



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

(Revised September 3, 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 – Danièle Sauvageau It was Danièle’s passion, instincts and leadership that led Canada’s women’s hockey team to its historic win at the 2002 Winter Olympics in Salt Lake City. As general manager and coach, she faced many challenges in achieving her own Olympic dream and that of her team. Read more about Danièle Sauvageau here: http://www.danielesauvageau.com/wp-content/uploads/2011/03/Bio_DSsauvageau-EN.pdf	
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 (Part 1) 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 including the CAS 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.	Own the Podium: Introducing Canada Artistic Swimming's Podium Pathway (Part 2)	INSQ – Classroom
12:45 p.m. – 1:30 p.m.	Lunch (on own)	
1:30 p.m. – 2:45 p.m.	Assessing Athletes Working with CAS podium pathway/gold medal profile assessment tools, coaches and officials will work collaboratively with the Senior National Team athletes while using the assessment tools – testing their usability and giving feedback.	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. – 5:15 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
5:15–6:15	Development Strategy Brainstorm Session After processing Day 1 information – officials and coaches will have the opportunity to participate in a facilitated brainstorming session on national development strategy.	
6:15 p.m.	End of Day 1 – Dinner on own	

Sunday, September 22, 2019

8:30 a.m. - 9:00 a.m.	FINA Update with Lisa Schott FINA Technical Artistic Swimming Committee Chair Lisa Schott will update coaches and officials on key new and upcoming information from FINA for the 2019-20 season.	INSQ - Classroom
9:00 a.m. - 9:30 a.m.	CAS HP Update from Julie Healy CAS Chief Sport Officer Julie Healy will update coaches and officials on High Performance / National Team programming for the 2019-20 season and preliminary planning for 2020+	INSQ - Classroom
9:30 a.m. - 10:00 a.m.	Development update - AquaGO! & CAS Coach Pathway Coaches and officials will get a development update from CAS staff on the AquaGO! program and the CAS Coach Pathway.	INSQ - Classroom
10:00 a.m. - 10:15 a.m.	Break	
10:15 a.m. - 11:00 a.m.	Canada Artistic Swimming Concussion Policy 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.	INSQ - Classroom
11:00 a.m. - 12:00 p.m.	The psychology of effective feedback 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.	INSQ - Classroom
12:00 p.m. - 12:30 p.m.	Lunch (on own)	
12:30 p.m. - 1:30 p.m.	Make sure your music is as good as it can be! From selection, to technical design, to editing for harmony - music designer Hugo Chouinard will share his essential tips for making sure your music is as good as it can be! Find out more about Hugo here: https://sk8mix.pro/	INSQ - Classroom

1:30 p.m. - 3:45 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
3:45-4:00 p.m.	Conference Closing / Departure	



Canada Artistic Swimming is thrilled to welcome the following guest experts to the 2019 Technical Conference (listed in order of appearance at the conference)



Danièle Sauvageau – Keynote Speaker

Danièle Sauvageau's passion, instinct and leadership were instrumental in the historic win by the Canadian women's hockey team at the 2002 Winter Olympics in Salt Lake City. As general manager and coach, she transformed a fear of losing into an absolute desire for victory, a radical turnaround that enabled her players to achieve their Olympic dream.

Sauvageau has taken part in seven Olympic Games, as women's hockey coach, general manager and coaching consultant. She played a key role in her team's wins in seven consecutive world championships, and in the silver medal they won at the Nagano Olympics.

With her dedication, involvement in developing her sport and her winning record, she has become the undisputed guru of women's hockey in Canada.

For 24 years, Sauvageau has served with the RCMP and Montreal's police department, including the narcotics division. She is currently works as advisor to the strategic development department.

After completing a degree in social work, Sauvageau graduated from the RCMP academy. She obtained a master's certificate in coaching from the National Coaching Certification Program and a management certificate from the École des Hautes Études Commerciales.

Drawing on her expertise in human resources management, coaching, leadership, situation assessment, communication and the formation of winning teams, Sauvageau speaks on various topics related to performance.

For more information on Danièle please visit <http://www.danielesauvageau.com>.



Jodi Hawley – Own the Podium

Jodi Hawley is a Podium Pathway Advisor with Own the Podium, as well as a sport physiologist, coach developer, and athlete development advisor.

In addition to her work as a Podium Pathway Advisor with Own the Podium, Jodi also works at the Canadian Sport Institute (CSI) Calgary as a Content Expert – Performance Planning for the National Coaching Certification Program (NCCP) – Advanced Coaching Diploma. She previously worked as a Sport Physiologist at CSI Calgary from 2005-2015.

As a coach and athlete development advisor, Jodi assists NSO's (Cross Country Canada, Biathlon Canada, Athletics Canada) with NCCP curriculum

development and creating sport-specific Long Term Athlete Development (LTAD) guidelines.

Jodi holds a Bachelor of Science from the University of Waterloo in Kinesiology and Exercise Science and a Master of Science in Exercise Physiology from the University of Calgary.



