



# 2019 Coaches Symposium Schedule

Elk Ridge Resort – October 18<sup>th</sup>-20<sup>th</sup>, 2019

## Friday October 18<sup>th</sup>

- **Welcome to the 2019 Coaches Symposium**  
Time: 7:00pm – 8:00pm  
Ben Lozinsky – Special Olympics Saskatchewan
- **Welcome Social – Saskatchewan Roughriders vs. British Columbia Lions**  
Time: 8:00pm – Bedtime

## Saturday October 19<sup>th</sup>

- **Breakfast**  
Time: 8:00am – 8:30am
- **Applying the Neuroscience of Happiness to Coaching & Sport**  
Time: 8:30am – 9:30am  
Jim Moss – Chief Happiness Officer, CEO, Co-Founder of Plasticity Labs
- **Networking Break**  
Time: 9:30am – 9:45am
- **Applying the Neuroscience of Happiness to Coaching & Sport**  
Time: 9:45am – 10:45am  
Jim Moss – Chief Happiness Officer, CEO, Co-Founder of Plasticity Labs
- **Networking Break**  
Time: 10:45am – 11:00am
- **Unconference: Sport Specific Breakouts**  
Time: 11:00am – 12:00pm  
Ben Lozinsky – Special Olympics Saskatchewan
- **Networking Lunch**  
Time: 12:00pm – 1:00pm

### Special Olympics Saskatchewan

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*Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities*



## Saturday October 19<sup>th</sup> – Continued

- 1:00pm – 2:30pm: Choice of one of the following two sessions.

### Session 1

- **From 'Eff This' to 'Effing Eh!' – Learning the Ins & Outs of the SOS Membership Portal**
  - \*A laptop or tablet is required to get the most out of this session.
- Room: TBD
- Korinne Lott – Special Olympics Saskatchewan

### Session 2

- **Special Olympics Updates & Happenings**
- Room: TBD
- Darlene MacQuarrie – Special Olympics Saskatchewan

- **Break: Get Your Scavenger Hunt Gear**  
Time: 2:30pm – 2:45pm
- **Scavenger Hunt**  
Time: 2:45pm – 4:15pm  
Lindsay Randall – SOS Sport Advisory Committee Member, Northern District
- **Scavenger Hunt Recap & Awards**  
Time: 4:15pm – 5:00pm  
Lindsay Randall – SOS Sport Advisory Committee Member, Northern District
- **Dinner**  
Time: 6:00pm – 7:00pm
- **Social – TBD**  
Time: 7:00pm – 10:00pm

## Sunday October 20<sup>th</sup>

- **Breakfast**  
Time: 8:30am – 9:00am
- 9:00am – 12:30pm: Choice of one of the following two sessions.
  - Networking Break – 10:30am

### Session 1

- **Empower+**
  - \*Please note you have to attend the full Empower+ session to complete the module and have it added to your NCCP transcript.
- Room: TBD
- Sue Schmidt – Master Coach Developer, Coaches Association of Saskatchewan

### Session 2

- **Sleep & Performance**
- **Competition and Travel Nutrition**
- Room: TBD
- Tammy Shakotko, BSc, RD, CDE – Sport Nutrition Consultant, Sport Medicine & Science Council of Saskatchewan

- **Lunch & Departure**  
Time: 12:30pm