# 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**| Umpire  TBD | Athlete | Province-wide discussion on Safety: During training, competition and in club organization. |

## Please Note:

Please RSVP to Rosanne at [office@albertarowing.ca](mailto: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