

# 2014

## A Women Coaches Symposium

Co-hosted by



**What:** A symposium by women and for women sport coaches of all levels. The symposium will be held in conjunction with and in celebration of National Girls and Women in Sport Day on the University of Minnesota campus.

**Purpose of symposium:**

- To provide high quality educational programming
- To provide an avenue for networking and support for women in the coaching profession
- To build community among female coaches
- To increase and retain women in the coaching profession
- To launch a local/regional Alliance of Women Coaches Loop Group

**When:** Friday, February 7, 2014, 8:00am-3:00pm

**Where:** University of Minnesota, TCF Bank Stadium Club Room—courtesy of Gopher Athletics

**Who:** Women coaches of any sport at any level, and for girls and women who aspire to coach

**Cost:** \$50 non-students, \$25 for students. Profits will fund research and future programming that will benefit women coaches. All registered coaches will receive a complimentary ticket to the “women in coaching” themed Tucker Center Film Festival being held the night before on February 6th (see details below).

**How:** To register and see the exciting program featuring a star studded line up, scroll down or visit our website [www.TuckerCenter.org](http://www.TuckerCenter.org) > Events Tab > 2014 Women Coaches Symposium

### Working Program Draft

[subject to change]

#### **Thursday, February 6**

#### **DQ Room, TCF Bank Stadium**

7:00-9:00pm 4<sup>th</sup> annual Tucker Center Film Festival featuring three films about women coaches.

ESPN and espnW, as part of the [Nine for IX](#) series, have granted us permission to show *Pat XO* and *Coach*—two amazing films about legendary women’s basketball coaches **Pat**

**Summitt and Vivian Stringer.** A trailer of [From the Rough](#), a film about the first female to coach a collegiate men's golf team, and a short film from the Alliance of Women Coaches titled "Why Women Coaches Matter" will also be shown.

**Friday, February 7**

**Club Room, TCF Bank Stadium**

- 7:15-8:00am **Check In & Registration:** Coffee/tea and light breakfast served
- Screening of *Media Coverage & Female Athletes* documentary during registration
- 8:00-8:15am **Introduction and Welcome**  
*Beth Goetz*, Senior Associate Athletics Director/SWA, University of Minnesota  
*Nicole M. LaVoi, Ph.D.*, Associate Director, Tucker Center, University of Minnesota
- 8:15-8:45am **Networking Activity**  
*Celia Slater*, Executive Director, Alliance of Women Coaches
- 8:45-9:10am **Bigger Picture of Being a Champion**  
*Celia Slater*
- 9:10-9:25am **Why Women Coaches Matter!**  
*Nicole M. LaVoi, Ph.D.*
- 9:25-9:45 **What Coaches Need to Know About Title IX**  
*Rayla Allison, J.D.*, School of Kinesiology, University of Minnesota
- 9:45-11:00am **SPORT SCIENCE PANEL: What Coaches Should Know About Female Athletes**  
*In this panel, leading experts in their respective fields will share cutting-edge sport science evidence about female athletes that every coach of female athletes should know.*
- **Mental Training:** *Cindra Kamphoff, Ph.D.*, Director of the Center for Sport and Performance Psychology, University of Minnesota-Mankato
  - **Sport Nutrition:** *Carrie Peterson*, Program Director of Food Science and Nutrition, University of Minnesota
  - **Psychology of Injury:** *Diane Wiese-Bjornstal, Ph.D.*, Director of the Sports Medicine Science Lab, Associate Professor, School of Kinesiology, University of Minnesota
  - **Strength & Conditioning:** *Mia Erickson*, Human Performance Center, Mayo Clinic
- 11:00-11:05am **Break**
- 11:05-12:05pm **COACH PANEL: Developing the Female Athlete as Warrior**  
*In this panel coaches and researchers will explore and discuss challenges and strategies related to how to develop female athletes as mentally tough, confident, resilient, non-conflict avoidant, competitive leaders both on and off the court.*
- *Laura Bush*, Associate Head Coach, Gopher Volleyball, University of Minnesota
  - *Faith Johnson Patterson*, Head Coach, Girls' Basketball, DeLaSalle High School
  - *Kari Ornes*, Coaching Director, Prior Lake Soccer Club
  - *Vicki Schull*, Doctoral Candidate in Kinesiology, University of Minnesota

12:05-1:15pm **Lunch, Keynote Speaker**

*Cheryl Reeve*, Head Coach of the two-time WNBA Champions Minnesota Lynx

1:15-2:30pm **COACH PANEL: "Great Women! Big Ideas!"**

*In this panel coaches from across all sports and levels of competition will share their thoughts, experiences and insights about the coaching profession. You won't want to miss this amazing group of women!*

- *Pam Borton*, Head Women's Basketball Coach, University of Minnesota
- *Terry Ganley*, Head Women's Swim Coach, University of Minnesota
- *Sarah Hopkins*, Head Coach Women's Cross Country/Track & Field, University of Minnesota
- *Stefanie Golan*, Head Soccer Coach, University of Minnesota
- *Laura Halldorson*, former Head Women's Hockey Coach, University of Minnesota

2:30-3:00pm **Closing Remarks & Wrap Up Activity**

To register visit our website [www.TuckerCenter.org](http://www.TuckerCenter.org)