

INSPIRATION, DEDICATION, AND EDUCATION

SPEAKER SERIES FOR ATHLETIC DIRECTORS AND COACHES



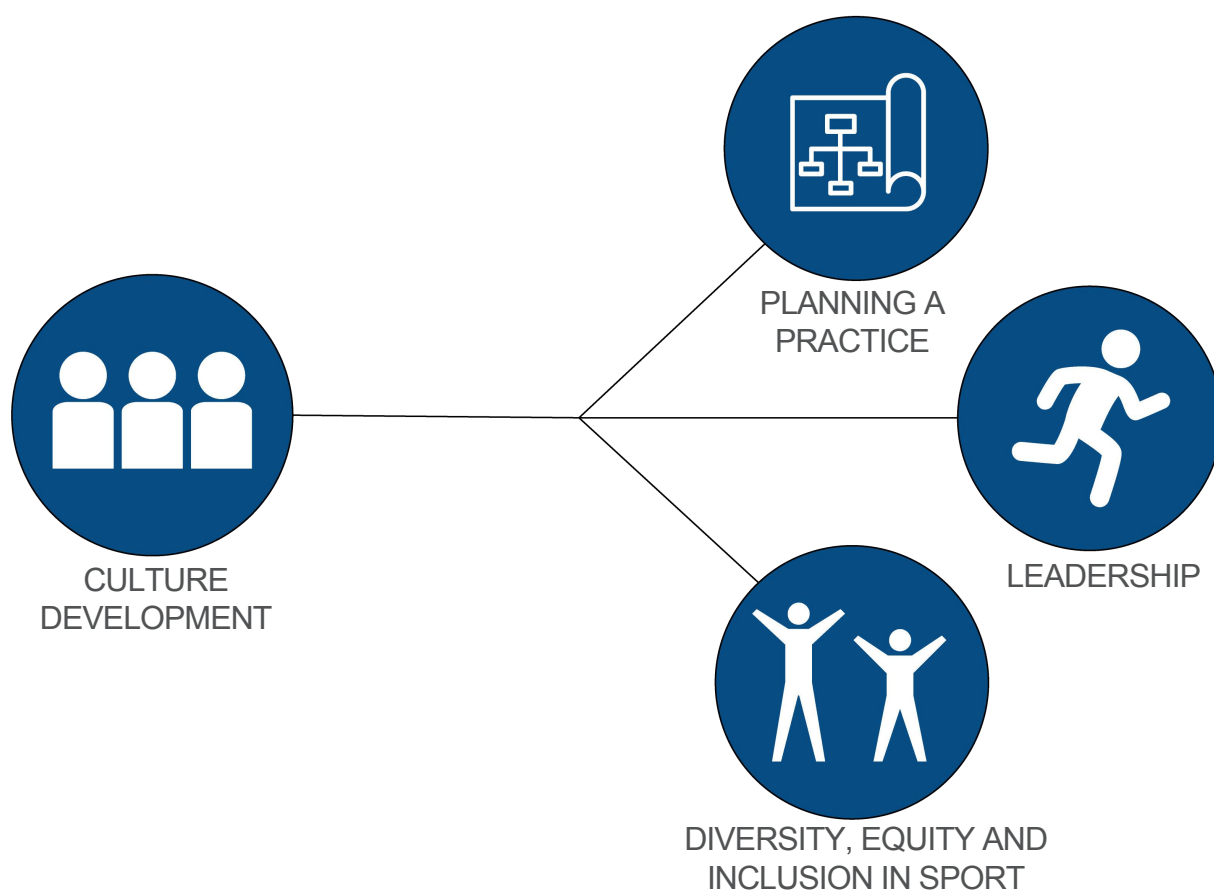
VIRTUAL SESSIONS APRIL 20 - MAY 27, 2021

SEE SCHEDULE BELOW FOR
AFTER SCHOOL AND EVENING SESSION TIMES

INSPIRATION, DEDICATION, AND EDUCATION SPEAKER SERIES FOR ATHLETIC DIRECTORS AND COACHES AT A GLANCE

8 UNIQUE COACHING WORKSHOPS

CISAA will bring coaches of all levels together for eight late afternoon sessions of intensive coaching development and training. Sessions will take place virtually and will be led by Canada's most sought-after professional coaches and athletes who have all the tools you need to take your athletic program to the next level.



INSPIRATION, DEDICATION, AND EDUCATION

SPEAKER SERIES FOR ATHLETIC DIRECTORS AND COACHES

SCHEDULE

Schedule

April 20, 2021
5:00 p.m.

HOLISTIC HIGH PERFORMANCE

As coaches, educators, and athletic directors we all want to push our students to be the best versions of themselves, but never at the cost of well-being. Holistic High Performance is sustainable. With narrow focus and willpower someone can generate an excellent result, but if some critical area of well-being (i.e. relationships and health) are not functional then their performance will eventually suffer and their performance and results will not be sustainable over time.

Session led by Steve Anderson - Team Australia and Team Canada Olympic Beach Volleyball Coach

April 22, 2021
5:00 p.m.

MINDFULNESS AND COACHING

“Mindfulness” in coaching. Learn why student-athletes and coaches turn to mindfulness for enhanced personal well-being and improved performance. Mindfulness includes attitudes and skills that can increase your coping and recovery from sport and life’s stressors. In this session you will be introduced to some core concepts, and be guided in some beginning steps for building a mindfulness practice.

Session led by Tara Costello-Ledwell



Conference of Independent Schools of Ontario
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Schedule

April 27, 2021
4:30 p.m.

