



!IMPACT

Leadership

INFORMATION PACKAGE 2023 WORKSHOP

MAY 15 & 16, 2023
UNIVERSITY OF ALBERTA, EDMONTON



LEADERSHIP TRAINING FOR HIGH SCHOOL STUDENT ATHLETES AND ADVISORS

The goal of this workshop is to provide a forum for student athletes and adult leaders to discuss relevant topics in educational based athletics and activities.

Through interactive group discussions, scenario situations and hands-on activities, participants will develop skills that will enable them to effectively lead their peers at school. We believe this is a unique opportunity for your student athletes and advisors to develop skills that can not only be used in the school setting but can also guide them in all their future endeavors throughout life. Register today!



REGISTRATION = \$95 + GST PER PERSON

SELECTION CRITERIA

STUDENT DELEGATES

Each school may bring up to a maximum of 6 students who:

- Have leadership skills
- Passionate about School Athletics and interested in being a Leader in Sport in their communities
- Are responsible
- Are able to relate to students from a variety of social groups
- Have high motivation and enthusiasm
- Are friendly and well-liked by other students
- Have an ability to interact well one-on-one with small groups of students
- Are viewed as a positive role model in school

ADVISOR DELEGATES

Each school may bring up to a maximum of 2 advisors who:

- Have good supervisory skills
- Work well with young adults and adolescents (friendly and well-liked)
- Have an ability to interact well one-on-one or with small groups of students
- Are willing to take conference information and skills back to local schools and communities to disseminate to others
- Are responsible
- Able to relate to students from a variety of social groups
- Have high motivation and enthusiasm
- Have experience with high school athletics

NEW STUDENTS

Must be in Grade 10 and/or 11

**"IT IS GREAT TO TAKE
POSITIVE
YOUNG PEOPLE OUT
OF THE BUILDING TO
MEET OTHER LIKE
MINDED
INDIVIDUALS."**

Advisor Delegate 2018



SCHEDULE FOR MONDAY MAY 15

TIME	ACTIVITY
12:30pm - 1:00pm	Registration
1:15 - 2:15	Welcome and Keynote
2:30 - 3:45	Breakout Session #1
4:30 PM - 4:40 PM	Break - Energizer
4:40 PM - 6:10 PM	Breakout Session #2
6:30 PM - 7:45 PM	Dinner
7:00 - 8:15 PM	Breakout Session #3
7:45 PM - 8:30 PM	School Meetings - Action Planning Part 1
8:30 PM - 10:00 PM	Social Activity

SCHEDULE FOR TUESDAY MAY 16

TIME	ACTIVITY
7:30-8:20 AM	Breakfast
8:30-9:30 AM	Workshop #1
9:30-9:40 AM	Break
9:40-10:40 AM	Workshop #2
10:40-11:15 AM	Morning Activity
11:15 AM - 12:30 PM	Lunch
12:30 PM - 1:30 PM	Workshop #3
1:30 PM - 1:45 PM	Break
1:45 PM - 2:00 PM	Introduce Action Planning
2:00 PM - 2:30 PM	School Meetings - Action Planning Part 2
2:30 PM - 3:00 PM	Closing General Session
3:00 PM - 3:15 PM	Closing Comments

KEYNOTE SPEAKER

DR. KAREN MACNEILL, PH.D, R.PSYC,



High Performance Mentality: How to excel and be well in sport and life

Have you ever wondered what separates the best from the rest? For over two decades, Dr. Karen MacNeill has had the privilege of supporting athletes and teams at 5 Olympic Games (and counting!), giving her a front row seat as some of the best in the world perform their craft in high-pressure situations. This incredible learning lab has allowed her to identify the factors that contribute to peak performance.

Similarly, high school student-athletes feel the growing pressure to 'get it right'. Given increased competition, multiple sources of stress, and uncertainty of what the future holds, more demands are placed on student-athletes than ever before. They are expected to deliver both 'on the court' and the classroom, while also navigating relationships and figuring out plans for the future no less. So how does one excel and be well in today's climate?

In this interactive presentation, Dr. Karen will give you a glimpse inside the Olympics so you can learn how to cultivate a high-performance mentality, and will also arm you with the tools you need to keep burning bright instead of burning out.

Presentation takeaways:

- Understand the key components of the High-Performance Mentality
- Get clear about who you are at your best
- Learn regulation strategies so you can respond vs. react to stress
- Develop the tools to build mental fitness and bolster resilience
- Enhance your ability to excel and be well in sport and life

This presentation is for performance-minded individuals who are looking to excel and be well in demanding, ever-changing environments.

