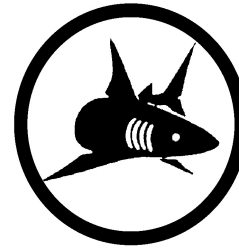


2016 TEAM AQUATIC SUPPLIES CSCTA National Coaches Conference
Building the Foundations for Long Term Success

Thursday, September 29

2:00 - 5:00 PM	Safe Sport Sessions Presented by Swimming Canada and CSCTA Coaches, Administrators, Officials, Support Staff, etc
5:30 - 7:00pm	CSCTA Members Meeting
5:00 - 7:30 PM	Conference Registration - Marriott Toronto Airport Hotel
7:00 - 10:00	WELCOME SOCIAL -TBD

Sponsored by



**TEAM AQUATIC
SUPPLIES**

Friday, September 30

Age Group / National / International	
7:00 AM	Group Breakfast & Speaker TBD
8:50 AM	CSCTA Opening Remarks, Introductions & Announcements
9:00 - 10:00	Bruce Gemmell Development and Training of Olympic Champion Katie Ledecky
10:15 - 11:15	Ryan Mallette TBC
11:30 - 12:30	John Atkinson, Michel Berube, Istvan Balyi Moderated by: Lance Cansdale The Need for Change: Swimming Canada Competition Review
12:30 - 2:30	Lunch Break OYO <i>Perfect time for a Team Coaches Meeting or an Exercise Break</i>
2:30 - 4:00	Swim Ontario Coaches Committee Luncheon
2:30 - 4:00	Dr. Gord Sleivert Memorial Lecture Istvan Balyi - Paradigm Shifts in Swimming
4:15 - 5:30	Rio Olympic Games Panel Discussion

Saturday, October 1

Grassroots / Age Group		Age Group / National / International	
7:00 AM Group Breakfast & Speaker TBD			
9:00 - 10:00	Moderated by: Mads Hansen Panel: Coaching Career Development	Bruce Gemmell Training 100 m to 1500 m Events All at Once	
10:15 - 11:15	Ryan Mallette World Swimming Impact on Age Group Coaching	Istvan Balyi LTAD 3.0 - Scope and Limitations	
11:30 - 12:30	Eugene Liang TBC	Dr. Sharleen Hoar Integrating Mental Fitness in your Program	
12:30 - 2:00 Lunch Break 12:30 - 2:00pm <i>Perfect time for a Team Coaches Meeting or an Exercise Break</i>		Swim Ontario Coaches AGM & Awards 12:30 - 2:00pm	
2:00 - 3:00	Dr. Allan Wrigley & Ryan Atkison Biomechanical Essentials for Age Group Swimming: Part 1 (Free and Back)	TBC	
3:15 - 4:15	Dean Boles Keys to Effective Communication	A Conversation with Ben Titley Moderated by Ryan Mallette	
4:30 - 5:30	Dr. Sharleen Hoar Coach as the Performer		
6:30 - 10:00	Swim Ontario Awards Banquet and Hall of Fame Induction Ceremony Separate ticket required		

Sunday, October 2

Grassroots		Age Group / International	
7:30 AM Group Run (Optional)			
9:00 - 10:00	Dr. Allan Wrigley & Ryan Atkison Biomechanical Essentials for Age Group Swimming: Part 2 (Breast and Fly)	Bruce Gemmell Training Sets I Like and Why	
10:15 - 11:15	Dean Boles Effective Teaching Methods for the Age Group Coach	Allan Wrigley & Eugene Liang Foundational Skill Development	
11:30 - 12:30	Don Burton Importance of Long Term Planning: Developing Champions	John Atkinson From Rio to Tokyo	

