

women  
coaches  
symposium

**WCS**

# Women Coaches Symposium

Friday, April 19, 2019

#WCS2019



**WeCOACH**



**TuckerCenter**

for Research on Girls & Women in Sport



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SHE  
CAN  
COACH



# Welcome, coaches!

Today you join 300+ passionate coaches, sports administrators and advocates for our 6th annual Women Coaches Symposium.

In 2014, we launched the Women Coaches Symposium (WCS) with you in mind. The WCS is a chance for women coaches and their 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 the most successful coaches in the game to share their time, insights, knowledge, and expertise. The goal of the WCS is to support, inspire, recruit and retain women in the coaching profession. You matter, not just to us, but to the many lives you touch every day.

The Tucker Center for Research on Girls & Women in Sport (TC) is the first and only interdisciplinary research center solely devoted to researching how sport impacts the lives of girls and women. The TC is honored to collaborate with WeCOACH and Gopher Athletics for this event. As director of the Tucker Center and member of the WeCOACH Board of Directors, 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 world, 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 on our website [TuckerCenter.org](http://TuckerCenter.org), Twitter/Instagram @TuckerCenter, and Facebook.

I hope you will join the #SHECANCOACH initiative which celebrates women coaches and is aimed at getting and keeping more females into the coaching pipeline. Many women tell us they entered coaching because a coach saw potential and passion and encouraged her to try it. It is that simple—ask and invite young women, especially current or former female athletes, to think about coaching. Coaching is a meaningful way to blend passion and purpose. If she can play, #SHECANCOACH!

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.





A handwritten signature in black ink that reads 'Nicole M. LaVoi'.

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

Director, Tucker Center for Research on Girls & Women in Sport  
Board of Directors, WeCOACH

Time	Event
7:00 - 8:30	Registration, networking & breakfast ( <i>DQ Room</i> )
7:15-8:00	Morning Yoga with <b>Dr. Daheia Barr-Anderson</b> ( <i>Indoor Club Room</i> )
8:30 - 8:40	Welcome Address from <b>Nicole M. LaVoi</b> , Ph.D. (Director of the Tucker Center for Research on Girls & Women in Sport), <b>Julie Manning</b> (Executive Associate Athletics Director at the UMN), and <b>Marci Kornegay</b> (Director of Membership at WeCOACH) ( <i>DQ Room</i> )
8:50 - 9:00	Networking Activity ( <i>DQ Room</i> )
9:00-9:50	Morning Kickoff Keynote: The Mind-Body Connection: Self-Care from the Inside Out with <b>Kathy Flaminio</b> ( <i>DQ Room</i> )
10:05 - 11:05	Breakout Session #1: <b>A.</b> Stop Reacting, Start Responding: Practical Mindfulness for Coaches with <b>Kat Longshore, PhD</b> ( <i>DQ Room</i> ) <b>B.</b> Spiritual Principles for Human Potential & Radiant Wellness with <b>Rev. Dr. Rachel Wetzsteon</b> ( <i>M Club Room</i> ) <b>C.</b> Be a Self-confident Woman in a Male-dominated Environment with <b>Monika Sattler</b> ( <i>Indoor Club Room</i> )
11:10 - 12:10	 <b>Jean K. Freeman Keynote</b> featuring <b>Cheryl Reeve</b> , General Manager & Head Coach of the Minnesota Lynx ( <i>DQ Room</i> )

