



## 2nd Annual 2015 Women Coaches Symposium “Empowering Women to Lead in the 21st Century”

Organized by The Tucker Center for Research on Girls & Women in Sport at the University of Minnesota, in partnership with Gopher Athletics and the Alliance of Women Coaches.

Friday, April 17, 2015, 7am-4pm  
TCF Bank Stadium, Indoor Club Room, University of Minnesota

Registration Opens January 1, 2015  
[click here](#) to register

The purpose of the WCS is to provide high quality educational programming and professional development, an avenue for networking for women, space to build community among women coaches, and to increase and retain women in the coaching profession. Women coaches of all sports and all levels are welcome.

### WORKING DRAFT OF PROGRAM

7:00-8:00am **Check In & Registration:** Coffee/tea and light breakfast served

**PRE-EVENT OPTIONS:** These opt-in “bonus” sessions are discussion based and will occur simultaneously during registration.

7:15-7:55 **Pre-Symposium Option A:** Book Group Discussion: *Daring Greatly* by Brene Brown, led by Jody Redman, Associate Director, MSHSL. Coaches who want to participate should buy the book in advance and come ready to discuss.

**Pre-Symposium Option B:** Mother-Coaches Discussion Group, led by Erika Lambert, Creator of Coach Mom, Inc., [coachmominc.com](http://coachmominc.com)

**Pre-Symposium Option C:** Developing and maintaining your digital brand: Tips, Tools, and To-dos for Coaches in a Media-Driven World  
Austin Stair Calhoun, Ph.D., U of M School of Kinesiology, Team Lead eLearning and Digital Strategy

### 8:00 SYMPOSIUM OPENS

#### Introduction and Welcome

*Beth Goetz*, Senior Associate Athletics Director/SWA, University of Minnesota

*Marlene Bjornsrud*, Executive Director, Alliance of Women Coaches

*Nicole M. LaVoi, Ph.D.*, Associate Director, The Tucker Center, University of Minnesota

*(exact times of the following sessions is TBD, order of sessions will change minimally)*

### **Networking & Engagement Activity**

**Empowering Women Coaches**, *Nicole M. LaVoi, Ph.D.*, Associate Director, Tucker Center, University of Minnesota

### **Psychology of Sport Injury: What Coaches Need to Know**

Diane Wiese Bjornstal, Ph.D., CC-AASP, Director of Sports Medicine Science Lab, Associate Professor, School of Kinesiology, University of Minnesota

### **Mind, Body & Sport: Mental Health and Athletes**

Carlin Anderson, Ph.D., LP, CC-AASP, Premier Sport Psychology, Gopher Athletics

### **Table Talk I**

Table Talk sessions are interspersed through the conference to increase discussion and coach engagement. Table Talk will provide opportunity for coaches to discuss the topics together, share insights, ask questions of each other, answer questions posed by speakers, and network.

### **Cultivating Confidence in Athletes**

Cindra Kamphoff, Ph.D., CC-AASP, Director of the Center for Sport and Performance Psychology, University of Minnesota-Mankato

### **The Confidence Factor**

Linda LeClaire, author, speaker, mental coach

### **Table Talk II**

### **Break, grab box lunch (included in registration), network**

### **Introduction of Jean Freeman Keynote, Head Women's Swimming Coach, U of Minnesota, Terry Ganley Nieszner**

*Jean Freeman served for 31 years Minnesota women's swimming and diving team head coach from 1973-2004, before passing away in 2010 from cancer. Freeman was highly successful coach, cared deeply about her athletes and was beloved by all. This keynote serves to honor her legacy of excellence and paying it forward.*

### **Inaugural Jean Freeman Keynote: Excellence Never Blinks**

[Sue Enquist](#), former UCLA softball coach, 11-time NCAA Division-I National Champion.

In 2006, Enquist concluded her storied 27-year career as head coach of the UCLA Bruins with a 887-175-1 (.835) record, the highest win percentage among all Division-I coaches. She is the first person in NCAA Softball history to win a championship as a head coach and a player. Hailed a "coaching legend" by ESPN, Sue Enquist's tenure produced 15 Olympians who represent 30 Olympic selections over four quadrennials (1996-2008). She also produced 65 NCAA All-Americans. You won't want to miss hearing Sue, a dynamic and highly sought after international speaker!!

### **Table Talk III**

**Continued....**

**PANEL I: What Coaches Can Learn from Athletic Administrators**

Kim Chandler, Director of Athletics, Macalester College, NCAA-III  
Jen Fraser, Assistant Commissioner, Northern Sun Conference, NCAA-II  
Beth Goetz, Senior Associate Athletics Director/SWA, University of Minnesota, NCAA-I  
Jody Redman, Associate Director, Minnesota State High School League

*In this panel coaches will gain insight into personal and professional development from the perspective of athletic administrators.*

**PANEL II: Navigating Career Transitions in the Profession of Coaching**

*Coaches TBD*

*In this panel coaches from across all sports and levels of competition will share their thoughts, experiences and insights about navigating transitions in the coaching profession.*

**Engagement Strategies for Women Coaches**

Marlene Bjornsrud, Executive Director, Alliance of Women Coaches

**Table Talk IV-Call to Action**

3:40-4:00pm      **Closing Remarks, Raffle, & Call to Action**

4:00                **Happy Hour & Networking. Location TBD**

**Registration Opens January 1, 2015**

[click here](#) to register!

**Register early, space is limited, and the WCS **SOLD OUT** last year.**

**We look forward to seeing you in April for this can't miss event for women in coaching.**