

2022 Pathways to Sport Excellence Conference

Saturday Nov 5th, 8:30am-1:30pm at the Tournament Capital Centre



Andrea Wooles, Manager Safe Sport, ViaSport BC – Keynote Speaker

Andrea has worked in sport for over 20 years both in Canada and Internationally, including three Olympic Games. She has a Masters of Science in Exercise Physiology from UBC as well as a Certificate in Organizational Coaching. Her unique combination of experiences, as an athlete, a coach, a Performance Scientist, an organizational coach, a sport consultant and a Board member have led her to her current role as Safe Sport Manager for viaSport. She is excited to be working on creating safe and positive environments for everyone at all levels of sport by bridging the gap between policy and practice.

Break out session for coaches, parents, LSOs: *Using Safe Sport to help athletes flourish*

- How does focusing on well-being support performance?
- What are the real issues in safe sport, and what can we all do to make a positive difference?

Keynote: *Adventures in Safe Sport*

- Follow Andrea's journey through sport as it led her to her role as Safe Sport Manager, and how her experiences have contributed to her thoughts on how everyone has a role in fostering a positive sport environment



Dr. Greg Anderson, Dean of Science, Thompson Rivers University

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.

Break out session for athletes: ***Harnessing neural adaptation for sport and fitness***

This break out will have an active/movement component, athletic clothing is suggested



Jason Peters, Executive Director of Members Services, T'kemplúps te Secwépemc & Chartered Professional Coach

Jason Peters has experience leading and working for the provincial government, Indigenous organizations, non-Indigenous organizations, private sector, local and international board of directors. This includes the brokering of profitable partnerships between First Nations communities and Canadian businesses. His encounters as a two-time Chief Executive Officer (CEO) assist his understanding of both board and Chief and Council culture. Peters is also a Indigenous sport administrator, Chartered Professional Coach (ChPC), NCCP Coach Developer and board member with multiple sustainable, viable and successful organizations.

Peters' is also a high-performance basketball coach at the Canada Games, national, provincial, regional and high school levels. He has also worked in the Indigenous sport world as the CEO of Aboriginal Sport and Recreation New Brunswick (ASRNB), as Chef de Mission for Aboriginal Team New Brunswick (2014 and 2017) and Assistant Chef de Mission for Team Mi'kmaw Nova Scotia (2020) and Team New Brunswick Mission Staff at the 2003, 2005 and 2009 Canada Games.

Jason will lead a breakout session for coaches and local sport organizations.

Break out session (for coaches, parents, LSOs): *Connecting with Indigenous Athletes, Coaches and Communities*



Serena Graf, Registered Clinical Counsellor, SMART Rehabilitation

Growing up, Serena competed at the BC Summer Games, Canada Summer Games, and was an NCAA Division 1 track and field athlete at the University of Pennsylvania. She is eager to give back to the athletic community, and understands that mental health and fitness are essential parts of both peak performance and injury rehabilitation. As part of the interdisciplinary team of rehabilitation specialists at SMART Rehabilitation in Kamloops, BC, Serena supports clients in reconnecting with themselves and their passions after injury. She specializes in head injury, anxiety, depression, life transitions, and return to work / return to sport planning and support. She creates trauma-informed, individualized treatment approaches for each of her clients, utilizing modalities like acceptance and commitment therapy, cognitive behavioural therapy, mindfulness-based strategies, and eye movement desensitization and reprocessing (EMDR) to support clients towards recovery, fulfilment, and wellness.

Serena will lead break out sessions for athletes and parents as well as one specific to coaches.



Katie Klassen, NCCP Learning Facilitator

Katie is a Learning Facilitator for Fundamental Movement Skills, Physical Literacy 101, All Youth Matter: Inclusion Training and Run, Jump, Throw Wheel. Katie spent 8 years as the Sport Participation Coordinator for PacificSport Interior BC. During that time, she supported and drove initiatives across the Interior to increase sport participation amongst a diverse group of participants.

Katie will be delivering the NCCP course All Youth Matter: Inclusion Training for coaches. Coaches will receive 3 NCCP Pro D credits in their locker profile. This training will provide you with tools, techniques and best practices to create inclusive sport, recreation and physical activity experiences for youth from marginalized populations.



Amy Atkinson, ACSM Exercise Physiologist, 500-hour Shift Power Yoga Teacher

Amy is a 500 hour Shift Power Yoga Teacher, a certified Baptiste Power Yoga teacher, the owner of Shift Power Yoga Kamloops and an ACSM Exercise Physiologist. Amy's intention as a Baptiste Power Yoga teacher is for her students to rediscover their own strength and vitality. The Journey into Power sequence is a strong, powerful flow that improves strength and flexibility, it is for anybody and can be modified for all levels and experience.

Amy will lead an active session, Intro to Power Yoga for athletes with a focus on injury prevention. Participants will need activewear for this break out session.