



# Women Coaches Symposium

Friday, April 21, 2017  
#WCS2017



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The carpenter. The goalie.

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# Welcome, coaches!

Today you join 350+ passionate coaches, sports administrators and advocates for our 4th annual Women Coaches Symposium. Wow, have we grown from the 120 attendees our first year!

We launched the Women Coaches Symposium (WCS) with you in mind. The WCS is a chance for women coaches and male allies to experience high-quality educational programming, professional development, networking and community-building. Each year we invite some of the best women speakers, nationally known experts, and most successful coaches in the game to share their time, insights, knowledge and expertise. The goal of the WCS is to help support, inspire, recruit and retain women in the coaching profession. You matter, not just to us, but to the many young lives you touch every day.

The Tucker Center for Research on Girls & Women in Sport is the first and only interdisciplinary research center solely devoted to researching how sport impacts the

lives of girls and women. As co-director of the Tucker Center, my passion, primary line of research, and advocacy efforts center on women in the coaching profession. To that end, every year we release the *Women in College Coaching Report Card*, do countless coaching workshops and sport and gender keynotes around the country, disseminate our research, generate awareness pertaining to gender inequities and injustice, and try to make a difference in the lives of girls and women in sport. Keep up-to-date throughout the year on our website [TuckerCenter.org](http://TuckerCenter.org), Twitter @TuckerCenter, and Facebook.

On behalf of the Tucker Team, thank you for all you do and for being a part of the amazing community of women coaches, from all levels of competition and all sports, that we've convened here today. To sum up this event, we like to use the tagline from the Wellesley Centers for Women: "A world that is good for women, is good for everyone."<sup>TM</sup>



*Nicole M. LaVoi*

**Nicole M. LaVoi, Ph.D.**

Co-Director, Tucker Center for Research on Girls & Women in Sport  
Board of Directors, Alliance of Women Coaches

*Welcome to our athletic conference partners!*



Time	Event
7:00 - 8:00	Registration Open
7:15 - 8:00	Networking & Breakfast <i>sponsored by The Alliance of Women Coaches</i> <b>(DQ Room)</b> Pre-Conference Mindfulness Session <i>sponsored by Lolë (Twin Cities)</i> <b>(M Club Room, Ground Floor)</b>
8:00 - 8:10	Welcome Address from <b>Julie Manning</b> (Executive Associate Athletics Director at the UMN), <b>Megan Kahn</b> (Executive Director of the Alliance of Women Coaches), and <b>Nicole M. LaVoi, Ph.D.</b> (Co-Director of the Tucker Center for Research on Girls & Women in Sport) <b>(DQ Room)</b>
8:10 - 8:25	Networking & Engagement Activity <b>(DQ Room)</b>
8:30 - 9:20	The Resiliency rEvolution: Your Stress Solution for Life with <b>Jenny C. Evans</b> <b>(DQ Room)</b>
9:30 - 10:30	Breakout Session #1: <b>A. Workshop:</b> Creating an Inclusive Climate & Cultural Competencies in Coaching <b>(Indoor Club Room, Sixth Floor (take elevator))</b> <b>B. Film &amp; Discussion:</b> Sporting Chance: The Lasting Legacy of Title IX with <b>JoAnn Buysse, Ph.D.</b> <b>(M Club Room, Ground Floor (take escalator))</b> <b>C. Lecture:</b> The Coach's Role in Fostering Athlete Mental Health & Well Being with <b>Carly Anderson, Ph.D., LP, CC-AASP</b> <b>(DQ Room)</b>
10:40 - 11:20	Beyond the Paradox for Women Coaches: High Five, Survive & Thrive! with <b>Nicole M. LaVoi, Ph.D.</b> <b>(DQ Room)</b>

Time	Event
11:20 - 12:20	 <b>Jean K. Freeman Keynote</b> <b>featuring Jill Ellis</b> (Head Coach, U.S. Women's National Soccer Team)
12:20 - 12:55	Lunch, Networking, Social Time and Visit Vendors Jenny C. Evans Book-Signing (DQ Room)
12:55 - 1:15	Game Time! (DQ room)
1:20 - 2:20	Breakout Session #2: <b>A. Panel:</b> Learning from Championship Coaches with <b>Leah Dasovich</b> (Head Coach, Girl's Basketball, Minnetonka High School); <b>Jenny Hansen</b> (Head Coach, Women's Gymnastics, University of Minnesota); <b>Lori Meyer</b> (Head Coach, Softball, Minnesota State University Mankato); <b>Beth K. Wilmeth</b> (Head Coach, Volleyball, University of Northwestern); & Moderator <b>Jennifer Jacobs</b> (Head Coach, Volleyball, Augustana University) (DQ Room) <b>B. Lecture:</b> Tips for Positive Engagement with Sport Parents! with <b>Nicole M. LaVoi, Ph.D.</b> and <b>Kari Ornes</b> (Director of Coaching at Prior Lake Soccer Club) (M Club Room, Ground Floor)
2:25 - 3:10	Beyond Grit: 10 Habits of the World's Best with <b>Cindra Kamphoff, Ph.D.</b> (DQ Room)
3:10 - 3:30	Wrap Up, Call to Action, Ways to Get Engaged, Give Back and Support Women <i>Pick up your raffle items on the way out!</i> (DQ Room)