If you want to learn how to cultivate a high-performance mentality and bring your best on a consistent basis, this presentation is for you.



LEADER AND CHARACTER DEVELOPMENT

BREAKOUT SESSION #1

Leaders/captains (you!) are highly influential people and therefore expected to be character leaders on their team, demonstrate enthusiasm and positive body language, while respecting any decision made by a coach or official, and additionally refraining from gossiping, slandering or manipulative situations. This includes abiding by school, team, and league rules (even if you don't like it), and setting an example within your community.

What you will take away from this session:

- Empowerment
- A contract with yourself (and/or parents/guardians, coaches, teachers)
- List of sources to use to further your leader and character development

SPORTSMANSHIP AND POSITIVE IMPACT



BEYOND THE GAME: MENTAL HEALTH & LEADERSHIP DEVELOPMENT FOR STUDENT ATHLETES

BREAKOUT SESSION #2

Demonstrating good sportsmanship is an important way for those involved in high school athletics to show respect, especially for others. This session will help delegates expand their understanding of what good sportsmanship entails and how to 'SET THE BAR' while providing a Positive Impact in their communities both inside and outside of school athletics.

BREAKOUT SESSION #3

Student athletes face unique challenges that can impact their mental health and leadership abilities. This session will provide an overview of common issues faced by student athletes and strategies for developing mental toughness and resilience. We will discuss ways to prioritize self-care, set realistic goals, and build strong relationships with teammates and coaches. Participants will leave with a deeper understanding of how to balance athletics with mental health and leadership development.



ON-SITE ACCOMMODATIONS AVAILABLE

LISTER CENTRE ACCOMMODATIONS



The U of A's newly renovated residences offer single and twin rooms with shared washrooms, wifi and a work desk. Traditional Residences feature common lounge areas designed to create an atmosphere that encourages interaction with other guests. Each floor includes cable television, a kitchenette equipped with a sink, refrigerator and microwave. Linen and towel services are provided along with access to card-operated laundry.

BOOK OVERNIGHT ACCOMMODATIONS

Overnight accommodations are available at the University of Alberta Lister Centre for any registered schools traveling outside of Edmonton.

Accommodation Booking Deadline: May 1st, 2023

Room Rates are as follows:

- Single Rooms (1 single bed) = \$70.00 + applicable taxes
- Twin Rooms (2 single beds) = \$80.00 + applicable taxes

NOTE: Accommodations are additional fees booked at the expense of the registering school. These rates are NOT included in the event registration fees. Schools will be billed separately by the University of Alberta Group Bookings.

*Accommodation Booking will need to be done separate from the ASAA Registration. Please complete the Group Booking Form listed on the ASAA !MPACT Website. School's will need to complete this form and email it directly to groupbookings@ualberta.ca

If you wish to speak to the U of A Group Bookings regarding your reservation, please call 780-492-9300 and quote !MPACT Student Leadership Conference.*

ADDITIONAL INFORMATION



"GREAT STUDENT LEADERS CAN CHANGE LIVES FOR THE BETTER. IMPACT WILL HELP NURTURE THOSE STUDENTS TO GREAT HEIGHTS IN SCHOOL AND IN LIFE."

John Paton
ASAA Executive Director

Register early to secure your spot!

Space is limited for this workshop. The first 35 schools to register will be guaranteed participation.

The student workshop and advisor sessions will be announced following Registration.

Event Coordinator: Shelbea MacLennan
shelbea@asaa.ca
780-427-8182

REGISTRATION



"HELPING OTHERS SEE AND REALIZE THEIR POTENTIAL TAKES YOU TO LEVELS YOU NEVER THOUGHT POSSIBLE IN YOUR OWN JOURNEY. GANDHI'S "BE THE DIFFERENCE YOU WOULD SEE IN THE WORLD" IS ONE HELPING OTHERS TO BE THEIR BEST'.

Rick Gilson
ASAA Past President

Registration = \$95 + GST Per Person

Deadline to Register: May 8, 2023

Deadline to Book Accommodation: May 1, 2023

This cost includes all training materials, t-shirt, and 3 meals (Dinner Monday + Breakfast and Lunch Tuesday). Overnight accommodations are available at the registering schools expense.

1. Download & complete the Advisor & Student Registration Form and save it as an Excel File (you will need to upload this form to the Registration Google Form).
2. Fill out the !MPACT Registration Google Form
3. A Workshop Preferences Form will be sent to all schools after the workshops are finalized (End of April 2023). Each student will be asked to complete this form and workshop assignments will be distributed on a first come-first serve basis.
4. The ASAA will send your school an invoice for your registration fees. U of A will send you an invoice for your accommodations.