



<b>Workshop Audience</b>			
	Coaches	Athletes	Parents
8:15	Registration/Check-in- <b>Room B/C/D</b>		
8:30	Welcome & Introductions - <b>Room B/C/D</b>		
8:45	David Stride-Sport for Life Movement Preparation Workshop - <b>TCC Floor</b>	Greg Kozoris - Sweaty is Ready, Warming up the Right Way - <b>TCC Floor RESCHEDULED FOR WINTER 2020</b>	Dave Freeze - The Life Lessons Your Child Can be Learning from Sports Psychology - <b>Meeting Room B/C/D</b>
9:45		Transition	
10:00		Dr. Carlee Aitchison - Stretching & Mobility Training for Athletes - <b>Meeting Room B/C/D</b>	
		Transition	
		Dave Freeze - Sport Specific Mental Training Techniques - <b>Meeting Room B/C/D</b>	
11:45	Lunch - Taste Kitchen Inc - <b>Meeting Room B/C/D</b>		
noon	Lunch - Taste Kitchen Inc - <b>Meeting Room B/C/D</b>		
12:15	Keynote - Greg Stewart - <b>Meeting Room B/C/D</b>		
1:15	Transition		
1:30	Ken Olynyk -The Post Secondary Sport Pathway - <b>Meeting Room B/C/D</b>		
2:20			
2:30	CLOSING REMARKS, CONFERENCE EVALUATIONS & DOOR PRIZES		