

Theme:

Building More Bydwells; Setting the bar for the future

FRIDAY JAN. 17, 2025

- 11:00-5:00pm: Conference Registration Opens
11:00-7:00pm: History Museum Opening
6:00-7:00pm: Welcome Reception and Panel

SATURDAY JAN. 18, 2025

- 8:15am: **Welcome** from USWRF
- 8:30-9:20am: **Keynote:** Planning for Excellence (*Tamar Sheppard, Lauren Doyle, Alycia Washington and Naya Tapper*)
- 9:30-10:20am: **Health Track:** Players Readiness: designing practices to keep players healthy throughout the season. (*Sylvia Braatan*)
Coaching Track: Managing Up to Gain a Competitive Edge: Selections, Substitutions and Captains. (*Hannah Stolba*)
Administrator Track: Building an Effective Coaching Staff: Short & long term planning for the team and the program. (*Liz Kirk, Kelly Ramano, Jamie Frech*)
- 10:30-11:20am: **Health Track:** Planning for player safety: What systems and practices needs to be in place for your program and how to plan to get there. (*Amy Valenta*)
Coaching Track: From the Feet Up: The ultimate scrum session. (*Mary Swanstrom, Kitt Wagner-Ruiz*)
Administrator Track: Club rugby: Planning for short term and long term success. (*Olivia Benzan-Daniel*)
Strategies & Tactics Track: Developing Player's Understanding of Tactical Options. (*Sarah Cabot*)
- 11:30am-12:20pm: **Health Track:** Roundtable: The Landscape of Youth Rugby. (*Karl Barth, Kelly Romano, Rose Standifer*)
Coaching Track: Line out Mastery. (*Jamie Burke*)
Administrator Track: Planning and adapting; Aligning university schedules for the college rugby we deserve. (*Angela Smarto*)
Strategies and Tactics Track: What Matters at the Break Down: Seeing the breakdown through the eyes of the referee. (*Amanda Cox and TBA*)
- 12:20-1:30pm: **LUNCH**
- 1:00-2:30pm: **Creating Your Digital Brand** (*Wendy Young*)
- 1:30-2:30pm: **Table Conversations:**
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|----------------------------------|--|
| 1) Rugby for Everyone | 2) Why players leave and why they stay |
| 3) Emotional contagion-it's real | 4) Referee development |
| 5) Practice planning | 6) Strategies for Working with University Admins |

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SATURDAY, JAN. 18, 2025 (continued)

- 2:40-3:30pm: **Health Track:** Planning for Change: Helping players transition from youth to high school, college, club, to 'out of the game'. (*Derika Legg*)
Coaching Track: What type of 7's do you want to play and the skills you'll need to execute it. (*Kelly Griffin*)
Administrator Track: Challenging Conversations: Strategies for working with difficult people. (*Karen Fong Donahue*)
Strategies and Tactics Track: Planning and building high performance cultures/environments. (*Tamara Sheppard*)
- 3:40-4:30pm:
 - **Leveraging Your Rugby Background for Power in the Workplace:** Enhancing your professional image and influencing skills. (*Amy Marks, Angel Brunner*)
 - **Coaching:** Roundtable for youth coaches: Why girls leave sport and how to get them to stay. (*Heather Haney, Mary Swanstrom*)
- 4:45-5:00pm: **Pioneers & Champions Recognition and Photo**
- 6:00-7:00pm: **Cocktail Hour**
- 7:00-10:00pm: **Awards Dinner**
 - Women's Committee Award
 - Lifetime Achievement Awards
 - Three stories from 3 decades of women's rugby

SUNDAY JAN. 19, 2025

- 9:00-10:00am: **Keynote:** Intentionally creating an emotional culture that fits your team. (*Mattison Grey*)
- 10:10-11:00am: **Health Track:** Nutrition and sleep management for optimal performance, a conversation about REDS. (*Sylvia Braatan*)
Coaching Track: Modern Networking: Using Digital Resources to Build Relationships. (*Olivia Benson Daniels, Kat Aversano*)
Administrator Track: Women in rugby broadcasting. (*Wendy Young, Stacy Paetz*)
Strategies and Tactics Track: NCR Touring Sides: building opportunities for players to shine. (*Jamie Frech, Angela Smarto*)
- 11:10am-12:00pm: **What do we want OUR game to look like?** Are we complicit in mediocrity or stewards of excellence?
- 12:00p.m. **Closing**