

## WCS 2022 - Speakers

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**Stephanie Wheeler**, 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.

Originally from Norlina, North Carolina, Wheeler was recruited to play wheelchair basketball at the University of Illinois at Urbana-Champaign. During her collegiate career, she was a part of 3 consecutive national championship teams (2002-2004), earning All-American honors each of those years and MVP honors in 2003. As head coach of the USA Women's Wheelchair Basketball team, Wheeler led the team to gold medals at the 2015 Parapan American Games and the 2016 Rio Paralympic Games. As a result of her competitive and coaching success, Wheeler was elected to the North Carolina Sports Hall of Fame in 2017 and the NWBA Hall of Fame in 2018. Stephanie's passion is teaching and creating inclusive environments. She has conducted wheelchair basketball camps across the country and around the world; has consulted with the NCAA on inclusion of athletes with disabilities; and is actively involved with long term athlete and coach development for wheelchair basketball at all levels in the United States. She is also an ambassador coach for Athlete Ally, and was a mentor athlete for US Paralympics and The Hartford. Stephanie is currently a doctoral candidate at the University of Illinois in Cultural Kinesiology, studying sport at the intersection of disability, gender, and sexuality.



**Jen Fry** runs [JenFryTalks, LLC](#), which is a social justice education firm that uses conversation to educate and empower those within athletics through an anti-racist lens on issues of race, inclusion, intersectionality, diversity, and equity. We facilitate dialogue with small and large groups, athletic departments, athletic teams, staff, administrations, schools, affinity groups, identity groups, and much more. We use our anti-racist lens to advise on best practices that will create equitable searches, hiring, onboarding practices, methods of retaining staff, retaining student-athletes, supporting student-athletes, staff and coaches, and community building. Jen Fry is a veteran coach with over 15 years of experience at the collegiate level with coaching stints at Elon University, University of Illinois - 2011 National Runner-up, Washington State University, and Norfolk State University.



The [Minnesota Aurora FC](#) 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**, is excited to lead the team through their inaugural season. She is also the current Director of Operations for Twin Cities Rush Soccer. She has a Masters Degree from Ohio University and Bachelors from the University of Wisconsin-Milwaukee where she also played 4 years of NCAA Division I collegiate soccer. Joining Lukic are Minnesota Aurora FC's assistant coaches and long time attendees of the Women Coaches Symposium, **Jennie Clark** and **Jen Larrick**. Jennie Clark is an assistant coach for Aurora FC. She was a four-year letter winner at Minnesota from 2007-10, where she earned all-Big Ten, all-region and All-America honors. Clark played professionally in the United States (NWSL) and Germany (Bundesliga) from 2011-16. Clark has collegiate coaching experience in the DI and DIII level. Jen Larrick is an Assistant Coach for Minnesota Aurora FC. She is also an Assistant Coach for Hamline University's Women's Soccer Program. She has previously worked as a club soccer Director of Coaching and has an M.Ed. in Youth Development Leadership from the University of Minnesota.



**Dr. Nicole M. LaVoi** is the Director of the [Tucker Center for Research on Girls & Women in Sport](#) and a Senior Lecturer in the School of Kinesiology at the University of Minnesota. LaVoi and the Tucker Team plan and host the Women Coaches Symposium. Prior, she was a Research & Program Associate in the Mendelson Center for Sport & Character at the University of Notre Dame (2002-05), an Assistant Professor and the Head Women's Tennis Coach at Wellesley College (1994-98), and the Assistant Women's Tennis Coach at Carleton College (1991-93). LaVoi played intercollegiate tennis at Gustavus Adolphus College winning the NCAA-III National Team Championships in 1990. In her primary line of research LaVoi focuses on the under-representation of women in the coaching profession and authored a new book *Women in Sports Coaching* (2016) and the [Women in Collegiate Coaching Report Card](#), now in its tenth year. She co-produced with tptMN, **Game On: Women Can Coach**, a documentary about and for women coaches. Watch Dr. LaVoi's 2016 Distinguished Lecture ["Paradox, Pitfalls, & Parity: Where Have all the Women Coaches Gone?"](#)



**Efrat Abadi** is a doctoral student for sport and exercise psychology at the University of Minnesota and a research assistant at the Tucker Center for Research on Girls & Women in Sport. Efrat is also a physical education teacher and a basketball coach. She earned her bachelor's degree from Kaye Academic College in Israel and her Master's degree from the University of North Carolina at Greensboro. Efrat's research interests are on girls' participation in sport and coach behaviors.