**Jill Ellis** is the head coach of the United States Women's National Soccer Team and a development director of the United States Soccer Federation, overseeing the national youth teams development program. Ellis has led the U.S. Women's National Soccer Team as head coach since 2014. In 2015 she guided the team to its first World Cup victory since 1999, and in January 2016 she was named FIFA Women's World Coach of the Year.

 [@ussoccer\\_wnt](#)



**Carly Anderson, Ph.D., LP, CC-AASP**, is a licensed psychologist who specializes in sport psychology, working in private practice at Premier Sport Psychology and in the athletic department at the University of Minnesota. She is a certified consultant for the Association for Applied Sport Psychology (CC-AASP) and listed on the United States Olympic Committee (USOC) Sport Psychology and Mental Training Registry.

 [@PremSport\\_Psych](#)



**Anna Baeth** is a Ph.D. student studying Sport Sociology at the University of Minnesota and a research assistant in the Tucker Center for Research on Girls & Women in Sport. Most recently, Baeth was the head field hockey coach at Oberlin College and Conservatory.



**Jo Ann Buysse, Ph.D.**, is a graduate faculty member in the School of Kinesiology at the University of Minnesota and an affiliated scholar of the Tucker Center for Research on Girls & Women in Sport. A sport media scholar, she has performed longitudinal research on the construction of gender in sport. She is also known for her expertise on Title IX, gender equity, and social change through sport.

 [@SportMediaDoc](#)



**Leah Dasovich** is an educator at Minnetonka High School and the head coach of the Skippers girls basketball team. In her six seasons as the head coach of the program, Dasovich has led the Skippers to two Lake Conference Championships, four consecutive Section Final appearances, a Section 2AAAA Championship, and a Minnesota 4A State Championship. She was named 4A Girls Basketball State Coach of the Year in 2016.



**Julie Dalberg** is a Lolë Twin-Cities yoga ambassador and a private teacher in Minneapolis. She specializes in Meditation, Yin/Restorative, Ashtanga, Vinyasa, and Adaptive Yoga where she teaches individuals with cognitive and physical disabilities.



**Jenny C. Evans** is a speaker, award-winning author, and on-air expert on resiliency, stress, performance, exercise physiology, nutrition and health. She is the founder and CEO of PowerHouse Performance and author of the book *The Resiliency rEvolution: Your Stress Solution for Life—60 Seconds at a Time*. Jenny's corporate client list includes Yale School of Management, AT&T, Estée Lauder Companies, Comcast, Nationwide, Ameriprise Financial, Procter & Gamble, Target and many other Fortune 500 companies.

 @PowerHousePC



**Terry Ganley** is head coach of the Minnesota women's swimming and diving team. In her eight seasons at the helm of the Golden Gopher program, Ganley has led the Gophers to five Big Ten titles (2008, 2012-15), three second-place Big Ten finishes, and eight top-15 performances at the NCAA Championships.

 @GopherSwimDive



**Jenny (Alf) Hansen** is the University of Minnesota women's gymnastics head coach. Hensen is entering her third season at the helm of the program with two regular season Big Ten titles. Last season, Hansen led the Gophers to their first NCAA Championships team appearance since 2013.

 @GopherWGym



**Caroline Heffernan** is a doctoral candidate in the School of Kinesiology at the University of Minnesota, with an emphasis in sport management. She served as Bryn Mawr's assistant field hockey coach while attending Temple University, where she earned a Master's degree in Sport & Recreation Management. Her dissertation is focused on how men act as allies to women in sport organizations.



**Jennifer Jacobs** is head volleyball coach at Augustana. Previously, Jacobs spent five seasons at Augsburg College where she served in various administrative roles and as an assistant volleyball coach. A professional speaker on diversity/inclusion initiatives, Jacobs is also an active member of the American Volleyball Coaches' Association and Women Leaders in College Sport.