David Mirota – Own the Podium

David Mirota is currently Canada Artistic Swimming's Own the Podium High Performance Advisor, and has been a High Performance Advisor for Summer Sports at Own The Podium since 2018. David has been involved in Freestyle Skiing for the past 25 years, as an athlete and coach, and was Technical leader and High Performance Director of Freestyle Canada from 2008-2018, and the Team Leader in Sochi 2014 and Pyeongchang 2018. David is a graduate of McGill University with a Bachelor of Education, Major in Kinesiology.



Gabor Szauder – Senior National Team Coach

Gabor Szauder had been leading Canada's Senior National Team program since January 2019, and had a successful first season with Canada winning the inaugural FINA World Series Championship and claiming two gold medals at the 2019 Pan Am Games clinching an 2020 Olympic berth in duet and team.

Hailing from Budapest, Hungary, Szauder earned a Diploma from the Faculty of Physical Education and Sport Sciences at Semmelweis University and also holds certification as a Master Coach in Synchronized Swimming. He has had leading roles in the international synchronized/artistic swimming circle since 1993.

Szauder has previously coached top-level athletes in three countries – Greece, Hungary and most recently Slovakia. He has coached at two different Olympic Games, always working closely with a team of experienced professionals.



Lisa Schott – FINA Technical Artistic Swimming Committee Chair

Lisa Schott is the current FINA Technical Artistic Swimming Committee Chair, President of Aquatics Canada and is a Past President of Canada Artistic Swimming. Lisa has over 20 years of experience working with Canadian national sport organizations on both domestic and international issues.

Lisa is a creative and inspiring leader who leads by example, committing herself to the task-at-hand in a way that involves strategic planning and negotiation skills to drive new sport initiatives to a positive and successful conclusion.

Proficient in business, Lisa has worked in a variety of industries that demand a creative vision with a strong connection to what is necessary to affect

positive results. Lisa has a solid track record for managing change and transition in the sport community with a keen sense of being able to analyze the impact of change, identify a course of action and implement a strategy to achieve positive results.



Véronique Richard – Senior National Team Mental Performance Consultant

With a Phd In sport sciences, Dr. Véronique Richard has been working with Canada Artistic Swimming since 2018. Véronique has been a mental performance consultant with INS Québec since 2015 and also has been working with Cirque du Soleil since 2016.

With a Master's degree in Sport Sciences (performance psychology) and a Phd, Sport Sciences both from the Université de Montréal, Véronique's applied expertise is in performance psychology where she designs risk friendly environments to encourage people to navigate through discomfort and grow psychologically from it. She uses movement improvisation as a method to stimulate creative mindset and set the stage for creative problem solving, creative ideation and creative performance.



Hugo Chouinard – Music technician / designer

Pierre-Hugues "Hugo" Chouinard is the man behind the musical arrangements of many of the world's top figure skating competitors. He also prepares music for Skate Canada's national and international events, as well as the Thank You Canada Tour, Stars on Ice and All that Skate.

Former member of the Canadian National Team in Ice Dance, and a former Ice Dance and Synchronized Skating coach/choreographer, Hugo has created over 45,000 programs in 25 years. Hugo founded his studio in 1993 and was one of the first skating music designers to create computer-generated mixes.

In 2003, Hugo started collaborating with choreographer David Wilson, who taught him a lot about vision of the movement in relation to music and the way of telling a story on the ice. He trusted Hugo to create programs for Jeffrey Buttle, Joannie Rochette, Marie-France Dubreuil and Patrice Lauzon and Yuna Kim and opened the door for Hugo on the international figure skating scene.

From the ice to the pool, Hugo has also been creating and editing music for artistic swimming for many years, as well as for roller skating and gymnastics. Also an event technician and DJ at national and international figure skating events, Hugo is an expert at venue acoustics.

To learn even more about Hugo Chouinard, visit his website at www.sk8mix.pro.



Lindsay Fischer – National Ballet of Canada

Born in New York City, Lindsay Fischer came to Toronto in 1974 to study at Canada's National Ballet School. After graduating in 1978, he went to Europe, joining the Companhia Nacional de Bailado in Lisbon and then the Dutch National Ballet where he was a Principal Dancer. In 1987, he returned to North America to join New York City Ballet as a Principal Dancer. He performed as a guest artist with some of the most eminent ballerinas of the era, including Margaret Barbieri, Cynthia Gregory and Evelyn Hart.

After retiring from the stage, Mr. Fischer joined Canada's National Ballet School where, in addition to teaching, he developed a structure to guide the school's graduates through the transition from school and graduation to professional employment. This led to the creation of the Post-Secondary and the Dancer Career Planning Programmes at the school, both of which Mr. Fischer managed until 2007. In 2008, Mr. Fischer was appointed Director of the Professional Summer Dance Program at The Banff Centre in Alberta.

Mr. Fischer has created works for Canada's National Ballet School students and has overseen the production of works by such notable choreographers as George Balanchine, Rudi van Dantzig, James Kudelka, Peggy Baker, Christopher House and Toer van Schayk. As well, he has staged works for and been a Guest Ballet Master with companies in Canada and abroad. He was a Guest Répétiteur for The National Ballet of Canada from 1997 to 2007 and was appointed Ballet Master with the company in 2007. In 2011, he restaged Don Quixote for the National Ballet. 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.