



SCHEDULE

Saturday September 21, 2024

Teamwork Makes the Dream Work

8:00am - 8:30am	Registration Check-In & Light Breakfast
8:30am - 8:45am	Welcome Remarks Diane Nelson Dezura , 6 time National Competitor, World Champion & Olympic Bronze Medalist Tracey Crawford-Smith , This year's Event Chair, BC Women in Curling
8:45am - 9:30am	"Team Roles and Responsibilities" - There is no "I" in team. You are more valuable to your team than just the position you play. Learn how to identify skills and attributes that enhance team effectiveness to improve your competitive advantage with Level 4 Certified Coach, Health and Clean Sport Consultant & Master Coach Developer - Karen Watson
9:30am- 10:45am	On Ice Track- "Great Team Decision Making" Off Ice Track- BBB Session #1 - "Unveiling your Inner Leader" - Hear from this strong leader in the not-for-profit and charitable sector and current Curl BC Event Operation's Manager. She has been in the sports industry for over 25 years, leading clubs as an executive director, facilitator and coach in gymnastics - Sherri Taylor
10:45am - 11:00am	Hydration & Nutrition Break
11:00am - 12:00pm	"Tuning Into Your Inner Curler to Enhance Performance" - Enhance Teamwork, trust, communication and connection to performance! Being "Sympathetic" to your A.N.S (Autonomic Nervous System) and understanding the impact of the Autonomic Nervous System on behavior and emotions. - Presented by Dr. Laura G. Farres . Dr. Farres has a Ph.D. in education and trained in sport & performance psychology. She is a registered clinical counselor, a chartered professional coach and a certified mental performance consultant with 25 years in high performance sport, including curling.
12:00pm - 12:45pm	Lunch Break & Social Time
12:45pm- 1:30pm	"I've Got Friends in High Places" - Everything I have learned from people in this Sport, Lead by Scottie's Silver and Bronze medalist, Senior Women's BC Champion and Senior Women's National Silver Medalist, 4 time National Competitor and Coach at U.B.C Curling - Diane Gushulak
1:30pm- 3:00pm	On Ice Track -"The Art of Calling the Line- The Conversation of Four" Off Ice Track - BBB Session #2 -"Embracing Change" - A discussion of barriers, solutions and strategies to promote and retain women in curling. Future trends & directions for curling. Facilitated by Kimberly Dennis - Member Services Manager at Curl BC
3:15pm- 3:45pm	"On the Rocks" Shannon will share her knowledge about curling ice- What players need to know. Learn from 5 time Scottie's Provincial Champion, Provincial Mixed Champion, 2 time Olympic Pre-trials competitor and current Club Manager at Golden Ears Curling Club- Shannon Joanisse .
3:45pm - 4:15pm	Closing Remarks & Door Prizes- Tracey Crawford-Smith
4:15pm - 6:00pm	Social Bar & "Curl Power" Special Movie Sneak Peak Presentation

*schedule subject to change

