

Conference Agenda

Friday, January 17th through
Sunday, January 19th, 2025

Theme:

Building More Bydells; Setting the Bar for the Future

FRIDAY JAN. 17, 2025

- 11am-5pm: Conference Registration Opens
- 1pm-4pm: Senior Club AGM (Open to all)
- 11am-7pm: History Museum Opening
- 6pm-7pm: Cocktail – Museum Panel
- 7pm: Under 30's Gathering at Hotel bar

SATURDAY JAN. 18, 2025

- Breakfast: Regional gathering and networking (light breakfast)
- 8:15am: **Opening:** Welcome from USWRF
- 8:30-9:20am: **Keynote:** How planful can we be developing excellence? *Tamara Sheppard, Lauren Doyle, Alycia Washington, and Naya Tapper (Wendy Young, moderator)*
- 9:30-10:20am: **Player & Program Health:** Designing practices to keep players healthy throughout the season. *Sylvia Braatan*
Administration: Building an effective coaching staff: short term and long-term planning for the team and the program. *Liz Kirk, Kelly Romano, Jamie Frech*
Program Development/Strategy & Tactics: What Matters at the Break Down: Seeing the breakdown through the eyes of the referee. *Amanda Cox*
Administration: Club rugby: Planning for short term and long-term success. *Olivia Benzan-Daniel*
- 10:30-11:20am: **Player & Program Health:** Planning for player safety: What systems and practices need to be in place for your program and how to plan to get there. *Amy Valenta*
Program Development/Strategies & Tactics: Developing your player's understanding of tactical options. *Sarah Chobot*
Administration: It's Lonely at the Top: Finding and evaluating talent, delegating work to develop administrators and avoid burnout. *Angela Smarto*
- 11:30am-12:20pm: **Player & Program Health:** A Roundtable Conversation with a leading group of youth rugby coaches; Understanding the changing landscape of youth rugby. *Karl Barth, Kelly Romano, Rose Standifer, Andie Hammon, Shane Young, Alex McCulloch, Meg Clarke, Lisa Finegan*
Program Development/Coaching: From the feet up: The ultimate scrum session. *Mary Swanstrom, Kitt Ruiz-Wagner*
Managing Relationships: Leveraging your rugby background for power in the workplace: Enhancing your professional image and influencing skills. *Amy Marks, Angel Brunner*
- 12:20-1:30pm: **LUNCH**
- 1-2:30pm: **Working Lunch Option:** Creating Your Digital Brand. *Wendy Young*

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SATURDAY, JAN. 18, 2025 (continued)

- 1:30-2:30pm: **Table Conversations:** **(1)** Rugby for everyone. *Timaris Montano, MICR*; **(2)** Why players leave and why they stay. *Hannah Stolba*; **(3)** Catching Feelings: The Reality of Emotional Contagion in Coaching Female Athletes. *Mattison Grey*; **(4)** Referee development. *Amanda Cox, Dana Teagarden*; **(5)** Practice planning. *Sylvia Braatan*; **(6)** IGR: Inclusive rugby for men and women. *Veronica Alfaro*; **(7)** Designing purposeful activities and games to develop your team. *Martha Daines*; **(8)** NCR touring sides, opportunities for players to shine. *Jamie Frech and Angela Smarto*; **(9)** Beyond SMART Goals: Customize your goal setting. *Vicki Hudson*
- 2:40-3:30pm: **Program Development:** Planning and building high performance cultures/environments. *Tamara Sheppard*
Player & Program Health: Helping players transition from youth to high school, college, club, to 'out of the game'. *Derika Legg*
Program Development/Coaching: What type of 7's do you want to play and the skills you'll need to execute it. *Kelly Griffin*
- 3:40-4:30pm: **Program Development/Coaching:** Line out mastery. *Jamie Burke*
Program Development: Roundtable for youth coaches: Why girls leave sport and how to get them to stay. *Heather Haney, KJ Abel, Kelly Romano, Shane Young, Laura Sayabouth, Lisa Finegan*
Managing Relationships: Challenging conversations: Strategies for working with difficult people. *Karen Fong Donoghue*
- 4:45-5pm: **Pioneers & Champions Recognition and Photo**
- 6-7pm: **Cocktails**
- 7-10pm: **Dinner**
- Women's Committee Award
 - Lifetime Achievement Awards
 - Three stories. *Timaris Montano, Karameli Faee, Jenny Kronish*

SUNDAY JAN. 19, 2025

- 8:30-9am: **WER:** Launching the Professional League for Women's 15's. *Kat Aversano, Jessica Hammond*
- 9-10am: **Keynote:** Intentionally creating an emotional culture that fits your team. *Mattison Grey*
- 10:10-11am: **Player & Program Health:** Nutrition and sleep management for optimal performance, a conversation about REDS. *Sylvia Braatan*
Managing Relationship: Modern networking: Using digital resources to build relationships. *Olivia Benzan-Daniel, Kat Aversano*
Administration: Becoming a rugby broadcaster. *Wendy Young*
- 11:10am-12pm: **Program Development:** Youth Roundtable Part 2: Action Items. *Karl Barth, Kelly Romano, Rose Standifer, Andie Hammon, Shane Young, Alex McCulloch, Meg Clarke, Lisa Finegan*
Program Development: Building a player led game amidst the American sport culture. *Hannah Stolba*
- 12:05pm **Closing**