



## 2018 Program & Schedule

### 7:00-8:30am REGISTRATION, NETWORKING, BREAKFAST & MORE!

Come early! Doors open at 7am for Registration, Networking, [Vendor Exposition](#), Raffle item viewing, & Breakfast in the DQ Room. Don't forget to bring a new sports bra to donate to the [Sports Bra Project!](#)

[WISE \(We Impact Sport Excellence\)](#) 2nd annual breakfast for women soccer coaches will be meeting before the symposium to network and have breakfast together in the DQ Room. It is open to all women soccer coaches at any level who have registered for the WCS.

### 8:30 WELCOME

- [Nicole M. LaVoi](#), Ph.D., Co-Director, [Tucker Center for Research on Girls & Women in Sport](#)
- [Julie Manning](#), Executive Associate Athletics Director, University of Minnesota
- [Megan Kahn](#), Executive Director, [Alliance of Women Coaches](#)

### 8:45-9:00 NETWORKING & SPEED MEET

9:00-9:45 [SPARK!](#) = Speak. Personally. About. Relevant. Knowledge.



Coaches will **SPARK!** by sharing a personal or professional “big idea”, best practice, lesson(s) learned, “how to”, or a novel idea, give advice, educate, motivate, provide insight, tell an inspirational or funny story, create awareness, or instigate a call to action. There’s only one rule... when 5 minutes have passed, the bell sounds and time is up!

### 9:55-10:55 BREAKOUT SESSION #1

A. **The Art of Negotiation**, [Lori Kerans](#), [Julie Manning](#), [M. Dianne Murphy, Ph.D.](#)

Moderated by Megan Kahn.

A [trio of highly experienced women](#) with a variety of perspectives in collegiate athletics will lead a panel discussion, and share their advice, perspectives and insights on how women coaches can leverage their positions and negotiate more effectively in the marketplace.

B. **Mindful Coaching: Tools you can use right now!**, [Missy Price](#), Ph.D.

Mindfulness: Being in the present moment without passing judgement is at the core of mindfulness. This skill impacts sport performance in a variety of ways, for both coaches and athletes. This session will explore how mindfulness relates to performance, focus, recovery, team cohesion, and many other sport related variables. Coaches will learn how to incorporate mindfulness into daily activities for themselves and their teams.

C. **History in the Making: Championship Women Hockey Coaches**



During the 2018 Minnesota State Girls' High School Hockey Tournament history was made. Three of the four head coaches in the Class A and AA finals were women! Both championship teams, Breck and Edina, were coached by women. Given that less than 25% of college hockey teams are coached by women, these accomplishments are historic. In this panel, these women and their athletes will talk about what this means to them and the game.

- **Ronda Engelhardt** (Breck, Head Coach), Student-athlete; Gabby Billing (Sr. Captain, Breck)
- **Sami Reber** (Edina, Head Coach), Student TBD
- **Kristi King** (Centennial, Head Coach), Student TBD

Moderated by **Laura Halldorson**, former Head Coach of the 3x National Championship Gopher Women's Hockey team. Currently with the Golden Gopher Fund.

**11:10-12:10** **JEAN K. FREEMAN KEYNOTE** featuring **Susan Teeter**, former (now retired) Head Coach Women's Swimming at Princeton University and President of the College Swimming & Diving Coaches Association.

Jean K. Freeman swam for the Gophers and was the Women's Swimming Head Coach at the University of Minnesota for 31 years, from 1973-2004. Freeman's teams had 29 winning seasons, two national individual champions and seven top-20 team national finishes. Her teams won 76 Big Ten individual and relay titles, and Freeman was honored four times as Big Ten Coach of the Year. In 1999, she was the first woman to win the Outstanding Service Award, the highest honor bestowed by the College Swimming Coaches Association of America. To honor Jean's legacy as a pioneer in women's sport and her commitment to giving back, hard work, honesty, team, caring for the whole person and excellence in every way, we have named this keynote in her honor. Jean passed away in 2010 after a battle with colon cancer. Watch a video tribute to Jean K. Freeman "More Than a Swim Coach" [here](#).

Introduction: **Terry Ganley**, University of Minnesota, Head Women's Swimming Coach

**Freeman keynote:** "Are you willing to ask for H. E. L. P.?" featuring **Susan Teeter**

**12:10-12:55** **LUNCH, NETWORKING, SOCIAL TIME**

**1:00-2:00** **BREAKOUT SESSION #2**

**A. TACKLING THE TOUGH ISSUES TOGETHER:** College Coach & Youth/Club/High School Tracks

Discussion facilitated by a variety of experienced coaches.

Tackling the Tough Issues Together sessions. Coaches will break out by competitive level to discuss issues like the importance of "starting", selecting captains, being taken seriously as a young female coach, how to deal with "that athlete"/handling discipline issues, and taking care of yourself.

**B. Experiential Learning: More than Fun & Games,** [Molly Grisham](#), Owner Influence LLC

In this session, we will focus on how to use Icebreakers and the Experiential Learning Cycle to help build a team. The first half of the session will teach participants about the Experiential Learning Cycle and the last half of the session will be spent demonstrating icebreakers and teambuilding activities that coaches can put into practice with their teams. Coaches will get to participant in the activities and they will walk away with resources they can implement to develop their players as people and to strengthen the culture of their team.

**C. Strategies to Improve the Confidence of Your Student-Athletes,** [Cindra Kamphoff](#), Ph.D., CMPC

**2:05-2:40** **Changing our Narrative Together: #SHECANCOACH,** [Nicole M. LaVoi](#), Ph.D.