

# 2024 WRCRA Conference Agenda

*(Agenda subject to change)*

## FRIDAY, JAN. 12

- 11:00am-5:00pm:** Conference registration opens
- 10:00am-2:30pm:** Conference and league meetings (NCR, CRAA, WPL)
- 2:30pm-3:30pm:** Old Girls Meeting
- 11:00am-7:00pm:** US Women's Rugby History Museum opens
- 5:30pm-7:00pm:** NIRA AGM
- 6:00pm-7:00pm:** Cocktail conversations: Q and A with HOF players, WNT captains
- 7:00pm:** Under 30's Gathering

## SATURDAY, JAN. 13

- Breakfast:** Regional gathering and networking (look for color coded name tags)
- 8:15am:** Opening: Welcome from USWRF
- 8:30-9:20am:** Keynote: Mental Skills: The art of creating and nurturing a calm, cool, and connected team (*Mattison Grey*)

This year's conference will feature four tracks of interactive, educational, and developmental topics.

- The tracks are:
- Track One – Health
  - Track Two – Technical Coaching
  - Track Three – Administration
  - Track Four – Tactical Coaching
- 9:50am-10:50am:**
- Track One – Coaches and Referees on the Frontlines of Player Welfare and Safety (*Mary Swanstrom, Amanda Cox, Katie Hunzinger, Sarah Zipp*)
  - Track Two – Managing Up to Gain a Competitive Edge: Selections, substitutions and training your captains to manage the game (*Hannah Stolba and Amelia Luciano*)
  - Track Three – Building an Administrators Playbook and Support Network (*Angela Smarto and Christine Varga*)
  - Track Four – Developing your Player's Understanding of Tactical Options (*Mel Denham, Evan Hoese*)
- 11:00am-12:00pm:**
- Track Two – From the Feet Up: The ultimate scrum session (*Mary Swanstrom, Kitt Wagner-Ruiz, Amelia Luciano*)
  - Track Three – Tips for Working with University and High School Administrators (navigating priorities and managing expectations) (*Jessica Hammond-Graf (moderator) Jayme Pendergast, Alex McCulloch, Brittany Vegso*)
  - Track Four – Transition your Players to 7's with Confidence (*Kelly Griffin, Lauren Trout*)

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## SATURDAY (continued)

**12:00pm-1:15pm: Lunch**

**1:20pm-2:20pm:** Track Two – Backline Attack from Set and Phase (*Hannah Stolba, Lauren Trout*)

Track Three – The Administrators Above: USAR Councils; How Does your GU serve you? Working together to create pipelines from youth-high school-college-club (*Olivia Benson-Daniels, KJ Abel Ruch, Margy Dessypris Thomas*)

Response: The Limitations and Opportunities within the GU Structure (*Kirby Gordon, Nancy Campbell*)

Track Four – Planning the HOW of your Practice Session: How the types and timing of activities and feedback impact outcomes (*Martha Daines, Jamie Burke*)

**2:30pm-3:30pm:** Track One – Health: The Power of the Period (*Sarah Zipp*)

Track Three – Beyond the Try Line: A comprehensive guide to digital dominance (*Wendy Young, Sam Lovett and Stacy Paetz*)

Track Four – What Matters at the Break Down: Seeing the breakdown through the eyes of the referee (*Amelia Luciano, Amanda Cox*)

**3:30pm-4:45pm:** Leveraging Your Rugby Background for Power in the Workplace: Enhancing your professional image and influencing skills (*Amy Marks*)

**4:30pm-4:45pm:** **Pioneers & Champions Recognition and Photo**

**6:00pm-7:00pm: Cocktails**

**7:00pm-10:00pm Dinner**

- Women’s Committee Award
- Lifetime Achievement Awards
- Four stories from 4 decades of women’s rugby: Jenn Crawford, Wendy Young, Caroline Roach, Ann Marie Farrell

## SUNDAY, JAN. 14

**9:00am– 10:00am:** Keynote: Building an Accountable Community: Working together to protect the mental and emotional health of coaches, referees and administrators (*Amelia Luciano, Bhuttu Mathews, Margy Dessypris Thomas, Becky Carlson (moderator)*)

**10:10am-11:00am:** Track One – Concussion Prevalence, Prevention and Rehabilitation (*Katie Hunzinger*)

Track Two – From the Feet Up: The ultimate scrum session (*Mary Swanstrom, Kitt Wagner-Ruiz, Sherri Magnuson*)

Track Four – Elite Touch Rugby (*Josie Ziluca*)

**11:10am-12:00pm:** Track One – Health: The Landscape for Coaches (*Becky Carlson*)

Track Three – Administrators Roundtable and Community Conversation: Building support networks across the community (*Jenn Stratton*)

Track Four – Game Profiles and Game Planning (*Martha Daines, Jamie Burke*)

**12:00pm-1:15pm: Lunch**

**1:20pm-2:10 pm:** Mind the Gap: Understanding and navigating teaching and education pipelines for coaches and referees. Session includes: How to host workshops; creating a network of coaches/referees moving through the stages; info about the World Rugby systems in place; how/why experienced coaches should build a ‘coaching tree’ (*Jamie McGregor, KJ Abel Ruch, Mary Swanstrom, Martha Daines*)

**2:20pm-3:20pm** Closing: Staying Collaborative and Building a Broader, More Powerful Community (*conversation with attendees*)