 @AugieVolleyball



**Megan Kahn** is the Executive Director of the Alliance of Women Coaches. A former collegiate athlete, NCAA Division-I assistant basketball coach and athletic administrator, Megan holds a Master's degree in Sports Management and is also a certified health coach and aromatherapist.

 @GoCoaches



**Cindra Kamphoff, Ph.D.**, is the director of The Center of Sport and Performance Psychology and professor in Sport and Performance Psychology at Minnesota State University. She is the creator of the High Performance Mindset Podcast and the Master Your Mindset for Athletes online training course. Her work has been featured in *The New York Times*, *USA Today*, *Huffington Post*, *ESPN the Magazine*, and *Runner's World*.

 @Mentally\_Strong



**Jill Kochanek** is a second-year Master's student in sport and exercise psychology at the University of Minnesota. Jill earned her undergraduate degree from Amherst College in Massachusetts, majoring in Law, Jurisprudence, and Social Thought. She coaches youth soccer at Fusion SC and is a workshop trainer for the Positive Coaching Alliance.



**Jennifer Larrick** is currently a soccer coach at Joy of the People based in St. Paul, the JV Girls Soccer coach at Como Park High School, and an assistant soccer coach at Augsburg College. She recently completed her M.Ed. in Youth Leadership Development at the University of Minnesota.

 @jenlarrick



**Nicole M. LaVoi, Ph.D.**, is co-director of the Tucker Center and a senior lecturer in the School of Kinesiology at the University of Minnesota. In her primary line of research LaVoi focuses on the under-representation of women in the coaching profession. She frequently speaks around the country on a variety of topics related to coaching, gender and sport, and sport parents. She also serves on the Board of Directors for the Alliance of Women Coaches and is a faculty member for the NCAA Women Coaches Academies.

 @DrSportPsych



**Julie Manning** is executive associate athletics director and senior woman administrator for Gopher Athletics. Manning has more than 25 years of administrative and coaching experience with Big 12 and Pac-12 schools. She was inducted into the National Golf Coaches Association Hall of Fame in 2000.

 @JulieManning



**Lori Meyer** is entering her 33rd season as head coach of the Minnesota State softball team. Meyer has put together a career record of 1,094-642-3. Her 1,094 coaching victories are the 25th-most in NCAA history across all divisions and the sixth-most in Division II. The Iowa native is an eight-time league coach of the year, a three-time NCAA Midwest Regional Coach of the Year and member of the National Fastpitch Coaches Association Hall of Fame.

 @MinnStSoftball





**Muna Mohamed** is a first year Master's student in Kinesiology at the University of Minnesota. A girls basketball coach in the Cedar Riverside community, Mohamed helped found the Brian Coyle Center's Girls Initiative in Recreation and Leisurely Sports (GIRLS) program and has helped design and create culturally appropriate sports clothing for Muslim girls.



**Katlin Okamoto** is a doctoral student and teaching assistant at the University of Minnesota where she focuses on sports-based youth development in the School of Social Work. A soccer coach with 20+ years of experience at the youth and collegiate level, Okamoto works with youth of all ages in the club soccer community in Minneapolis and is a research intern at the Search Institute, where she focuses on developmental relationships between youth and non-parent adults.



**Kari Maijala Ornes** is director of coaching for Prior Lake Soccer Club and a volunteer assistant coach with the University of Minnesota women's soccer team. Kari has coached at all levels from recreational youth to collegiate teams; her coaching emphasizes individual accountability, respect, mental toughness, team unity and a commitment to hard work while having fun.



**Chelsey Thul, Ph.D.**, is an award-winning scholar and expert on the topics of social justice and health equity, youth empowerment, and physical activity. She is a lecturer in the School of Kinesiology and an affiliated scholar of the Tucker Center for Research on Girls & Women in Sport at the University of Minnesota.



**Matea Wasend** is a soccer coach with Saint Paul Blackhawks Soccer Club and Cretin-Derham Hall High School. She is pursuing a Master's degree in Sport Sociology at the University of Minnesota and works as a research assistant in the Tucker Center for Research on Girls & Women in Sport.



**Beth Wilmeth** is the head volleyball coach at the University of Northwestern. Wilmeth's Eagles have won 10 UMAC championships and have made seven straight NCAA tournament appearances. This fall, Wilmeth was named the AVCA Division-III National Coach of the Year after leading her squad to the NCAA Final Four.



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Thank you to all the Friends of the Tucker Center who donated to the Women in Sport Leadership Fund and the Jean K. Freeman Endowment.