

# Women Coaches Symposium

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## WCS Program & Schedule

- CAMBRIA CLUB ROOM
- INDOOR CLUB ROOM
- STUDENT-ATHLETES  
M CLUB ROOM



WOMEN COACHES SYMPOSIUM



<b>7:00-8:30</b>	<b>9:55-10:55</b>	<b>11:10-12:05</b>	<b>12:15-1:15</b>	<b>2:00-2:50</b>	<b>3:00-3:10</b>
<p><b>REGISTRATION</b></p> <p><b>YOGA</b> <i>WITH DR. DAHEIA BARR-ANDERSON</i></p> <p><b>BREAKFAST</b> <i>SPONSORED BY WECOACH</i></p> <p><b>NETWORKING</b></p>	<p><b>THE Xs AND Os OF HEALING-CENTERED SPORT</b></p> <p><i>MEGAN BARTLETT &amp; CHRISTINE BRIGHT</i></p>	<p><b>TUCKER CENTER TEAM: Coaching HER</b></p> <p><i>DR. NICOLE M. LAVOI, DR. EMILY MATHESON, EFRAT ABADI &amp; HANNAH SILVA-BREEN</i></p>	<p><b>KEYNOTE DIVERSITY, EQUITY &amp; INCLUSION</b></p> <p><b>JEN FRY</b> <i>CEO, JENFRYTALKS</i></p>	<p><b>TRIA WOMEN'S SPORTS MEDICINE A TEAM APPROACH: ADDRESSING PUBERTY</b></p> <p><i>DR. HEATHER CICHANOWSKI, PETE LARSON &amp; JILLIAN THOLEN</i></p>	<p><b>JOSTENS PRESENTS: COACH OF THE YEAR AWARDS</b></p>
<b>8:30-8:45</b>	<p><b>WeCOACH PANEL: IMPLEMENTING INCLUSION</b></p> <p><i>LAURA BURNETT-KURIE, MARY JOHNSTON &amp; VICTORIA WEST</i></p>	<p><b>CHANGE MAKERS PANEL</b></p> <p><i>KARI KRAKOW, MUNA MOHAMED, ALICIA PELTON &amp; MARIA STUBER</i></p>	<b>1:15-2:00</b>	<p><b>MENTORING, COACHING TREE, &amp; LEAVING A LEGACY</b></p> <p><i>FATIH JOHNSON-PATTERSON &amp; TAMARA MOORE</i></p>	<b>3:10-3:50</b>
<b>8:45-9:40</b>	<p><b>STUDENT-ATHLETES MY SUPERPOWER WITH HER NEXT PLAY</b></p> <p><i>AUDRA EMERSON &amp; EMILY ODERMATT</i></p>	<p><b>STUDENT-ATHLETES CREATING WELLNESS AND PERFORMANCE WITHIN A HIGH-PRESSURE COACHING CAREER</b></p> <p><i>DR. CHRISSY HOLM, KATIE KOLLAR &amp; MCKENZIE BROMBACK</i></p>	<p><b>LUNCH</b></p> <p><i>TAKE A STUDENT TO LUNCH</i></p> <p><b>NETWORKING</b></p>	<p><b>STUDENT-ATHLETES CAREERS IN SPORT: HOW TO STAY INVOLVED</b></p> <p><i>MAYA HAYES, ERICA KESSEH &amp; MACKENZIE HEMMING</i></p>	<p><b>PREMIER SPORT PSYCHOLOGY PRESENTS: JEAN K. FREEMAN KEYNOTE</b></p> <p><b>STEPHANIE WHEELER</b> <i>HEAD COACH, UNIVERSITY OF ILLINOIS, PARALYMPIC GOLD MEDALIST</i></p> <p>PLEASE JOIN US ACROSS THE STREET FOR A POST-SYMPOSIUM HAPPY HOUR AT BUFFALO WILD WINGS</p>

[wcs.umn.edu](https://wcs.umn.edu)

7:00 - 8:30am



# WeCOACH

**Registration, Networking, and Breakfast** sponsored by  
**WeCOACH** >



**Morning Keynote, 8:45 - 9:40am**

Sponsored by [SPORT BIGS™](#)



## Introducing Minnesota Aurora FC

[Nicole Lukic](#), [Jennie Clark](#) and [Jen Larrick](#)

Minnesota Aurora begins play in the [USL W League](#) in May 2022. The team is women-led and community-owned. Before they begin league play, the coaching staff is joining us at the Women Coaches Symposium! Head Coach for Minnesota Aurora FC, [Nicole Lukic](#) and assistant coaches [Jennie Clark](#) and [Jen Larrick](#) to discuss their coaching journeys and experiences starting a new soccer club.

## Breakout Session #1, 9:55 - 10:55am



### **The Xs and Os of Healing-Centered Sport >**

[Megan Bartlett](#) and [Christine Bright](#)

Understanding how the brain responds to stress and adversity is critical for all coaches—from community youth leagues, to college and professional coaches. It informs how we create environments that are safe, provide a positive, skill-building experience, and allow young people to perform to the best of their ability. This session will help coaches understand the impact of adversity and key strategies to ensure that sport is meeting its tremendous promise to heal and not harm.



# WeCOACH

## **WeCOACH presents: Implementing Inclusion >**

[Laura Burnett-Kurie](#), [Mary Johnston](#) and [Victoria West](#)

Moderator: [Vanessa Fuchs](#)

WeCOACH | NCAA Women Coaches Academy graduates will engage in a panel discussion sharing their experiences for implementing a culture that fosters meaningful inclusion on their teams. The discussion will offer specific examples of proactive strategies, actionable steps, and resources that all coaches should consider utilizing to ensure each team member maintains a strong sense of belonging and respect.



