

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.

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

Play Safe Workshop

We'll explore the following topics in facilitated groups:

- What does "safe sport" mean to you?
- What challenges do you face in creating or experiencing a safe sport experience?
- Where do you get information about safe sport, and what information do you need? How can we get information and resources out to all of British Columbia?
- How can we all raise awareness of safe sport?



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.

Considerations in Preparing for a Major Sporting Event

This session will share Greg's experience in preparing athletes and teams for major competitions. While most are aware of the effort to physically prepare athletes, this will talk about the other aspects that are considered in team selection and preparation. We will cover roles and responsibilities of coaching and support personnel, and considerations such as acclimation, environment, and travel and will include tips to consider.



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.

Psychology of Concussion: A brief overview at emotional and cognitive components of head injury recovery

Concussions and head injuries are a known risk for all athletes regardless of age, sport, and gender. With a background in interdisciplinary concussion rehabilitation, Serena will speak to athletes, coaches and parents about the mental health components of head injury rehabilitation including anxiety, emotional lability, and identity. She will note common symptoms to look for, general strategies to track and manage symptoms, and a general review of return to sport protocol. Discussion of risk management and understanding general principles of concussion recovery will also be addressed.