Time	Event
12:10 - 12:15	<b>Coach of the Year Awards (DQ Room)</b>  For the first time, the Women Coaches Symposium will recognize and honor exemplary women coaches, in two award categories.  sponsored by Jostens
12:15 - 12:55	Lunch, Networking, Social Time and Visit Vendors (DQ Room)
1:00 - 2:00	Breakout Session #2: <ul style="list-style-type: none"><li>D. Equilibria in Sports with <b>Lynn Kachmarik</b> (DQ Room)</li><li>E. Your Next Play: Confidently Transition from Sport to Career with <b>Audra Emerson</b> and <b>Sara Wegmann</b> <i>specifically designed for current students, student-athletes, and recent graduates (M Club Room)</i></li><li>F. Panel: Navigating Career Changes in Coaching with <b>Faith Patterson Johnson, Julie Manning, Susan Teeter</b> and <b>Becky Carlson</b> (moderated by <b>Marci Konegay</b>) (Indoor Club Room)</li></ul>
2:05 - 2:40	Afternoon Keynote (DQ Room)   You are Not Alone, <i>POWER UP!</i> : How to use the Latest Data About and for Women Coaches with <b>Nicole M. LaVoi, Ph.D., McKenzie Arbeiter, Anna Baeth, Courtney Boucher, and Mikinzee Salo</b>  sponsored by TRIA Orthopedic Center

Time	Event
2:45 - 3:35	<p>Breakout Session #3:</p> <p><b>G. Round Table Discussions with Mandy Green, Emily Stets, Susan Teeter, Emily Cripe, Shelia McGill, Ellie Roscher, and Lea B. Olson</b> (<i>Indoor Club Room</i>)</p> <p><b>H. Taking Care of Coaches: Learning from our Canadian Colleagues</b> (<i>M Club Room</i>)</p> <p>Self Through Long Life Journey: How to navigate through your life journey while maintaining connectivity to yourself with Dr. <b>Guylaine Demers</b> and <b>Sylvie Beliveau</b></p> <p>Taking Care of Coaches - The Role of Social Capital in the Coaching Environment with Dr. <b>Allison Doherty</b></p> <p><b>I. Financial Wellbeing for Coaches: A Guide to Life &amp; Money</b> with <b>Sara Asatiani, CRPS</b>, and <b>Brent Gray, CFP</b> (<i>DQ Room</i>)</p> <p>sponsored by Women at Morgan Stanley (W@MS)</p>
3:35 - 3:40	<p>Wrap Up &amp; Door Prize Winners Announced (<i>DQ Room</i>)</p> <p><i>Pick up your items on the way out!</i></p>
3:45 - 5:00	<p>Happy Hour!</p> <p>Attendees are invited across the street to Buffalo Wild Wings immediately following the WCS. We'll continue conversations, network, catch up, and unwind "off the court."</p> <p>(<i>Buffalo Wild Wings, 2001 University Ave SE</i>)</p> <p>sponsored by</p> <p> </p>



*Jean K.  
Freeman  
Keynote  
Speaker*

**Cheryl Reeve** is head coach and general manager for the Minnesota Lynx of the WNBA. She has coached the Lynx to four league championships in 2011, 2013, 2015 and 2017, has the highest winning percentage in the WNBA, won the most games of any WNBA female coach, and has won the most WNBA postseason games of any coach. Reeve was named the WNBA Coach of the Year in 2011 and 2016. She returns to USA Basketball as a 2018 USA National Team assistant coach and previously served as an assistant coach for the 2014-16 USA National Team that claimed gold medals at the 2014 FIBA World Cup Team and 2016 Olympic Games.

 @LynxCoachReeve



**Nicole M. LaVoi, Ph.D.**, is the Director of the Tucker Center for Research on Girls & Women in Sport at the University of Minnesota. As a leading international scholar on gender, leadership and women coaches LaVoi has published numerous book chapters, research reports and peer reviewed articles across multiple disciplines, including the annual Women in College Coaching Report Card, an award-winning book Women in Sports Coaching (2016), and a documentary GAME ON: Women Can Coach (2018). LaVoi played collegiate tennis at Gustavus Adolphus College and coached tennis at all levels, most notable as head tennis coach at Wellesley College.

 @DrSportPsych



**McKenzie Arbeiter** is pursuing her Masters in the School of Kinesiology studying sport psychology. She graduated from the University of Minnesota in 2017 with her Bachelors degree in Psychology. She is interested in interdisciplinary research combining sport psychology and positive psychology and is focusing her research on increasing well-being in both athletes and coaches.

