



2020 Pathways to Sport Excellence

Schedule

8:30am-Registration/Check in/COVID Screening – meeting rooms B,C,D

8:45am-Introductions

9:00am- Dr. David Cox – “In Search of Excellence”

10:30am-10:45am – Break

10:45am – Jenna Nickle – Program Manager, Mental Wellness Programs, Kamloops YMCA/YWCA – “Let’s talk about it – opening up conversations about mental health”

11:45am – Break, participants grab their provided pre-boxed lunch courtesy of Taste Kitchen Inc.

Noon – Dr. David Cox – “Sport Skills are Life Skills”

1:00pm-1:30pm – Questions/Door Prizes/Evaluations/Wrap up