**Erin Ayala**, PhD, LP, CMPC (she/her) is a licensed psychologist who specializes in health and sport psychology. She is a Certified Mental Performance Consultant through the Association of Applied Sport Psychology and is listed as a licensed mental health provider on the United States Olympic and Paralympic Committee's Mental Health Registry. Erin approaches her work with clients in a holistic manner, recognizing that daily life, health, and athletic performance are often intertwined. She has worked with athletes in college counseling, career counseling, medical centers, inpatient psychiatry, and community mental health, and currently helms Premier's Research,

Development, and Assessment division, conducting research and data analysis, administering client assessments, and developing new assessment instruments for Premier and the field at-large, including Premier's own Athlete Wellness and Performance Assessment.



**Dr. Daheia Barr-Anderson** is an Associate Professor in the School of Kinesiology at the University of Minnesota and the director of the [Behavioral Physical Activity Lab](#). Her research interests focus on physical activity, sedentary behaviors, and obesity prevention in children and adolescents. She is particularly interested in home- and community-based environmental interventions that incorporate both physical activity and nutrition to achieve healthy outcomes and to decrease racial and ethnic health inequalities. In alignment with her personal love for yoga, she also explores yoga as a strategy to address cardiovascular risk factors in African American women. Although not a coach, Daheia is a mother to two girl athletes, a gymnast and a cheerleader - both have expressed interest in coaching younger athletes.



**Megan Bartlett** has spent more than 15 years supporting organizations that use sport to promote youth development and giving coaches the tools they need to help kids heal. She has co-created innovative coaching initiatives with partners like Nike, the Chicago Cubs, and Milwaukee Bucks, built capacity with community-based organizations, and has partnered with the Child Trauma Academy to create the Neurosequential Model in Sport. She is the author

of *A Kids Book about Trauma* and co-author of *Re-Designing Youth Sports: Change the Game*. She speaks regularly on the unique power sport has to promote physical and mental health and essential skills young people need to be successful on and off the field. Megan has a BA in Psychology and Sociology from Wesleyan University, where she was captain of the soccer team. She later earned a MA in Urban Policy and Planning from Tufts University while serving as an assistant coach for women's soccer.



**Courtney Boucher** is a PhD candidate at the University of Minnesota, studying Kinesiology with an emphasis in Sport Sociology. She is a research assistant in the Tucker Center for Research on Girls & Women in Sport and instructor for Research Methods in the Kinesiology department. Boucher received her masters from the University of Minnesota in the spring of 2019, studying hiring practices of NCAA Division-I athletic directors. Before her graduate studies, Boucher was the Assistant Hockey Coach at her alma mater, Gustavus Adolphus College. Boucher graduated from Gustavus with B.A. in Chemistry and a minor in Political Science.



A children's book author and entrepreneur, **Shelly Breen** is no stranger to perseverance. She is a staunch advocate for equity in sports, a trauma survivor and on a mission to help all children feel seen. A native of Brainerd, MN, Shelly grew up with aspirations of playing professional sports. She spent countless hours on the basketball court, neighborhood hockey rinks and local golf courses. With a B.A. in Physical Education and an M.S. in Leadership, she started out teaching and coached college and high school basketball and tennis. She then worked with the Minnesota Timberwolves and Lynx organization and later moved into a sales consulting role for the WNBA including the 10th Anniversary WNBA All-Star Game at Madison Square Garden. Before writing the *Shelly Bean the Sports Queen* series, she founded the Let Me Play grants supporting Minnesota girls' participation in sports and fitness which are now part of the Ann Bancroft Foundation. Most recently, Breen served as Honorary Co-Chair for the Read to Final Four as part of the 2022 NCAA Women's Basketball Final Four. Her 6<sup>th</sup> book, "**Shelly Bean the Sports Queen Loves Tennis**" is due out in May 2022!



