Coaching Practice

Saturday January 27 | 2:15-3:00pm

Joe has had the opportunity to be a part of the Montreal Rowing community for over 20 years. His role shifted towards more focused, and dedicated coaching in 2015 when he became involved with the Dawson rowing team. Soon after he was asked to become head coach of the Montreal Rowing Club in 2016. Since then, his focus has been on creating a stronger high performance environment at the basin for all its partners and helping everyone develop through their individual pathway. In 2023, Joe received the opportunity to support the NextGen team at the Pan American Games Qualification Regatta in Concepcion Chile, where he coached the W1x, the M2- and M4-. He was honored to be a part of the high performance environment in Duncan, surrounded by such a professional team of coaches, and athletes. It was his first time coaching in a new setting, and he could not have asked for a more enriching environment. Qualifying the W1x for the Games with a 4th place finish was a memorable moment to experience as a coach.

Lisa Roddie

Rowing Canada Aviron / Row Ontario

Safe Sport Review Coordinator / Member Services Manager

Safe Sport - What Does it Look Like in Action?

Friday January 26 | 10:30-11:30am

Lisa Roddie has been working with rowing clubs and the challenges of governance and policy implementation for 8 years. Her passion for safety and a values-based culture led to developing expertise in safe sport, and other speciality areas, at the national, provincial and community levels in a variety of sports. She brings a practical approach, relying on her decades of experience in management of not-for-profit membership organizations, finding the balance need to put policy into action.

Kaity Szabo

Rowing Canada Aviron

Sport Therapist

Athlete Preparation to Technical Proficiency

Friday January 26 | 11:45-12:45pm

Kaity is a Chiropractor, Strength and Conditioning Coach, and Sports Sciences Resident. She's been full time with Rowing Canada as a National Sport Therapist in the National Training Centre since 2022, attending the 2022 & 2023 World Championships, 2023 World Cup 2 & World Cup 3, 2023 Henley Royal Regatta, 2023 Pan Am Qualification Regatta, and all associated camps. Prior to joining the RCA, she'd worked in sport for seven years holding various positions including Co-Lead Performance Therapist with the Niagara River Lions (CEBL) for two seasons, Medical Lead for the 2022 Canada Summer Games (Wrestling, Lacrosse, Volleyball), Lead Performance Therapist for the Canadian Women's National Ball Hockey Team (Masters) and Co-Chief Therapist at the ISU World Synchronized Skating Championships. She continues to also provide medical support for Canada Cup and World Cup Fencing events.

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Anneke Winegarden

CSI Pacific
Physiologist

Athlete Preparation to Technical Proficiency

Friday January 26 | 11:45-12:45pm

Anneke joined Rowing Canada in May 2022 as Exercise Physiologist with both the NextGen and Sr Programs. She has a MSc in Exercise Physiology from the University of Calgary, while completing her degree she also trained with the University of Calgary Rowing Team. Prior to moving to Vancouver Island to join the Integrated Support Team in Duncan, Anneke lived in Ottawa, ON and Calgary, AB, where she worked with varsity and NextGen Nordic skiers competing in provincial, national and international races. Anneke also completed her Advanced Coaching Diploma in Nordic Skiing at Canadian Sport Institute Ontario.