

2020 OFSAA CONFERENCE

October 22, 23 and 24

Thursday, October 22

Friday, October 23

5:00 pm - 6:00 pm	The Athletes Panel <i>Scott Russell of CBC + Derek Drouin, Phylcia George & Cassie Campbell-Pascall</i>		5:00 pm - 6:00 pm	REPerformance: Fitness Skills For Life - Software For Individual Workouts <i>Callen McGibbon & Nick Foligno</i>	
6:00 pm - 6:45 pm	Motivational Speaker <i>Olympian Sarah Wells (For Students, Teachers, Coaches)</i>		6:15 pm - 7:15 pm	Intro To Flag Football <i>Chris Cochrane (Stephen Lewis SS)</i>	Intro To Throws - Track & Field <i>Denise Hebert (U of Windsor)</i>
7:00 pm - 8:00 pm	Workshop: (1 hour) Coaching For Character, Life-Skills & Sportsmanship <i>Richard Lachance</i>		7:15 pm - 8:00 pm	Resources To Assist In The Safety Of The Student-Athlete <i>Greg Schell (MLSE) (For Teachers, Coaches)</i>	Youth-Led Coping Strategies Presented By YouthSpeak (For Students)
			8:00 pm - 9:00 pm	CIOS Workshop (Coaching In Ontario Schools) Part 1 of 2 <i>*1.5 hours James Clarke</i>	Workshop: (1 hour) Developing Tough-Minded, Confident, Fearless Competitors <i>Richard Lachance</i>

Saturday, October 24

9:00 am - 10:30 am	CIOS Workshop (Coaching In Ontario Schools) Part 2 of 2 <i>*1.5 hours James Clarke</i>	Engaging Student Leadership <i>Kim Gilhespy/Chris Wilson (For Students, Teachers, Coaches)</i> <i>*1 Hour</i>	
10:30 am - 11:30 am	"Fuelling The Athlete: Relative Energy Deficiency In Sport" <i>Trent Stellingwerff</i>	Mental Health & The Role Of The Coach <i>Krista Van Slingerland (For Teachers, Coaches)</i>	5 Important Leadership Lessons For Students <i>Stu Saunders (For Students)</i>
11:30 am - 12:00 pm	Closing Session - Sporting Equipment Prize Pack Giveaways		

Draft as of October 19, 2020