 @ArbeiterMcK



**Sara E. Asatiani** is a CRPS; Certified Divorce Financial Analyst®; Vice President, Financial Planning Specialist, Financial Advisor for Morgan Stanley. The Wealth Mangement process isn't just about planning to get rich, it's about being true to one's self, getting focused and getting what you really want. Our passion is to INSPIRE women, men, and couples, young and old to LIVE. LEARN. LOVE. LIVE in their true power. LEARN about their money. LOVE themselves fully.

 @SaraAsatianiMS



**Anna Baeth** is a PhD candidate at the University of Minnesota, studying Sport Sociology. Baeth is a research assistant in the Tucker Center and is an assistant lacrosse coach at Hamline University. In 2018, she received a graduate student research grant through the NCAA for her dissertation: Analyzing the Pathways of Women Head Coaches with Career Longevity in NCAA D-I Sport.



**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.

 @dbarranderson





**Sylvie Béliveau** has coached teams at all levels including the Canadian senior women's national soccer team. For several years, Sylvie has given her technical expertise and time to many different sport organizations, including the Quebec Soccer Federation, Canada Soccer, FIFA, CAAWS and others. She is also a founding member and presently Vice President of Egale Action.

 @sylvie\_beliveau



**Courtney Boucher** is a Masters student at the University of Minnesota, studying Sport Sociology. She is a Research Assistant in the Tucker Center. Most recently, Boucher was the Assistant Ice Hockey Coach at her alma mater, Gustavus Adolphus College. Currently, Boucher is a volunteer with the Gopher Women's Hockey team.

 @CourtBoucher



**Becky Carlson** enters her 8th year at the helm of the Quinnipiac Women's Rugby team in 2018-19, leading the transition from a new varsity program into a three-time national champion. Carlson has been a key advocate for women's NCAA rugby and equality in athletics for over a decade. Carlson is also well known at The Fearless Coach.

 @TFCoachCarlson



**Lynn Comer Kachmarik** is the founder and CEO of True Brand Sports LLC, which provides workshops around the world to improve the sport culture at the youth, high school, and collegiate level. Lynn is also the Vice President of Equilibria in Sports and was recently appointed to the Board of Directors of the International Association of Athletic Administrators and Coaches (IAAAC).

 @ComerKachmarik



**Guylaine Demers, Ph.D.**, is a professor at Laval University in Canada. She takes particular interest in issues of women in sport, coach education, and homophobia in sport. She currently serves as chair of Egale-Action, Quebec's Association for the Advancement of Women in Sport and Physical Activity. Dr. Demers is an Affiliated Scholar in the Tucker Center for Research on Girls & Women in Sport.

 @GuylaineDemers



**Dr. Alison Doherty** is a Professor with the Sport Management program in the School of Kinesiology, Faculty of Health Sciences at Western University in London, Ontario, Canada. She also volunteers as an Assistant Coach with the Western Mustangs Track & Field Team, a varsity program she has been involved with for most of the past 29 years.

# SPEAKERS

# #WCS2019



**Audra Emerson** is Vice President of Her Next Play, a coaching firm focused on early career development, and a strong believer in the value of sports and the positive impact sports can have on the lives of girls and women. A passionate speaker, trainer and career coach with over 20 years of experience in recruiting and human resources, Audra has helped thousands of people advance their careers at top start-up and elite Fortune companies such as Target, Russell Investments, US Bank, Ameriprise, Allianz and more.



**Kathy Flaminio**, LGSW, MSW, E-RYT-200, is the founder of 1000 Petals LLC, a training and consulting company on the science and practice of mindfulness, movement and social/emotional learning. She is the creator of Move Mindfully® yoga based sequencing for self-regulation, focus and overall well-being. Kathy holds a masters degree in social work and is a registered yoga teacher with more than thirty years experience guiding people to higher levels of holistic health and wellness.