PRACTICE PLANNING PRO

Preparation is so important in the arena of sport for athletes and coaches. Learn the foundations of practice planning for a multi-sport approach. The benefits of an organized practice will help your athletes develop skill, concepts and attitudes in their sport.

Session led by Carly Clarke - Head Coach, Ryerson Women's Basketball

May 3, 2021
4:30 p.m.

PHYSICAL LITERACY AND LONG-TERM DEVELOPMENT: A FRAMEWORK FOR STUDENT ATHLETE SUCCESS

Since 2005, Long-Term Development has become the organizational paradigm for Canadian sport: today all 58 Canadian National Sport Organizations have sport-specific LTD frameworks. But what does that mean in school sport setting, and how can coaches and athletic directors use LTD day-to-day to create quality school sport environments that prepare students for success? In this presentation, Long-Term Development Expert Dr. Paul Jurbala will provide an overview of LTD (including links to 15 years' worth of free, world-class resources). More importantly, he will present the key factors of LTD for coaches, for athletic directors and for school sport associations (yes, you really can divide them that way) and describe how to put them to work in practice to optimize the value of sport for all student athletes.

Session led by Dr. Paul Jurbala



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Schedule

May 10, 2021
6:00 p.m.

COACH KISSI'S PLAYBOOK - LEADERSHIP IN SPORT

Coach Kissi will share his common denominators and tips for being an effective leader and coach. Drawing from his experience in coaching at the university and professional levels as well as on high-performing teams within the police service, Kissi shares best practices and characteristics of effective leaders in sport.

[Session led by Charles Kissi](#)

May 17, 2021
6:30 p.m.

CREATING A HIGH-PERFORMANCE TEAM CULTURE AND ATHLETICS PROGRAM

Culture has been the buzz word in many environments, particularly in sport. Learn how to effectively implement a high-performance team culture with your team and athletics department. Coach Cheng has been lucky enough to pick the brain of Duke's Coach K and will share his knowledge and experience related to team culture. Find out what all the buzz is about in this session

[Session led by Chris Cheng](#)



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Schedule

May 25, 2021
4:30 p.m.

CHANGING THE GAME

Diversity, Equity and Inclusion is so important in the arena of Sport and the Game of Life. As coaches and educators we need to continue to have conversations that promote these values in our schools. A great opportunity to have a very informative conversation.

Session led by [Tamara Tatham](#)

May 27, 2021
7:00 p.m.

RETURN TO SPORT: INVEST IN YOURSELF

We have all faced a great deal of adversity over the past year! Sport will come back and so will our amazing coaches. Summer is a time to rejuvenate, reflect and recharge. Enjoy this workshop with NBA skills and life optimization coach David Nurse. He will give you some tools and approaches that will allow you to invest in yourself over the summer and some coaching approaches that you can use with your athletes as they return to sport.

Session led by [David Nurse](#) - Author, *Pivot and Go*

SESSION LEADERS

STEVE ANDERSON

**AUSTRALIA AND TEAM CANADA OLYMPIC
BEACH VOLLEYBALL COACH**

Anderson is an Olympic Gold and Bronze Medal Coach for Beach Volleyball. He is now a motivational speaker and leader for high performance coaches.

CARLY CLARKE

**HEAD COACH WOMEN'S BASKETBALL,
RYERSON UNIVERSITY**

Clarke is the Head Coach for the Ryerson Rams Women's Basketball and. She was also named Senior Women's National Team Assistant Coach for Canada Basketball.

CHARLES KISSI

**MEN'S BASKETBALL HEAD COACH AND
GENERAL MANAGER, GUELPH
NIGHTHAWKS**

Kissi has vast experience in basketball through his role as Head Coach of the Brock Badgers, working for the Raptors 905, and now as a Head Coach and General Manager of the Guelph Nighthawks.

TARA COSTELLO, M.A., C.S.P.A.

MENTAL PERFORMANCE CONSULTANT

Costello has over 30 years of involvement in sport; as an athlete, coach, teacher and mental performance consultant. With over 20 years of experience, she has supported numerous athletes in developing key mental health habits and attitudes for excellence.

PAUL JURBALA, Ph.d.

**LONG-TERM DEVELOPMENT EXPERT,
SPORT FOR LIFE SOCIETY**

Paul Jurbala is a Long-Term Development Expert with Sport for Life Society as well as Principal of his own consulting business, communityactive. Paul is a Master Coach Developer and leads Cycling Canada's coach education program.

CHRIS CHENG

**MEN'S BASKETBALL HEAD COACH,
UNIVERSITY OF WINDSOR**

Cheng is a NCCP Learn to Win Competitive Development Advanced Certified Coach and Learn to Train and Train to Train Learning Facilitator. He is the Head Coach of University of Windsor's Men's Basketball programme and current Assistant Coach with the Canadian Junior Men's Team.



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TAMARA TATHAM

**WOMEN'S BASKETBALL HEAD COACH,
UNIVERSITY OF TORONTO**

Thatham is a two-time Olympian and Head coach of the Women's Basketball Team for Varsity Blues. She was also named a mentee coach for Raptors 905. Tatham is an advocate for Diversity, Equity, and Inclusion in the arena of Sport.

DAVID NURSE

**NBA SKILLS COACH FROM LOS
ANGELES, CALIFORNIA**

Nurse played college basketball at Western Illinois and then had professional stints in Spain, Greece and Australia. After he finished his playing career, he became a highly respected shooting coach. Nurse has worked with numerous NBA players (Kelly Olynk, Norm Powell, Shai Gilgeous Alexander).



2021
SPEAKER
SERIES

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