

CAMBRIA CLUB ROOM

INDOOR CLUB ROOM

M CLUB ROOM

WCS

SCAN FOR
SPEAKER BIOS



WOMEN COACHES SYMPOSIUM

7:00-8:30

REGISTRATION

BREAKFAST
SPONSORED BY
WE COACH

8:30-8:45

WELCOME
ADDRESS

8:45-9:05

**CONFIDENT
COACHES.
CONFIDENT
COACHING.**

NICOLE M. LAVOI, PhD

9:05-9:45

**JEAN K.
FREEMAN
KEYNOTE**

**LEADING WITH
CONFIDENCE**

CAROL HUTCHINS

9:50-11:05

**WEIGHT &
APPEARANCE-BASED
BULLYING AMONG
YOUTH IN MN: 3
TAKEAWAYS FOR
COACHES**
SARAH KAJA, PhD

**BODY CONFIDENT
COACHING
WORKSHOP**

EMILY MATHESON, PhD

11:15-12:05

YOU WITH YOU
ERICKA JONES

**WE COACH PANEL:
BEYOND THE
GAMEPLAN:
NAVIGATING BEYOND
THE X'S & O'S WITH
CONFIDENCE**

VANESSA FUCHS
DONNA RICKS
BECKY MAINES
RENEE SAUNDERS

**CONFIDENTLY
COACH WITHIN A
CARING CLIMATE**

CANDACE HOGUE, PhD

12:05-12:45

**LUNCH
& NETWORKING**

12:45-12:55

Jostens
**COACH
OF THE YEAR
AWARDS**

12:55-1:30

KEYNOTE

**THE PRICE
SHE PAYS**

KATIE STEELE, LMFT

SCAN FOR
SESSION DESCRIPTIONS



1:40-2:20

**SPORT
PSYCHOLOGY FOR
PERFECTIONISTS,
ANXIOUS
ACHIEVERS, AND
PEOPLE PLEASERS**

ERIN AYALA, PhD, CMPC

**BEYOND THE
POOL: APPLYING
THE SWIM-
EFFICACY
RECLAMATION
MODEL IN
DIVERSE SPORTS**

AYANNA RAKHU, PhD

**WINNING
MINDSETS: MENTAL
AND EMOTIONAL
LIFE SKILLS TO
SUCCEED IN A
COMPETITIVE
ENVIRONMENT**

MARA SCHANFIELD,
M.ED, CAGS

2:30-3:10

**CONFIDENTLY
NOURISHING THE
FEMALE ATHLETE:
PUTTING DIET
CULTURE ASIDE**

KAITLYN PSCODNA, RDN,
SPORTS DIETITIAN

**CONFIDENTLY
CREATING
PERIOD-FRIENDLY
SPORT CLIMATES**

ANNA GOOREVICH, MS
DR. TRISH HUTCHISON

**CREATING TEAM
SPACES WHERE
GIRLS CAN THRIVE**

CHRISTINE BRIGHT

3:20-3:50

KEYNOTE

**HUDDLE UP:
CLOSING WITH
CONFIDENCE**

NICOLE M. LAVOI, PhD
CANDACE HOGUE, PhD
ERIN AYALA, PhD
EMILY MATHESON, PhD
KATIE STEELE, LMFT

PLEASE JOIN US ACROSS THE STREET
FOR A POST-SYMPOSIUM HAPPY HOUR
AT BUFFALO WILD WINGS 4-6pm.
HOSTED BY **THE TUCKER CENTER.**



The Women Coaches Symposium is made possible by support from many community partners.

2024: Confident Coaches, Confident Coaching

Have you wondered how to help your athletes be more confident? Have *you* wondered how, or struggled to be, act or feel more confident? Perhaps both!? We talk to thousands of women sport coaches and sport administrators a year, and we consistently hear that "lack of confidence" is an issue for helping coaches and athletes thrive and stay in the game. We all want more confidence, but we don't know where to start! Today we will learn about choosing and nurturing confidence within ourselves and the athletes we coach. We are so glad you are here! #SHECANCOACH

Philanthropic Partner: The Sports Bra Project

Our Philanthropic Partner for 2024 is The Sports Bra Project. For some girls and women, lack of access to a sports bra, due to logistical, cultural or financial factors, can be a barrier to sport participation. Scan the QR code to participate in our virtual drive.



THANK YOU

To A Bar of Their Own for hosting a sports bra drive!



WCS Sponsors



Thank you to our 2024 vendors!