 @1000petals



**Brent Gray** is a Certified Financial Planner® and First Vice President Financial Advisor at Morgan Stanley Smith Barney LLC. Member SIPC. Gray provides educational and financial services to women in general and, more specifically, to women athletes, administrators, coaches and staff of athletic departments.

 @BrentGrayMS



**Faith Johnson Patterson** is a two-time Minnesota State High School League Hall of Fame basketball coach. 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 two programs. She has had 8 state championships, 14 state tournament appearances, and coached 24 Division-I athletes



**Marci Kornegay**, a former NCAA Division I golf coach, brings 20 years of experience in collegiate golf as a Coach and LPGA Teaching Professional, including her playing career at The University of Mississippi. As head coach at University of South Florida, Kornegay earned two Big East Coach of the Year honors in 2010 and 2012, coached Big East Player and Freshmen of the Year in 2008, 2010, 2012, and coached a Big East team championship in 2012.

 @mksimplify



**Kat Longshore, Ph.D.**, has been coaching the mental side of sports for over 10 years, working with athletes, coaches, and teams across a variety of ages, sports, and levels, including National teams and Division I teams, and traveling to support during competitions and training camps. Longshore is co-owner of MoniKat Coaching LLC and is a perennial visiting assistant professor of psychology at Lafayette College in Easton, PA.

 @KatLongshore



**Julie Manning** is the Executive Associate Athletics Director of Gopher Athletics at the University of Minnesota. 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



**Mikinzee Salo** is a Masters student at the University of Minnesota, studying Sport Sociology. She is a Graduate Assistant in the Tucker Center and currently the Assistant Women's Tennis Coach at her alma mater, St. Catherine University in St. Paul, Minnesota. Salo is set to become the Assistant Director of Tennis at Tennis & Life Camps at Gustavus this year.

 @kinzeesalo8



**Monika Sattler** is a goal strategist, entrepreneur, author, speaker and world record holder. She used to be a IT management consultant but it is her experience as a cyclist that has taught her how to excel in a male-dominated environment. Her recent world record cycling as the first female in history one of the toughest cycling challenges in the world demonstrates that for women it is not only about gaining respect and reaching equality but about breaking mental and physical barriers in any type of environment.

 @rad\_monika



**Susan Teeter** is the former Princeton University Women's Swim Coach. In her 33 years as head coach of the Princeton women's swim team, Susan Teeter established herself as one of the most decorated swim coaches in the country. Princeton's all-time leader in wins, Teeter tallied over 220 team victories, guided her program to 17 Ivy League titles, and was the 2018 WCS Freeman Keynote Speaker.

 @steeter



**Sara Wegmann** is a co-found CareerPrep, a coaching firm focused on early career development, and found Her Next Play, a nonprofit that empowers female athletes to confidently launch successful careers. Wegmann is a powerful guide for emerging careers and brings extensive experience in talent development from top companies such as Deloitte, Target, and Merrill Lynch to help coach and train young professionals as they launch and build their careers.

 @SaraWegmann1



**Rev. Dr. Rachel Wetzsteon** is the author of *Radiantly Free: Recreating Life & Health from the Radiance of You* and the host of the REV with Rachel podcast to Recreate ~ Enlighten ~ Vibrate in our most radiant potential. Rev. Dr. Rachel Wetzsteon graduated with her doctoral degree in exercise physiology from the University of Minnesota in 2007 and she became an ordained minister in 2017. She specialized in pediatric wellness research and also taught group fitness classes for 18 years.

