

2023 CONFERENCE AGENDA



U.S. WOMEN'S
RUGBY FOUNDATION



WOMEN'S RUGBY COACHES
& REFEREES ASSOCIATION

FRIDAY JAN. 13, 2023

- 1:00-3:00 p.m. 'State of Women's Rugby' conversation (*Invitation Only*)
- 3:00-5:00 p.m. Registration Open
- 5:00-7:00 p.m. Museum Opening & Cocktails (6:00 p.m. *Opening Reception*)

SATURDAY JAN. 14, 2023

- 9:00 a.m. Opening / Welcome from USWRF
- 9:15-9:45 a.m. Honing Your Coaching Philosophy (*Coaches Panel*)
- 9:50-10:10 a.m. Table exercises: My coaching philosophy (*Brief Discussions*)
- 10:15-10:50 a.m. The Coaches Challenge: Skillfully Merging Behavioral Theory into your Coaching (*Liz Masen and Becky Carlson*)
- 10:50-11:00 a.m. BREAK
- 11:00-11:30 a.m. Table Exercises: Educational & Behavioral Frames
- 11:30-12:20 p.m. Building a Strategic Plan for your team (*Martha Daines*)
- 12:30-1:30 p.m. LUNCH
- 1:30-2:20 p.m. Analytics: What are the 'stories' data tells? (*Panel Discussion*)
- BREAKOUTS:
 - 2:30-3:20 p.m. The Architecture of a Program: Daily training environments (*Panel Discussion, led by Martha Daines*)
 - 2:30-3:20 p.m. Administrators Breakout (*Panel Discussion*)
 - 3:30-4:50 p.m. Improving the Coverage of Women's Rugby (*Panel Discussion*)
 - 5:00-7:00 p.m. Museum Tours
 - 6:00-7:00 p.m. Cocktail Hour
 - 7:00-10:00 p.m. Dinner:
Awards (*Women's Committee Award ; Lifetime Achievement Award*)
5 Stories for 5 Decades

SUNDAY JAN. 15, 2023

- 9:30-10:20 a.m. Stewarding the future of women's rugby: A moderated community conversation on developing a true peer culture.
- 10:30-11:20 a.m. Kathy Flores Coaching Resource Library Preview
- 11:20-12:00 p.m. Closing/Next Steps
- 12:00-1:00 p.m. DISC Meeting with participating coaches
- 1:30-4:00 p.m. Symposium on Player Health