**Christine Bright** has worked in the field of sports-based youth development and coaching for over 10 years. She has coached a variety of sports, age groups and skill levels from introductory to the collegiate level as an assistant women's soccer coach at Colby College. In addition to her work as coach, she has done several years of work with Hardy Girls Healthy Women and their efforts around promoting feminism and activism for young women and gender expansive youth. She has been working with CHJS since its inception and is especially happy to continue to learn and share about the intersections of gender, race, and sport. Christine received her B.A. in Sociology/Anthropology from Middlebury College, where she was captain of the women's soccer team and captain of the track and field team. She earned her M.B.A. from the Heller School for Social Management and Policy at Brandeis University.



**McKenzie Bromback** (she/her) is a project specialist at Premier Sport Psychology. She assists with Research and Development. McKenzie brings with her a background in research, counseling, and sport psychology. As an undergraduate and graduate student, she worked as a research assistant in the Tucker Center for Research on Girls and Women in Sport. McKenzie has coached and developed high school and youth soccer players at all levels. She completed an undergraduate minor in coaching and finished her United States Soccer Federation D license in March 2020. In addition, she taught soccer courses at the University of Minnesota. She is currently the Varsity Assistant girls soccer coach at the Blake School. McKenzie received her undergraduate degree in Psychology and Master's degree in Sport and Exercise Psychology from the University of Minnesota. Currently, she is completing an integrated Ed.D. in Sport Psychology and Clinical Mental Health Counseling at the University of Western States. Additionally, she is pursuing her LPCC and CMPC licensure.



**Laura Burnett-Kurie** is in her tenth season as head coach of the Gustavus women's soccer program in 2021. Burnett-Kurie, a 2008 graduate of Hobart and William Smith Colleges (NY), is the fifth head coach in the history of the Gustavus women's soccer program. Burnett-Kurie earned her first MIAC Coach-of-the-Year honor after her fourth season with Gustavus in 2015. Burnett-Kurie directed the 2015 Gusties to the greatest turnaround in program history as they finished 13-7-1 overall and 8-3 in the MIAC, and then went on to claim the MIAC Playoff title with a 1-0 victory at St. Thomas. Burnett-Kurie also directed her squad in the NCAA Tournament for the first time since 1998.



**Dr. Heather Cichanowski** is a primary care sports medicine physician at TRIA Woodbury. For the past decade she has traveled Internationally to World Cup Events as a team physician for the US Cross-Country Ski Team; since spring 2022, she has been their head physician and proudly provided medical care at the 2022 Beijing Winter Olympics. She is the medical director of Women's Sports Medicine at TRIA, which includes a multidisciplinary team of sports medicine experts providing a collaborative approach to care of active females. Dr. Cichanowski has recently co-authored a patellofemoral pain chapter in *The Female Athlete* book and has published research relating knee pain and hip strength specific to collegiate female athletes. She remains active in the local cross-country ski community, providing injury prevention talks and participating in ski events herself.



**Audra Emerson** is a strong believer in the value of sports and the positive impact sports can have on the lives of girls and women. She is a passionate speaker, trainer and career coach with over 20 years of experience in recruiting and human resources. Audra's years of recruiting, interviewing and talent development provides an insider perspective on how to get hired. She has helped thousands of people establish and advance their careers at top start-up and elite Fortune companies such as Target, Russell Investments, US Bank, Ameriprise, Allianz and more. Audra serves as Executive Board Vice President of [Her Next Play](#), a non-profit committed to developing the next generation of women leaders through sport. She also serves as Board Secretary of the Edina Girls Athletic Association. Audra earned a BA in Psychology from the University of Minnesota.