 @RevDrRachel

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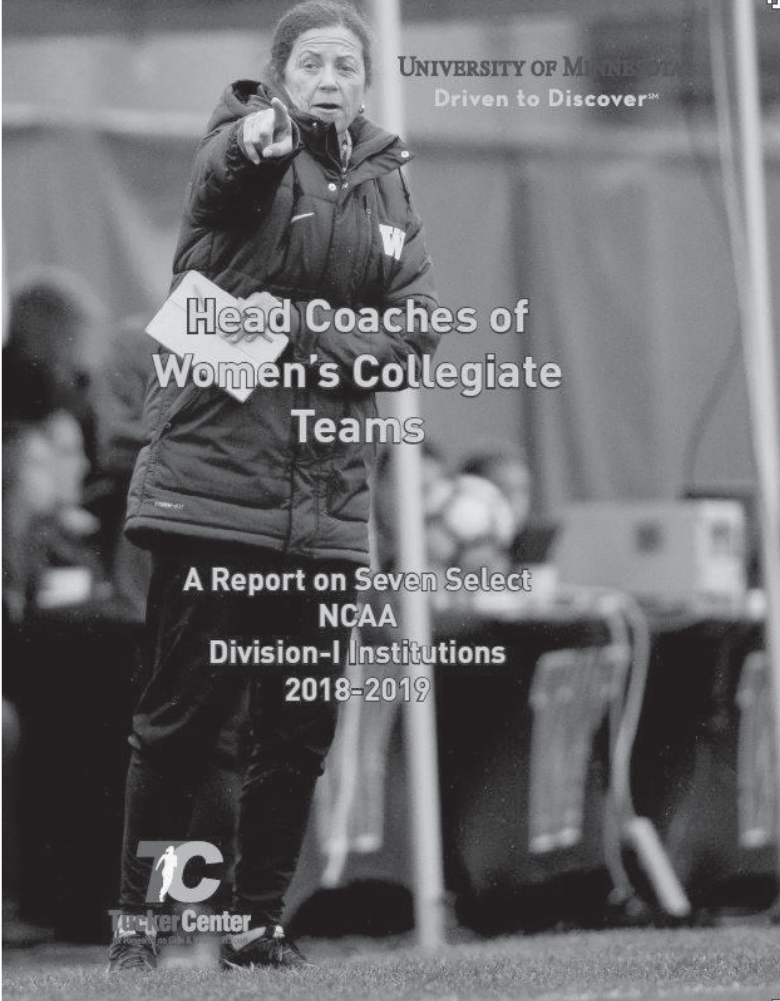


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**Head Coaches of  
Women's Collegiate  
Teams**

**A Report on Seven Select  
NCAA  
Division-I Institutions  
2018-2019**



# **NCAA D-I Select 7 Conferences Women in College Coaching Report Card 2018-19**

Produced in collaboration with the WeCoach, the report documents the percentage of women in head coaching positions at seven select NCAA Division-I conferences (AAC, ACC, Big East, B1G Ten, Big 12, PAC-12, SEC) for 2018-19.

See ALL the data and read the full report at [TuckerCenter.org](http://TuckerCenter.org)

# Morgan Stanley

**Women @ Morgan Stanley Create Change**

W@MS Mission:

**“Inspiring Women to Work, Invest,  
and Lead with Passion & Purpose.”**





# GAME ON: WOMEN CAN COACH

watch at [www.tpt.org/gameon](http://www.tpt.org/gameon)





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



## Philanthropic Partner: The Sports Bra Project

Our Philanthropic Partner again for 2019 is The SportsBra Project in partnership with St. Olaf College Volleyball. 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. Utilizing networks of female coaches and athletes to collect and distribute sports bras, The Sports Bra Project is striving to eliminate one barrier to increase the likelihood of sports participation for all girls and women. WCS attendees are invited to bring a new sports bra, and in return will get additional raffle tickets which can be applied to win amazing prizes and in turn will make a difference in the lives of girls. A drop-off station will be available on site.

@thesportsbraproject



## Media Partner: Trekking Media

See more about our media partner at [www.trekking-media.com](http://www.trekking-media.com)



## Friends of the Tucker Center: Mary Beth Barry, Lisa Huey, and Susan Wood

# Thank you to our 2019 vendors!

