

**FREE ADMISSION
FREE SOCIAL
WEDNESDAY EVENING**

**THE SPORT
CONFERENCE**



LISTEN • INTERACT • EXPLORE
MAY 31 - JUNE 4

KEYNOTE SPEAKER

Dr. Chris de Gara

COACHING: WHEN IT IS LIFE OR DEATH
PROFESSOR OF SURGERY AND GENERAL SURGEON



★ MAY
31

DOORS OPEN AT 5:00PM

VAN VLIET COMPLEX
UNIVERSITY OF ALBERTA

★
PANEL DISCUSSION
DAVID OTTO, M.D., F.R.C.S. - SURGEON
BLAIR ST. MARTIN, M.D., F.R.C.S. - CHIEF RESIDENT
NOAH SWITZER, M.D. - CHIEF RESIDENT
DAVID LESNIAK, M.D. - CHIEF RESIDENT



UAB.CA/SPORTCONFERENCE



THE SPORT CONFERENCE

listen • interact • explore

W E D N E S D A Y
M A Y 3 1

COACHING: WHEN IT IS LIFE OR DEATH

Opening Remarks

Keynote Speaker - Chris de Gara, M.D., F.R.C.S.

Panel Discussion

T H U R S D A Y
J U N E 1

ATHLETE HEALTH

How I Survived 7 Years of Varsity Sport

The Team Behind the Team

Fatigue and Recovery

Emerging Topics in Athlete Health

Drugs and Sport

Concussion: Current Topics

F R I D A Y
J U N E 2

SPORT PERFORMANCE

Connecting Research and Practice

Traditional and Non-Traditional Approaches to Motor Learning for Sport

Communication Strategies for Effective Coaching

Nutrition for Performance

Building a Winning Culture in Competitive Sport

Integrating Mental Training Inside and Outside of Competition

Performance Planning and Gap Analysis

Coach as a Leader and Manager - Navigating an Increasingly Complex World

S A T U R D A Y
J U N E 3

DEVELOPING YOUNG ATHLETES

Pick Your Parents Carefully

How Can Parents Support Their Child's Athletic Development

Deselection in Youth Sport

Fuelling the Future: Nutrition Considerations for Young Athletes

Motor Learning Considerations in Sport Conditioning

Navigating Athlete Development Pathways: Specialization vs Sampling

Emerging Topics and Research in Youth Sport

S U N D A Y
J U N E 4

COACHING FUNDAMENTALS

Communication Strategies for Effective Coaching

Sport-Specific Coaching Sessions for Beginner Coaches

Basketball

Hockey

Rugby

Soccer

Tennis

Volleyball

HOSTED AT



UNIVERSITY OF ALBERTA

• for the public good •

REGISTRATION & FEES

\$60/DAY (PRIOR TO MAY 15)

\$75/DAY (AFTER MAY 15)

\$150/UNLIMITED ACCESS

MAY

JUNE

31 TO 4

FREE ADMISSION

MAY 31st

FREE EVENING SOCIAL
SOCIAL STREET • PAW CENTRE
UNIVERSITY OF ALBERTA

UAB.CA/SPORTCONFERENCE

THE SPORT CONFERENCE FEATURES PRESENTATIONS BY ACADEMIC STAFF FROM NEARLY EVERY UNIVERSITY OF ALBERTA FACULTY.

OVER 60 INDIVIDUALS WILL LEAD SESSIONS. EXAMPLES INCLUDE:

DR. CHRIS DE GARA - PROFESSOR OF SURGERY AND GENERAL SURGEON

DR. NICK HOLT - FACULTY OF PHYSICAL EDUCATION AND RECREATION • DR. JOHN DUNN - FACULTY OF PHYSICAL EDUCATION AND RECREATION

DR. BRIAN MARAJ - FACULTY OF PHYSICAL EDUCATION AND RECREATION • DR. DEREK TRUSCOTT - FACULTY OF EDUCATION

DR. MARVIN WASHINGTON - SCHOOL OF BUSINESS • DR. JIM DENISON - FACULTY OF PHYSICAL EDUCATION AND RECREATION

GOLDEN BEARS AND PANDAS HEAD COACHES