

2021 Pathways to Sport Excellence

November 6th, 2021, 8:30am-1:00pm at the Tournament Capital Centre

Tickets \$25 (lunch and snacks provided)

Register: pacificsportinteriorbc.com/pathways-to-sport-excellence

or call 250-828-3500



Michelle Pye – Keynote Speaker

International FIFA official Michelle Pye joins us as our Keynote speaker for our annual Pathways to Sport Excellence Conference! Michelle was a top level international official from 2007 to 2017 and refereed at 3 World Cup Championships, having been selected to officiate the final game all three times. She was most recently inducted into the Kamloops Sports Hall of Fame in 2020. Michelle is still active in the game and is now working with CONCACAF as the Women's Program Coordinator, overseeing all the FIFA referees in the 40+ countries of our region. During her keynote address, Michelle will talk about her pathway to reaching the international officiating scene, what it takes to reach the pinnacle of sport, challenges along the way and what she has learned from them. Please see attached for more presenter information and line ups.

Breakout sessions with Michelle Pye (Officials/coaches/sport administrators)

A great opportunity for local officials/umpires/referees/judges etc. to engage with Michelle who brings experience from the world stage and is still active in the world of refereeing as a FIFA instructor, CONCACAF Women's Program Coordinator and referee coach for FIFA referees who are on the pathway to attend the Women's World Cup in 2023. These breakout sessions are meant to be interactive and conversation based. Topics will include, retention, recruitment and mentorship. Following that Michelle will be discussing effective communication and creating a positive sport environment. Be sure to bring questions as well!



Dr. Greg Anderson

Dr. Anderson is a Professor and Dean of the Faculty of Science at Thompson Rivers University. Trained as an exercise physiologist Greg has been involved in athlete testing and development as a consultant and coach for over 25 years, working with athletes across the age spectrum from 6 to 60 at the recreational, elite, provincial, national and professional levels with national team experience both domestically and abroad. Greg has worked with teams that have been successful winning provincial, national, world masters and Olympic medals since 1986.

Importance of Dynamic Warm-Up (athletes/coaches/parents) – Dr. Greg Anderson

The main purpose of a warm-up prior to sport activities is to prevent sports-related injuries and enhance performance. In order to reduce the number of injuries sustained by athletes, coaches and athletic trainers have put together a combination of warm-up routines for optimal performance. General warm-ups consist of low-intensity aerobic exercises and stretching; however, studies have shown that static stretching is contra-indicative. Scientists and coaches are now advocating for dynamic warm-ups. Although many variations of the dynamic warm-up exist, the underlying factor is continuous and purposeful movement. The purpose of this session is to introduce coaches and athletes to the concepts supporting a dynamic warm-up, and for participants to move through a led dynamic warm-up as an active participant. ***this session will have an active component, athletic clothing is suggested**

Child Athlete Development (parents/coaches) – Dr. Greg Anderson

Athletic development of children and youth are not without controversy and counter-arguments. This session will introduce parents and coaches to some of these considerations, such as early specialization versus diversification, physical literacy development, and classification systems for sport. This session also reinforces ideas put forth in Canada's Long-Term Athlete Development model.



Tammy Uyeda, Physiotherapist

Tammy graduated from the University of British Columbia in 1997 with her Bachelor of Science in Rehabilitation Medicine (Physiotherapy). After originally specializing in occupational rehabilitation and workplace injury prevention, her active lifestyle and personal background in competitive sport and fitness led her to join Sage Sport Institute in 2015 where she works with clients of all ages and abilities. Outside of her clinical physiotherapy practice, Tammy can be found working from the other end of the sport world with injury risk reduction for youth and teen soccer players.

Injuries in Sport: Reducing the Risk (athletes/coaches/parents) – Tammy Uyeda, Physiotherapist

Sports have always presented risk of injury, but after more than a year of modified activity levels have our risks changed and what can we do to reduce them? Join physiotherapist, Tammy Uyeda, in this interactive session on exploring your injury risks and ways to minimize them. ***this session will have an active component, athletic clothing is suggested**

Limited tickets available!

We look forward to seeing you on the 6th!