



XCSO Coaching Conference



1-3 June 2018

Laurentian University
Sudbury, ON



Friday

- **Noon** Sign In/Orientation
- **Afternoon**
 - Athlete nutrition
Dr Sandra Dorman
 - Social media guidelines
Dr Ann Pegoraro
 - OHS in the wax room
Katie Goggins, MHK
 - Trail Run/Hands-On
- **Evening**
 - Dinner
 - Concussion in sport
Dr. Tara Baldisera

Saturday

- **8:30am** Kivi Park Hike
- **Morning**
 - Technique Training
Patti Kitler
 - Athletes & Physio
Marlee Clement, PT
 - Safe Space & Sport
Anik Dennie
- **Afternoon**
 - Team Cohesion
Jacob Dupuis-Latour, MHK
 - Challenge Course Team Event
- **Evening**
 - Dinner
 - Paralympic Experience

Sunday

- **8:30am** Trail Run
- **Morning**
 - NTDC Perspectives
Timo Puiras
 - XCSO Lead
Victor Wiltmann
 - Technical ski session
Camille Hamm
- **Noon** Wrap up

*Tentative schedule
** Accommodations onsite \$30/night