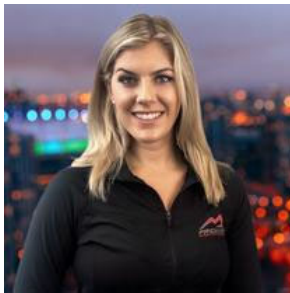
A veteran leader with 20+ years of experience in athletic administration, **Vanessa Fuchs** joined WeCOACH as Chief Executive Officer in March 2022. Before WeCOACH, she served 12 years as Senior Associate Athletics Director and Senior Woman Administrator at her alma mater, Florida State University. Vanessa's tenure at FSU began in 2010, where she served in a variety of important leadership roles over the past decade. Named the 2015 Women Leaders in College Sports Division I Administrator of the Year and an FSU Champion Beyond the Game honoree in 2016, she was instrumental in providing strategic direction for departmental initiatives focused on student-athlete welfare, enhancing athletic performance, fundraising and revenue generation, gender equity, and diversity and inclusion. In June of 2013, former Florida State President Dr. Eric Barron named Vanessa the school's interim Athletics Director as she became the first woman to lead the Seminoles' Athletic Department. The former Seminole basketball player was one of just seven women leading an athletics department among the 124 schools that participated at the FBS level in 2012.



**Maya Hayes** is in her second year as assistant coach for the Gopher Soccer program, having assumed her current duties in July of 2020. Hayes comes to the U after spending the previous two seasons as a graduate assistant coach for the Auburn women's soccer program. During her Auburn tenure, the Tigers posted a combined 19-16-4 record, including an NCAA Tournament appearance in 2018 that highlighted a 12-win campaign. Prior to her time with Auburn, Hayes played professionally in the National Women's Soccer League as a member of Sky Blue FC from 2014-18. Hayes was the sixth overall pick of the first round in the 2014 NWSL Draft after a historic career with the Penn State Nittany Lions. Not only does Hayes bring experience as both a successful player and coach to Minnesota, but she also arrives with a track record of excellence off the playing field. Hayes was a three-time Academic All-Big Ten honoree from 2011-13.



**Mackenzie Hemming** is a senior in her undergraduate career, majoring in Kinesiology with minors in sports coaching and gender, women, and sexuality studies. She currently is writing her senior honors thesis on longitudinal data of assistant women's basketball coaches and where they are now. She has been a part of the Tucker Center for 3 years, helping with the women's college coaching report card and other various missions of the Tucker Center. With almost 6 years of coaching experience Mackenzie is very passionate about girls basketball and has gained much of her coaching experience as an assistant and volunteer coach in San Diego, California. She also recently has finished a season as a head JV and assistant head girls basketball coach at Nova Classical Academy in St. Paul, Minnesota. She hopes to pursue PE and/or Health education after graduation and continue her passion of coaching girls basketball.



**Dr. Chrissy Holm** comes by her expertise in Leadership and Mental Performance honestly. A five-sport letter-winner in high school, Chrissy began a career in rowing while an undergraduate at the University of Michigan, where she won national and world titles on her way to Big-10 Athlete of the Year (Rowing), Academic All Big-10 honors, and a Leadership Distinction award from the renowned Jeff Janssen Leadership Academy. She went on to earn a master's degree in Sport and Exercise Psychology from Brunel University in London, competing on the university's netball team, before repatriating to coach Women's Crew for the University of Minnesota. She has since earned her Ed.D. in Mental Health Counseling with an emphasis in Sport Psychology from the University of Western States. Chrissy's work at Premier includes developing leadership curriculum for clients and university programs, and bringing mindfulness practices and mental skills training to amateur, professional, and Olympic-level athletes.



