

# 2024 WRCRA Conference

## Conference Agenda *(subject to change)*

### FRIDAY

- 11:00-5:00pm: Registration opens
- 11:00-1:00pm: Conference and League meetings (NIRA, NCR, CRAA, WPL, etc)
- 1:30-4:30pm: Master Class session
- 11:00-7:00pm: Museum open
- 6:00-7:00pm: Cocktail conversations
- 7:00pm: Under 30's gathering

### SATURDAY

- 8:30am: Opening: Welcome
- 8:40-9:30am: Keynote Speaker Event

This year's conference will feature four tracks of interactive, educational, and developmental topics. The tracks are: Team Health and Welfare, Technical Coaching, Tactical Coaching, and Administrator. To make the most of accessing these sessions, some Saturday tracks will repeat on Sunday.

- 9:50-10:50am: Individual Track Breakout Sessions
- 11:00am-Noon: Individual Track Breakout Sessions
- 12:00-1:15pm: Lunch
- 1:20-2:20pm: Individual Track Breakout Sessions
- 2:30-3:30pm: Individual Track Breakout Sessions
- 3:30-4:45pm: Leveraging Your Rugby Background for Power in the Workplace:  
Enhancing your professional image and influencing skills
- 6:00-7:00pm: Cocktails
- 7:00-10:00: Dinner
  - Women's Committee Award - Administrators Award
  - Lifetime Achievement Award
  - Three stories from 3 decades (1980, 2000, 2010)

### SUNDAY

- 9:00 - 9:40pm: Mental Skills: The Art of Creating and Nurturing a Calm, Cool, and Connected Team
- 9:50-10:50am: Individual Track Breakout Sessions
- 11:00am-Noon: Individual Track Breakout Sessions
- 12:00-1:15pm: Lunch
- 1:20-2:20pm: Mind the Gap: Understanding and navigating the teaching and education pipelines for coaches and referees.
- 7:00pm: Under 30's gathering

