

# 2021 OFSAA CONFERENCE

October 21, 22 and 23

Thursday, October 21

Friday, October 22

5:00 pm - 6:00 pm	TBA			5:00 pm - 6:00 pm	<b>New Science Of Athlete Performance</b> <i>Dr. Marc Bubbs</i>		
6:00 pm - 6:45 pm	<b>Slo-Pitch 101</b> ( <i>Arlene MacDonald</i> )			6:00 pm - 7:00 pm	<b>Engaging Students In Sports</b> <i>Michael Smith (Dundas Valley High School)</i>	<b>CIOS Workshop (Coaching In Ontario Schools) Part 1 of 2</b> <i>James Clarke 90 mins</i>	
7:00 pm - 8:00 pm	<b>Ultimate 101</b> ( <i>Carla DiFilippo</i> )			7:15 pm - 8:00 pm	<b>Nutrition/Hydration Considerations &amp; Practical Applications</b> <i>Jon Davis (Gatorade Sports Science Institute)</i>		
8:00 pm - 9:00 pm	<b>Net Warrior (Gym-Based Net/Wall Activity)</b> <i>Jeff Morgan 45 mins.</i>			8:00 pm - 9:00 pm	<b>Inter-School Sports &amp; COVID Considerations</b> <i>Steve Soroko (OPHEA) / Shamus Bourdon (OFSAA)</i>		

Saturday, October 23

9:00 am - 10:00 am	<b>CIOS Workshop (Coaching In Ontario Schools) Part 2 of 2</b> <i>James Clarke 2 hours</i>	<b>Mental Health 101</b> <i>Jennifer Misurelli (Canadian Centre for Mental Health in Sport)</i>	
10:30 am - 11:30 am	<b>Real Time Virtual Competitions Between Schools</b> <i>Nick Hannah</i>		
11:30 am - 12:00 pm	Closing Session - Sporting Goods Prize Pack Giveaways		

*\*\*Draft as of October 7, 2021\*\**