**Coach Johnson Patterson** is a two-time Minnesota State High School League Hall of Fame basketball coach and will bring a wealth of knowledge to the WCS. She is a mission-driven coach with a demonstrated ability to provide excellent leadership, and builds positive nurturing relationships with her athletes and staff. Coach Johnson Patterson also, has a proven expertise in motivating individuals to achieve the highest level of performance and goals while prioritizing and strategizing to create winning programs. As Head Coach she led Minneapolis North and DeLaSalle High School Girls Basketball Teams to their first ever State Championship (1998 and 2011). Her career record 454-116 from those 2 programs; Minneapolis North 302-84, DeLaSalle 152-32. She has coached 24-Division 1, 1-WNBA, 3-All-Americans, and several All State, All Metro, and All Conference Athletes, along with other NCAA Division level athletes, surmounting to over 3 million dollars in athletic scholarships. Read more about her coaching career and accolades in the Star Tribune and the MSHSL, [here](#) and [here](#).



**Mary Johnston** is the current Head Women's Volleyball Coach at Macalester College. She joined the Macalester staff in July of 2021. Under Johnston's leadership the Scots volleyball program saw their first winning record since 2006 and the best MIAC Conference finish since 2013. Johnston began her career in college athletics in 2007 as the Head Women's Volleyball and Softball Coach at SUNY Canton. She has been named Coach of the Year twice in her 15 year coaching career. In addition to her coaching experience, she has served as an Assistant Director of Athletics and Senior Woman Administrator.



athletes.

**Erica Kesseh** is an Assistant Director of Performance and Operations Management and Lead Performance Coach at ETS Performance in Lakeville, MN. She graduated from the University of Minnesota Duluth in 2018 where she ran track and was a short sprinter and hurdler as a three-year captain. She completed an internship for UMD strength and conditioning for a year and then began working at ETS performance in 2019. She currently is a graduate student at the University of Minnesota in the Kinesiology program with a sport and exercise science emphasis. In her current role, she develops speed and strength programs specialized for teams and individuals working with athletes that range from 8 years up to professional athletes. She is involved in community activism for outreach and support for physical activity along the south metro area. She promotes ETS's [FE] experience which encourages female empowerment and educates on leadership development with female



**Katie Kollar** became the head women's basketball coach at Macalester before the 2019-20 season. Kollar came to St. Paul after spending the previous four seasons as the head coach at SUNY Cobleskill. At SUNY Cobleskill, Kollar took a Fighting Tigers' team that had won just two games the year before and quickly built a solid program. After a nine-win campaign in her first year, Kollar led SUNY Cobleskill to a 14-12 record in 2016-17, the program's first winning season in five years. That year, the team also earned a berth in the ECAC Tournament for the first time since 2008. Kollar also recruited and coached a student-athlete who scored her 1,000th career point during her junior year, just the second Fighting Tiger to achieve the milestone as a junior. Overall, SUNY Cobleskill was 46-55 under Kollar.



**Kari Krakow** has been coaching track and cross country at Portage High School since 2006. During her time as a cross country coach, Portage has had three teams qualify for the state meet as well as 14 individual state qualifiers. On the track she has coached several individual state qualifiers including a three time high jump state qualifier. In 2008 Kari became an active member of the Wisconsin Track Coaches Association Committee serving various roles including high jump chair, secretary, executive committee member and most notable women4women founder and chair. At the 2015 state coaches clinic discussions started happening about the need to get more women coaching. A year later in 2016, WISTCA's women4women was born. Designed as both a network for female coaches in Wisconsin as well as a committee to empower all female coaches, WISTCA's women4women was the first of its kind for high school coaches in Wisconsin. Now a regular event, our women4women conference in February has attracted over 200 coaches annually to unofficially kick off both the clinic and the track season in Wisconsin.



**Pete Larson PT, DPT, OCS, MTC**, thinks physical therapy is both a science and an art that includes knowing the latest research, but also understanding the unique characteristics, motivations and goals that each person possesses. Through a combination of manual therapy, exercise, goal setting, and coaching, his goal is to help people get out of pain and get back to doing the things they love in life. *Education:* Bachelors of Science in Kinesiology, University of Minnesota, Minneapolis, MN, Doctorate of Physical Therapy, University of Minnesota, Minneapolis, MN, Certification: Orthopedic Clinical Specialist, Manual Therapy Certification. *Personal Interests:* Exercising, reading, cooking, spending time with my family and friends, golfing, and following Minnesota sports teams (for better or for worse).



