

# 2019 Coaches Summit

## Schedule

**9am - Welcome & Opening For the Day with Native Youth Olympics Demonstration**

**9:30 - Morning Keynote**

**Changing the Game in Youth Sports - John O' Sullivan**

There is a lot of mythology surrounding youth sports, particularly around what leads to high achievement. In this opening keynote, John will discuss the big myths that often cause children to quit sports, the mindset that promotes their continued participation, and three ways parents & coaches can help them perform their very best, & love every minute of it!

**10:30 - 11:15am Break & Opportunity to purchase John O'Sullivan's books**

**11:15 - 12:15pm Break Out Sessions**

**How to Design a Great Practice - John O' Sullivan**

Oftentimes, we coach the way we were coached, and never stop to think "Am I creating the best possible learning environment for my athletes?" Coaches are the architects of an ideal learning environment, and in this talk, John will give you solid principles that will help your athletes learn a lot and have a lot of fun while doing it!

**How Can Brain Science Help us be Better Coaches? - Emily Ferry**

Recent developments in brain science have given us a deeper understanding of how trauma impacts our ability to learn. We will put this knowledge to use practicing tools & techniques for helping kids while making the experience more fulfilling & less frustrating for coaches.

**Building Resilience, Leading by Example & Recognizing Signs of Depression in Youth - Hilary Young**

This workshop will introduce you to ACES & its impacts on children. The affects can continue until adulthood & create challenges in life on how we respond to events. The workshop will teach you to coach resilience to your players & help them learn better coping skills on the field & in the classroom. We will help you to understand how to recognize depression in youth & how to question a youth to determine if they are suicidal or in a mental health crisis. This includes training on QPR: question, persuade & refer. QRP equips you with steps to take when talking to a child in crisis & what questions to ask. It helps you to understand the crisis & to better persuade the player to get professional help. You will learn to listen, care & refer the player to a community resource who can better help with treatment.

**Building a Unified Team & Fostering Inclusion in Sports - Janette Gagnon**

This workshop will help you to see examples of successful teams & camps. Janette will provide examples of how to work with various service provider agencies to support athletes in attending camps, fundraisers, practices, & events. You will see the benefits for all of the athletes & coaches involved & how the inclusive activities promote a more inclusive school & community environment. Friendships are forged that will have a lasting impact for all. Some athletes use the experiences to help them in shaping their future goals in life.

**12:15pm - Break & Grab Free Lunch Provided**

**12:30 - 1:30 Lunch Keynote**

**Every Moment Matters: How the World's Best Coaches Inspire Their Athletes & Building Championship Teams - John O' Sullivan**

John will discuss his new book & the key elements in transformational coaching.

**1:30 - Break**

**1:45 - 2:45 pm Break Out Sessions #2**

**Develop Your Team's Mission, Vision, and Values - John O' Sullivan**

Many organizations never stop to think "what does it feel like to be a part of this program? How does it feel to be coached by me?" This workshop will give you ways to establish your team's core values, & provide your team with the type of culture that drives excellence on & off the field.

**Through the Eyes, Ears & Experiences of Our Athletes - Senior Athletes**

Panelists will share their specific experiences with sports (what sport/how long) as well as impacts of participating on our local teams, including discussion around why they stayed/left programs, why they tried new programs, impacts & outcomes of coaches/teams (positive & challenging) and thoughts on how participating in sport will influence the next few years & their choices as they graduate. The panel is open for questions/discussion from the audience as we listen & include the voices of mature athletes who've experienced playing on our teams. What can we do better as coaches to connect & change the game.

**Mindfulness: The Powerful Inner Game - Becky Roth**

Whether young or old, we all experience big feelings, stress & challenges in our lives. The skills of mindfulness offer us a lifelong opportunity to develop focus & calm as a personal, inner resource for well-being. This session will briefly cover the biology of stress & its impact, and you'll learn how simple skills of mindfulness can help (from age 2-102!) develop a resilient, powerful inner 'game' for all of your life activities.

**Coaching Boys into Men: A Coach's Perspective - Robert Casperson**

This workshop will provide relevant statistical data in regards to the scope of domestic & sexual assault in the state of Alaska. There will be an introduction & overview of the national intervention program, Coaching Boys into Men. The session will focus on how the program works within sports teams to address improving awareness & decreasing incidents of domestic violence & sexual assault. Have you been interested in learning more about this nationally renowned best practice in coaching boys? This is the session for you!

**3:00-4:00pm - Panel Discussion**

This moderated & interactive panel with John O' Sullivan & several talented local coaches will allow participants to ask questions & explore topics that are on their mind.

**4:30 - Closing & Book sales & signing**