

# 2021 OFSAA CONFERENCE

October 21, 22 and 23

Thursday, October 21

Friday, October 22

5:30 PM	<b>SPECIAL GUESTS:</b> Olympic Gold Medalist Damian Warner & Coach Gar Leyshon			5:00 pm - 6:00 pm	<b>New Science Of Athlete Performance</b> Dr. Marc Bubbs	<b>CIAAA: Addressing Student- Athlete Stress &amp; Anxiety</b> Cody Kelly (Westmount Charter School)	
6:00 pm - 6:45 pm	<b>Slo-Pitch 101</b> (Arlene MacDonald)			6:00 pm - 7:00 pm	<b>Engaging Students In Sports</b> Michael Smith (Dundas Valley High School)	<b>CIOS Workshop (Coaching In Ontario Schools) Part 1 of 2</b> James Clarke 90 mins	
7:00 pm - 8:00 pm	<b>Ultimate 101</b> (Carla DiFilippo)			7:15 pm - 8:00 pm	<b>Sports Nutrition For High School Athletes</b> Jon Davis (Gatorade Sports Science Institute)		
8:00 pm - 9:00 pm	<b>Net Warrior</b> (Gym-Based Net/Wall Activity) Jeff Morgan 45 mins.			8:00 pm - 9:00 pm	<b>Inter-School Sports &amp; COVID Considerations</b> Steve Soroko (OPHEA) / Shamus Bourdon (OFSAA)		

Saturday, October 23

9:00 am - 10:00 am	<b>CIOS Workshop (Coaching In Ontario Schools) Part 2 of 2</b> James Clarke 2 hours	<b>Mental Health 101 For Coaches</b> Jennifer Misurelli (Canadian Centre for Mental Health in Sport)	
10:30 am - 11:30 am	<b>Live Competition In A Virtual World</b> Nick Hannah (Espanola HS)		
11:30 am - 12:00 pm	<b>Closing Session - Sporting Goods Prize Pack Giveaways</b>		

*\*\*Draft as of October 18, 2021\*\**