



2019 Technical Conference September 20-22, 2019 @ Montreal, QC

Canada Artistic Swimming welcomes all national level coaches and officials to attend the 2019 Technical Conference. The conference sessions are scheduled for all coaches and officials to attend jointly where they will learn collectively and participate collaboratively on key topics that have been selected for this conference. The planned sessions will lay the foundation for more great coach-official joint clinics/workshops during the upcoming season.

Registration:

Cost: \$200 for coaches. There will be no fee for officials.

All travel and accommodations/meal costs are the responsibility of the participants.

Coaches please register for the conference via www.artisticswimmingcoach.ca

(Note: Conference is worth 3 PD points)

Officials please register for the conference via

https://synchro.formstack.com/forms/cas_2019_technical_conference_registration_form

Recommended Accommodations:

Hotel Chablis Cadillac

1b2 5800 Rue Sherbrooke Est, Montreal QC H1N 1B2

<https://www.chablis Cadillac.com/chambres-suites/suites/>

Hotel Universel Montreal

5000 Sherbrooke St E. Montreal QC H1V 1A1

<https://www.hoteluniverselmontreal.com/>

Gite du Survenant

2645 Ave Desjardins, Montreal, QC H1V 2H8

www.gitedusurvenant.com/en-us

Motel Le Marquis

6720 Sherbrooke St E Montreal, QC H1N 3L5

<https://www.motellemarquis.com/>

Please direct any questions regarding the conference to Kara Heald at

kara@artisticswimming.ca



2019 Technical Conference Schedule

(as of August 9, 2019 - subject to modifications)

Friday, September 20, 2019		
4:30 p.m. - 6:30 p.m.	Registration	Hotel Universel Montreal 5000, Rue Sherbrooke Est, Montréal, QC H1V 1A1 <i>*Conference room TBA.</i>
6:30 p.m. - 7:00 p.m.	Conference Welcome	
7:00 p.m. - 8:00 p.m.	Keynote Speaker	
8:00 p.m. - 10:00 p.m.	Welcome Reception	

***All sessions Saturday and Sunday will take place at Institut National du Sport (INS) Québec (4141 Pierre-de Coubertin Ave, Montreal, QC H1V 3N7).**

Saturday, September 21, 2019		
8:30 a.m. - 11:00 a.m.	Own the Podium: Introducing Canada Artistic Swimming's Podium Pathway and Gold Medal Profile This interactive session which will be facilitated by Own the Podium (OTP) Podium Pathway Advisor Jodi Hawley will introduce coaches and officials to CAS's podium pathway and gold medal profile which has been developed collaboratively with OTP. CAS OTP Advisor David Mirota will also be in attendance.	INSQ - Classroom
11:00 a.m. - 11:15 a.m.	Break	
11:15 a.m. - 12:45 p.m.	Assessing Athletes Working from the information shared in the morning session, coaches and officials will be introduced to PP and GMP aligned athlete assessment tools by OTP and CAS staff and guided on how to use them effectively for	INSQ - Classroom

	optimal athlete feedback.	
12:45 p.m. - 1:30 p.m.	Lunch (on own)	
1:30 p.m. - 2:45 p.m.	Highlight training with Mickael Begon (TBC) Working in the pool with the Senior national team athletes Mickael will discuss must-haves for athletes before introducing them to throws as well as skills athletes must demonstrate (for flyers) and as a team (stacks/banquines)	Pool
3:00 p.m. - 4:00 p.m.	Senior National Team 2019 Training and Preparation Plan Senior National Team Head Coach Gabor Szauder and his staff will present the senior national team's training and preparation strategy for the 2019 competitive season that began in January 2019 and led them to the top of the podium at the Pan Am Games.	INSQ - Classroom
4:00 p.m. - 4:15 p.m.	Break	
4:15 p.m. - 5:30 p.m.	2019 International Review - Coaches and Judges Panel Discussion / Q&A National Team Coaches and International Officials will review 2019 international competition performances, share key observations and information and answer questions from the floor.	INSQ - Classroom
5:30 p.m.	End of Day 1 - Dinner on own	

Sunday, September 22, 2019		
8:30 a.m. - 9:30 a.m.	FINA Update with Lisa Schott FINA Technical Artistic Swimming Committee Chairwoman Lisa Schott will update coaches and officials on key new and upcoming information from FINA for the 2019-20 season.	INSQ - Classroom
9:30 a.m. - 10:30 a.m.	CAS HP Update from Julie Healy CAS Chief Sport Officer Julie Healy will update coaches and officials on High Performance /	INSQ - Classroom

	National Team programming for the 2019-20 season and preliminary planning for 2020+	
10:30 a.m. - 10:45 a.m.	Break	
10:45 a.m. - 11:30 a.m.	<p>Canada Artistic Swimming Concussion Policy</p> <p>Coaches and officials will be walked through the new Canada Artistic Swimming Concussion Policy and key stakeholder resources to support the health and safety of our athletes.</p>	INSQ - Classroom
11:30 a.m. - 12:30 p.m.	<p>The psychology of effective feedback</p> <p>Senior National Team Mental Performance Consultant Dr. Véronique Richard will present on the psychology of effective feedback which will give coaches and officials key tools for delivering better feedback.</p>	INSQ - Classroom
12:30 p.m. - 1:15 p.m.	Lunch (on own)	
1:15 p.m. - 3:30 p.m.	<p>The Choreographic Process</p> <p>Canada Artistic Swimming Coaches and Officials will be lead through a creative and innovative session by Mr. Lindsay Fischer of the National Ballet of Canada. Mr. Fischer is currently the Artistic Director of YOU dance, the National Ballet's outreach programme focused on introducing young people to the world of dance and ballet.</p> <p>Read more about Mr. Lindsay Fischer here: https://national.ballet.ca/Meet/Backstage/Creative/Lindsay-Fischer</p>	INSQ - Classroom
3:30 p.m.	Conference Closing / Departure	