**Dr. Emily Matheson** is a Senior Research Fellow at the Centre for Appearance Research. After completing her Ph.D. in Clinical Psychology at Flinders University, she travelled from Australia to England to pursue her passion for body image research alongside Professor Phillippa Diedrichs. As part of her Clinical Ph.D., Emily gained registration as a General Psychologist with the Australian Health Practitioner Registration Agency (AHPRA). She has experience administering evidence-based therapies to young people and adults with anxiety, depression and eating disorders. In her current role, Emily leads a team of researchers on large-scale, international projects that develop and evaluate body image interventions for young people. One stream of research investigates the development and evaluation of digital approaches that provide accessible, scalable and cost-effective support to children and adolescents with body image concerns. The second stream investigates the development and evaluation of body image and sports-based interventions for girls and coaches.





Recognizing that the activewear and sports industry needed more inclusive, culturally sensitive, and modest options for women of all ages and CEO and Founder, **Muna Mohamed** set out to address this issue. Muna's success derives from her passion for sports, experience navigating this space as Black Muslim woman, athlete, and her work in community as youth basketball coach, and advocacy for Muslim girls in sports. The springboard for this business was a community-based research project, titled, "Impact of Culturally Sensitive Apparel Co-Design on the Physical Activity of East African Adolescent Girls," which designed and created culturally appropriate activewear for East African girls thus allowing the girls to be physically active while still maintaining and respecting cultural practices. During the project,

Muna help initiate the creation of the first-ever culturally sensitive sports uniform for Muslim girls, and now currently a part of the uniforms used by female athlete who are a part of the Cedar Riverside Community Traveling Basketball Program. Influenced by this, Muna began her own research. From her continued work in this area, she started her business, Kalsoni, whose mission is to empower women and girls to be physically active by bringing activewear that upholds their values of modesty and instills confidence.



**Tamara Moore** has coached high school girls' basketball for 7 Seasons and now is currently the Head Men's Basketball Coach at Mesabi Range College in which she made history by becoming the 1st African American Woman to hold that distinction in history.

In 2019, Tamara launched & is the CEO of the Official Basketball Association (The OBA League) a semi pro men's basketball league that houses 60 teams nationally with team in Minnesota, Wisconsin, Iowa, Texas, Indiana, Kansas City & many more markets that played their inaugural season in 2021. Tamara was drafted with the 15th overall pick to play in the WNBA for 6 seasons with teams including: Miami Sol, Minnesota Lynx, New York Liberty, Phoenix Mercury, Los Angeles Sparks and Houston Comets. She also played 6 seasons

overseas in Israel & France. She was a standout high school basketball player at Minneapolis North High School where she helped lead the Lady Polars to the 1998 State Championship and Won the Ms. Basketball Award. Tamara accepted a full ride scholarship to the University of Wisconsin-Madison and in 2017 She was inducted into the Wisconsin Athletic Hall of Fame.



**Emily Odermatt** is the Play Bold! Programs Director at [Her Next Play](#), where she advances programming to support girls as they develop skills in leadership and athletics. She partners with schools, coaches, clubs, and other sports and community organizations to bring Play Bold! programs to middle school girls across various communities. Emily is dedicated to centering equity and justice for girls and women in sports, and advocates for girls as they explore their strengths in multiple domains. She has a B.A. in Psychology and Gender, Women, and Sexuality studies from Gustavus Adolphus College and is currently pursuing a M.A. in School Psychology at the University of Minnesota.