## **My Superpower** > with Her Next Play >

[Audra Emerson](#) and [Emily Odermatt](#)

- *Student-Athlete Track* -

Student-athletes build incredible leadership skills through sport. Yet it can be challenging to identify and translate those skills and experiences to life and careers. During this interactive session, student-athletes will:

- Learn how to articulate the transferrable skills they are learning as an athlete

- Identify their “superpower” – what strength differentiates them and drives their success
- Reflect on how they use their “superpower” on their team and how they might apply it as a leader and in potential careers

## Breakout Session #2, 11:10 am - 12:05pm

### The Tucker Center Team Presents Coaching HER >

[Dr. Nicole M. LaVoi](#), [Dr. Emily Matheson](#), [Efrat Abadi](#), [Courtney Boucher](#), and [Hannah Silva-Breen](#)

The Tucker Center for Research on Girls & Women in Sport in conjunction with the [Centre for Appearance Research](#) will be talking about strategies coaches can use to combat harmful gender stereotypes and develop a body confident sport environment for girls. The goal of this session is to help coaches grow, develop, support, and keep girls in sport.

### Changemakers Panel >

[Kari Krakow](#), [Muna Mohamed](#), [Alicia Pelton](#) and [Maria Stuber](#)

Moderator: [Shelly Breen](#)

This panel of changemakers consists of women who all have taken creative action to transform sport in their own communities. Hear different perspectives and be inspired by these women coaches who have made significant impacts in unique ways.



## **Creating Wellness and Performance Within a High-Pressure Coaching Career >**

[Dr. Chrissy Holm](#), [McKenzie Bromback](#) and [Katie Kollar](#)

Moderator: [Dr. Erin Ayala](#)

- *Student-Athlete Track* -

Ready to take your athletic career to the next level by coaching others? In this session we will talk about the joys, demands, typical lifestyle, and potential burnout associated with a coaching career. Learn strategies to increase resilience and improve wellbeing in a profession that demands your best around the clock from a panel of collegiate and high school coaches as well as sport psychology providers. This breakout will offer best practices informed by coaching experience and sport psychology/mental health research to achieve success as a coach while also keeping your life battery full. This session is targeted for student-athletes but open to all audiences.

**Keynote, 12:15 - 1:15 pm**



## Diversity, Equity, and Inclusion >

### Jen Fry

Fry's keynote speeches are highly engaging and interactive on a wide variety of topics that include rich visuals that will not only draw the participants in, but also empower them to take the next steps to continue working to be antiracist. Social justice education assists everyone in their process of critically thinking of how to become culturally competent, how to self-reflect on one's position, power and privilege, and lastly, how to create an inclusive culture that allows diversity to be a part of the culture not BE the culture.

### Handouts

## Lunch, 1:15 - 2:00 pm

*If you would like to participate in 'Take a Student to Lunch', click [here](#) >.*

## Breakout Session #3, 2:00 - 2:50 pm



**TRIA**®

## A Team Approach to Puberty: Avoiding Pitfalls for You and Your Female Athletes >

[Dr. Heather Cichanowski](#), [Pete Larson](#) and [Jillian Tholen](#) of [TRIA Women's Sports Medicine](#)

This panel of sports medicine professionals will inform coaches what they need to know about common issues related to female athletes including information and tips on getting a female athlete through puberty to adulthood, bone stress injuries, Relative Energy Deficiency in Sports (RED-S), and why strength training is so important for females.

## Mentoring, Coaching Tree & Leaving a Legacy >

[Faith Johnson Patterson](#) and [Tamara Moore](#)

Hear from two pioneering and ground breaking African-American women basketball coaches. These Hall-of-Fame women have made history in their own rights and they will share their insights about their journey in sport and coaching, the importance of mentorship, and how to leave a legacy in and through sport.

## Careers in Sport: How to Stay Involved >

[Maya Hayes](#), [Mackenzie Hemming](#) and [Erica Kesseh](#)

Moderator: [Hannah-Silva Breen](#)

- *Student-Athlete Track* -

Get advice and learn from early career coaches who have made the transition from student-athletes to coach. Whether you're interested in being a career coach, working with youth, or learning about different journeys and pathways to continue to stay involved in the sporting space - this panel is for you!

**3:00 - 3:10 pm**



## **Coach of the Year Awards**

*sponsored by Jostens*

For the second time, the Women Coaches Symposium will recognize and honor exemplary women coaches in three award categories.



**Jean K. Freeman Keynote >, 3:00 - 3:10 pm**

Sponsored by [Premier Sport Psychology](#)





We are thrilled to welcome [Stephanie Wheeler](#), to the 2022 Women Coaches Symposium as this years [Jean K. Freeman Keynote Speaker!](#)

Stephanie Wheeler is the head coach of women's wheelchair basketball at the University of Illinois, is a Paralympic gold medalist, World Championship gold medalist, and collegiate national champion. She was a member of the gold medal winning women's wheelchair basketball team at both the 2004 Athens and 2008 Beijing Paralympic Games. She was also a member and co-captain of the gold medal winning 2010 world championship team that competed in Birmingham, England.

[Read more...](#)

## Join us for a post-WCS Happy Hour!

(contact us if you are interested in sponsoring the happy hour!)

## More information to come, stay tuned.

[Register Now >](#)

This project is associated with the [Tucker Center for Research on Girls & Women in Sport](#).  
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