



# BC SWIMMING CONGRESS SCHEDULE

Thursday, September 28

Time	Coach Stream	Performance Coach Stream
<b>Room</b>	<b>Alpine AB</b>	
4:30 - 6:00	Conference Registration - Westin Hotel	
5:00 - 6:00	<b>Swim BC Technical Program Presentation</b> Cory Beatt, Swim BC Technical Director	
6:00 - 7:00	<b>BC Talks - Methods we use to help swimmers do difficult things</b> Andrew Lennstrom, Jy Lawrence, Marc Tremblay	
8:00 - 10:00	<b>Welcome Social</b> Sponsored by BCSCA	

Friday, September 29

Time	Coach Stream	Performance Coach Stream
<b>Room</b>	<b>Alpine ABC</b>	
8:30 - 9:30	<b>Tom Vandenberg, CSI Pacific</b> Key Considerations for Seasonal Planning	
9:45 - 10:45	<b>Ryan Mallette, HPC Ontario</b> Daily Application of your Season Plan Through Practice Planning	
11:00 - 12:00	<b>Carl Simonson, UCSC</b> Practice Planning for Age Group Swimmers	
12:00 - 2:00	Lunch Break	
12:00 - 2:00	<b>Women in Coaching Luncheon</b> Jennifer Hood, Owner & Director Jump Gymnastics & S4L Champion <a href="#">Room: Callaghan</a>	
2:00 - 3:00	<b>Scott Talbot, HPC Vancouver</b> Practice Planning for National Level Swimmers	
3:15 - 4:30	<b>Panel Discussion: Meaningful Practice Planning &amp; Set Design</b> Ryan Mallette, Carl Simonson, Scott Talbot Moderator: Tom Vandenberg	



# BC SWIMMING CONGRESS SCHEDULE

Saturday, September 30

Time	Coach Stream	Performance Coach Stream	Club Stream
<b>Room</b>	Alpine AB	Alpine DE	Alpine C
8:30 - 9:30	<b>Carl Simonson, UCSC</b> Advancing Swimmers from Provincials to Junior National to Trials	<b>Ryan Mallette, HPC-Ontario</b> Advancing Swimmers from Trials to the International Podium	
9:45 - 10:45	<b>Jenny Slinn, WDSC</b> Elements of Teaching and Learning	<b>Steve Indig, Sport Law</b> The Changing Landscape of Sport	
11:00 - 12:00	<b>Brian Metcalfe, LOSC</b> Elements of Teaching Freestyle	<b>Swim BC AGM</b>	
12:00 - 1:30	Lunch Break <b>Swim BC Strategic Plan Luncheon</b> <a href="#">Room: Emerald Ballroom C</a>		
1:30 - 2:30	<b>Alex Pettifer, RAPID</b> Elements of Teaching Backstroke	<b>Dr. Katrina Allison</b> Key Considerations for Female Athlete Health	<b>Heather Birenbaum</b> Swimming Canada The New Registration System
2:45 - 3:45	<b>Sarah Rudolf, RIDGE</b> Elements of Teaching Butterfly	<b>Dina Bell-Laroche and Steve Indig, Sport Law</b> Your Role in The Transitioning Sport System <b>2:45-5:00</b>	
4:00 - 5:00	<b>Andrew Lennstrom, HYACK</b> Elements of Teaching Breaststroke		
6:30 - 10:00	<b>Team Aquatic Supplies / Swim BC Awards and Hall of Fame Banquet</b> <a href="#">Room: Emerald Ballroom C</a>		

Sunday, October 1

Time	Coach Stream	Performance Coach Stream	Club Stream
<b>Room</b>	Alpine ABC	Alpine DE	
9:00 - 10:00	<b>Cory Beatt</b> Effective Age Group Coaching	<b>Dr. Katrina Allison</b> Performance Trajectory and Puberty	
10:15 - 11:15	<b>Tom Vandenberg, CSI Pacific</b> Developing Speed Efficiency Before or at Age 12		<b>Cheryl Humphrey</b> Club Strategic Planning Workshop
11:30 - 12:30	<b>Norma Lachance</b> Navigating DQ's and Protests for Coaches		