**Alicia Pelton** has spent the past 30 years actively involved in sports as an athlete, wife, mother, manager, teacher, business owner, coach, mentor, board member, marketing director, and high school athletic director. Her range of experiences have weaved through many diverse segments of the population in various parts of the world and have helped her understand the perspectives of players, coaches, owners, and parents. In 2015, Alicia founded Athletic Leadership Alliance. She actively engages the community to grow the game for females from participation to leadership roles on a state-wide youth through high school level. She is vocal in the local and state community focusing on changing rules and policies, growing collaborations, and educating communities. In 2018, Alicia was one of the founding members of the Wisconsin Women's Soccer Advisory Council, which celebrates females in soccer. She is one of the principle advocates responsible for growing girls

hockey in Wisconsin, now the fastest growing girls hockey state, by 25% in three years.

In 2019, Alicia took the role of Athletic Director at Madison West High School, the fourth largest school in Wisconsin, and is striving to have an impact on Wisconsin high school sports for girls, currently ranked as one of the lowest ten states in participation.



**Hannah Silva-Breen**, is a current masters student in sport and exercise psychology and research assistant in the Tucker Center at the University of Minnesota. She also serves as a Mental Health Practitioner at the Emily Program, an eating disorder treatment facility in St. Paul, Minnesota. Hannah earned a bachelor's degree in psychology and exercise physiology at Gustavus Adolphus College in 2018. Hannah's research area of interest and expertise includes body image and mental health issues among female athletes.



**Maria Stuber** founded the Women Ski Coaches Association (WSCA) in 2019, a grassroots organization that gives women ski coaches a voice. The WSCA works to develop, retain and advance women in ski coaching leadership. Just three months into this project, the WSCA has over 90 members and has unanimous support from women head coaches and program directors in US cross-country skiing. The WSCA was recognized internationally at the Norwegian Ski Federation's Ski Leaders of Tomorrow event in September 2019 and has begun collaborating with the skiing National Governing Body to change skiing sport culture to support and value women coaches. Stuber is the Head Men's and Women's Ski Coach at The College of St. Scholastica in Duluth, MN. She leads the largest ski team of any division in the NCAA, serves as president of the Central Collegiate Ski Association (CCSA) conference, and is

an assistant coach to the men's and women's cross-country running teams. She has coached athletes to six CCSA All-Conference honors and 15 All-Region finishes. The Saints have qualified 4 individuals for the NCAA DI National Championships in her first 3 seasons.



**Jillian Tholen** is a Registered Dietitian Nutritionist who is a Board-certified specialist in Sports Dietetics. She also has extensive experience and expertise working with individuals struggling with eating disorders. She has a particular passion for talking about women's health and hormones, and has dedicated her life and career to helping people understand what it means to eat enough, for sport and life, and avoid the impacts of RED-S and/or clinical eating

disorders. She is also dedicated to helping women and girls understand more about their bodies, and hopes to continue to normalize these conversations to help empower the next generation of active women. Jillian is a lifelong runner as well, and continues to enjoy getting out for runs on the river trails with friends in all seasons. And in her additional spare time, she of course enjoys cooking, eating out, and spending time with her husband and their corgi.



**Victoria West** was named an Assistant Coach of the Gopher Rowing team in the summer of 2019. West joined the Gophers from Grand Valley State University where she served as the novice coach. With her time at the Lakers, West was responsible for coaching and developing crews while teaching rowing technique, creating and executing team practice plans, handling equipment and coordinating schedules. West was a four-year member of the GVSU rowing team. She graduated in 2015 with a bachelor of science in hospitality and tourism along with a minor in business. West's rowing career started when she was a sophomore at Ann Arbor Pioneer High School. At GVSU, she was a member of a successful Novice 4+ and 8+ and sat 4-seat in the 2013 Varsity 8+ that earned a gold medal at the Head of the Charles.

Other accomplishments include earning multiple Dad Vail medals, being a four-time ACRA gold medalist and stroking the Women's Varsity 8+ her senior season. In Between seasons, West would coach learn-to-row, private lessons, middle school and masters rowing at Washtenaw Rowing Center and Ann Arbor Rowing Club. After graduating from GVSU, West utilized her degree and worked as a sales manager in the hospitality and tourism industry before returning to her Alma Mater to join the coaching staff.

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