

2023 CONFERENCE AGENDA

U.S. WOMEN'S
RUGBY FOUNDATION

WOMEN'S RUGBY COACHES
& REFEREES ASSOCIATION

THE WISDOM OF THE GAME: STRATEGIC AND TACTICAL THINKING IN WOMEN'S RUGBY

FRIDAY JAN. 13, 2023

- 12:00-5:00 p.m. Registration Opens
- 5:30-7:00 p.m. Cocktails
- 6:00-7:00 p.m. Museum Opening

SATURDAY JAN. 14, 2023

- 8:30 a.m. Opening / **Welcome** from USWRF
- 9:00-9:40 a.m. **Honing Your Coaching Philosophy** (Martha Daines, Liz Kirk, Lisa Jackson, Koma Gandy)
- 9:40-10:05 a.m. **Table exercises: An Evolving Coaching Philosophy**
- 10:10-11:00 a.m. **The Coaches Challenge: Skillfully Merging Behavioral Theory into Your Coaching Practice** (Liz Masen and Becky Carlson)
- Breakouts:**
- 11:20-12:10 p.m. **Building a Strategic Plan for Your Team** (Martha Daines)
- 11:20-12:10 p.m. **Help Referees Help You; A Workshop by Referees and Coaches** (Amanda Cox, Emily Hsieh, Rosalind Chou, Jenny Lui)
- 12:15-1:30 p.m. **LUNCH**
- 1:30-2:20 p.m. **Analytics: What are the 'Stories' Data Tells?** (Rosalind Chou, Chelsea Garber, Alex Goff)
- Breakouts:**
- 2:30-3:20 p.m. **Daily Training Environments: Planning with an End in Mind** (Kittery Wagner Ruiz, Katherine Aversano, Olivia Benzan-Daniel)
- 2:30-3:20 p.m. **Real questions and Real Answers from Professional Rugby Administrators** (Wendy Young, Angela Smarto, Katie Wurst, Mikayla Miller)
- 3:30-4:50 p.m. **Improving the Coverage of Women's Rugby** (Wendy Young, Becky Worley, Alex Goff)
- 5:00-6:30 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
 - 3 stories from 3 decades (Jami Jordan, Barb Bond, Elvy Asonye)

SUNDAY JAN. 15, 2023

- 9:30-10:20 a.m. **Stewarding the Future of Women's Rugby**
A moderated community conversation
- 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**
- 12:30-1:30 p.m. **Furious Movie Premiere** (A documentary about the DC Furies by Liz Linstrom)
- 1:30-4:00 p.m. **Symposium on Player Health** (Katie Hunzinger, Mary Swanstrom, Sarah Zipp)