# agenda

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| Alberta Rowing Conference | November 19, 2017 |
|  | 9:30 AM – 4:30 PM |

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| 10:00 – 11:45 | Strength & Conditioning**Tessa VanDerVeeken, MSc, CSCS**| VDV Performance | Strength & Conditioning for performance/maintenance/recovery, with in-gym demonstrations.  |
| 1:00 – 2:00 | Sports Medicine **Constance Lebrun, MD** | Professor and Enhanced Skills Programs Director, Sports Medicine, University of Alberta  | Rowing Related Injuries + Q & A |
| 2:05 – 3:05 | Coxing**Lisa Kates** | 2-time Canada Summer Games Coach, Retired Coxswain  | Coaching the coxswain: How to develop effective coxswains |
| 3:10 – 4:15 | Panel Event: From Community to Competition, Rowing in Alberta**John Martin** | Club Administration support**Alexander Patton** | Para-Coach**Errol Bosman**| UmpireTBD | Athlete | Province-wide discussion on Safety: During training, competition and in club organization.  |

## Please Note:

Please RSVP to Rosanne at office@albertarowing.ca by November 15th to confirm attendance.

Check-in/Registration will be from 9:00 AM to 9:45 AM, and although it will continue throughout the day, the first speaker will begin at 9:30 AM, so please arrive on-time or between sessions

Registration Fee: $ 20

Lunch will not be provided