

FOR IMMEDIATE RELEASE
October 15th, 2018

**17th Annual Pathways to Sport Excellence Conference – Emily Young, 2018
PyeongChang Paralympic Bronze Medalist to Keynote.**

Kamloops, BC - PacificSport Interior BC is excited to announce a dynamic line-up of presenters for its 17th annual "Pathways to Sport Excellence Conference" on Saturday, November 3rd, at the Tournament Capital Centre.

This is a one day conference for coaches, parents and athletes (ages 12+) of all skill levels who are looking to better understand or improve their sport performance in the areas of strength & conditioning, mental training, coach education and more!

Emily Young, 2018 PyeongChang Paralympic Bronze medalist in the 7.5km Classical Standing Cross Country Ski event, will Keynote the event. She was an up and coming young wrestler in 2009, when a serious arm injury ended that path. Following this, she started training in other things and soon found her way onto the Paralympic international stage in cross-country skiing and biathlon. Her journey of perseverance is sure to inspire all audiences!

Guest presenters this year include:

- **KEYNOTE: Emily Young**, 2018 PyeongChang Paralympic Bronze Medalist
- **Dave Freeze**, Mental Trainer/ Owner Ripplerock Consulting
- **Greg Kozoris**, Exercise Physiologist/Owner Acceleration Strength & Conditioning
- **Alex Inglis,Carolynn Boomer, Katie Klassen**, SD73 & PacificSport Interior BC
- **Laura Dowling**, Game Plan/Canadian Sport Institute
- **Thomas Hall**, Game Plan, National Manager
- **Janice Otremba**, Motivational Speaker, Trainer & Life Coach

Lunch will be catered by Healthfare Restaurants at the Tournament Capital Centre.

This event fits well into the Coaching Association of Canada's (CAC) maintenance of certification policy. 3.0 NCCP Professional Development points will also be awarded to coaches who attend.

We pride our organization on exposing the local sport community to high performance expertise and new tools for navigating their journey through the sport system.

Registration deadline is October 30th. For more information, or to register, please see our website at www.pacificsportinteriorbc.com.

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