



BC SWIMMING CONGRESS SCHEDULE

Thursday, September 28

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

Friday, September 29

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



BC SWIMMING CONGRESS SCHEDULE

Saturday, September 30

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

Sunday, October 1

Time	Coach Stream	Performance Coach Stream	Club Stream
Room	Alpine ABC	Alpine DE	
8:30	Coffee Break - Sponsored by BCSCA		
9:00 - 10:00	Cory Beatt Effective Age Group Coaching	Dr. Katrina Allison Performance Trajectory and Puberty	
10:15 - 11:15	Tom Vandenberg, CSI Pacific Developing Speed Efficiency Before or at Age 12		Cheryl Humphrey Club Strategic Planning Workshop
11:30 - 12:30	Norma Lachance Navigating DQ's and Protests for Coaches		