



2023 Workshop Descriptions

1. Path to your Best you - Tiny Habits Rick Gilson

We don't lose 15 lbs, we don't gain 30 lbs on our max bench, we don't add 3 inches to our vertical, and we don't drop seconds on our sprints in a week. Let's take a look together at the processes by which we can build **Tiny Habits** that will help us achieve our aspirations in all aspects of athletics and life. We will also look at how we can deal with untangling bad habits that hold us back and better respond to setbacks or things that irritate us and stop our progress or negatively impact our play.

2. Having the Courage to Connect - Troy Snider

In this interactive workshop, leaders will have the opportunity to reflect on their current leadership style and further develop their skills of building Positive Relationships.

Do you lead how you like to be led?

Can you lead a team through conflict?

How is your team connected?

You will leave this workshop energized and ready to meet the many challenges of athletic-leadership.





3. Sports Nutrition - Heidi Bates

Nutrition and how athletes eat plays a critical role in sport performance. However, eating well can be tough, especially for student-athletes who often need to combine intense training, with gameplay, travel, school, and friends. Join Registered Dietitian, Heidi Bates to learn how to make eating to win simple and easy.

Biography: Heidi Bates, MSc, RD

Heidi Bates holds a Master's Degree in Nutrition and Metabolism from the University of Alberta and is a graduate of the University of Alberta Hospitals Clinical Dietetic Internship Program. She is a specialist in sport nutrition who has lent her expertise to countless teams, groups, and organizations including the Edmonton Oilers Play Development Unit, Vimy Lacrosse, the Edmonton Oil Kings, Running Room Canada, Mount Royal College, the Northern Alberta Institute of Technology, and the Alberta Fitness Leadership Certification Association. She is an instructor at the University of Alberta where she teaches sport nutrition as part of the undergraduate program in Human Nutrition.

4. Adaptive Physical Activity & Coaching - Emily Lines

Everybody deserves to participate and excel in sport and recreation. This workshop is designed to understand all the different ways that people can move and be active. You will learn hands on how to adapt the sports you love so that every athlete can be an active participant in athletics. You will also learn new practices and learning concepts





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Leadership

to add into your coaching repertoire. Delegates will join together in the gym to learn how to adapt activity and sport while getting to try new sports that are popular within the Paralympic sports community.

5. Sport Psychology - Heather Bartling

Sport Psychology is most often referred to as the missing piece when it comes to performance levels. More often than not, athletes miss the mental preparation that needs to take place before, during, and after an athletic event. This session will help to shed light on the realm of Sport Psychology, mental focus, and self-talk. Athletes will leave the session with tools and resources to help better prepare them for athletic performance.

6. Servant Leadership - Ken Zelez

In this workshop, delegates will be able to explore practical methods of leadership that will work with their peers back at their schools. We will have dialogue about creating the right environment for success and how to remove obstacles so that every athlete can benefit from servant leadership.

