



Annual Coaching Seminar

October 13 – 15, 2023

Camp Kawartha,
 Birchview Road
 Douro-Dummer, Ontario
 KOL 2H0

	Timing	Session	Speaker
Day 1	After 5 pm	Arrival and check in at	
	Evening: Social with Snacks (no dinner)	Camp Kawartha	
Day 2	7.30 am – 8.30 am	Breakfast and Arrival	
	8.30 am – 10.00 am	GMP & TRC (Gold Medal Profile & Technical Report Card)	Stephen Novosad (NC) /Bryan Dubeau (XC SO)
	10.00 am – 10.15 am	Break	
	10.15 am – 12 pm	The Tough Stuff Seven hard truths about being a head coach	Cody Royle
	12 pm – 12.45 pm	Lunch	
	12.45 – 2 pm	The Power of Mental Health through Coaching Practice	CCMHS (Canadian Center for Mental Health and Sport)
	2 pm – 4 pm	Outdoor Leadership	Camp Kawartha Staff
	4 pm – 5.30 pm	ParaNordic – Removing Barriers	Michael Frogley (OTP - Own the Podium)
	5.30 pm – 6.15 pm	ParaNordic – Lived Experience	Athlete Panel/Michael Frogley
	6.15 pm – 6.30 pm	XC SO Strategic Plan	Stephanie Marler (XC SO Executive Director)
	6.30 pm – 7.30 pm	Dinner	
	7.30 pm – 8.30 pm	Safesport Best Practices	Coaches Group Work
Day 3	7.30 am – 8.30 am	Breakfast	
	8.30 am – 9.30 am	Leading with Intentional Authenticity	Bryan Dubeau
	9.30 – 11 am	Outdoor Leadership	Camp Kawartha Staff
	11 am – 12.30 pm	Sports Nutrition (Debunk fad diets, REDs, How to use nutrition for having a better workout and to help to recover faster.)	Greg Eskedijan (MSc. CSCS, Dip IOC Sports Nutrition)
	12.30 – 1.30 pm	Lunch	
	2 pm	Departure	