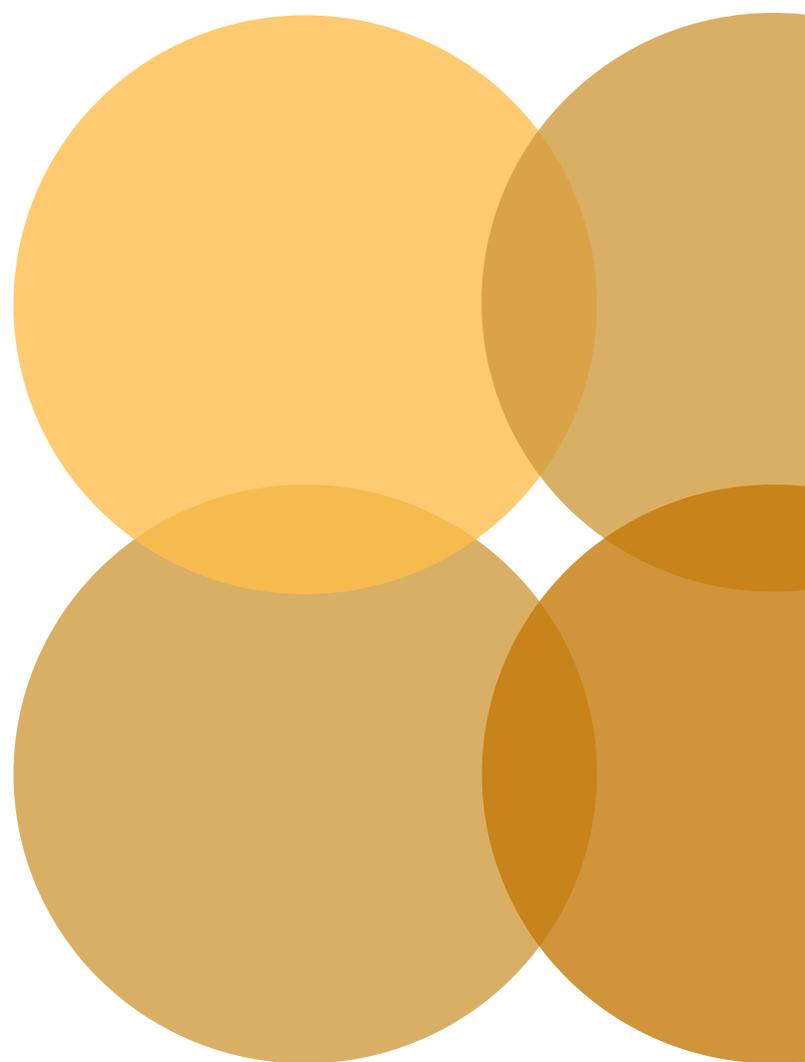


WOMEN IN SPORT CONFERENCE

2019



INSPIRE GENERATIONS:

PLAY | COACH | LEAD



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WELCOME

Dear Conference Participant,

On behalf of your hosts, the Alberta Soccer Development of Women in Soccer Committee (DWSC), I am very pleased to welcome you to our fifth annual conference. This year, we have expanded upon the conference - partnering with Hockey Alberta to offer a more inclusive, Women in **Sport** Conference.

The committee continues to work toward gender equity in sport through the promotion and support of the females who play, coach, officiate, and lead in Alberta's sporting communities. The Women in Sport Conference offers a platform for this support, creating an opportunity for development and connection for Alberta Women.

This year's conference will take place over two days at the Red Deer College. We encourage participants to join us for the full weekend, but if that isn't possible, half and full day tickets are also available!

We are delighted to welcome multiple keynote speakers to the 2019 event, including Karla Karch and Carmelina Moscato. Karla, a member of the Canadian National Basketball team for over 15 years, will share her experiences through her keynote speech, "Being An Athlete - The Journey I Took To Accept Being A Girl In Sports". Carmelina, well-known to those in the soccer community as a member of Canada's bronze-medal winning Olympic team, will surely entertain and inspire with her session, "Cool, CARM and Collected? Lessons from an Olympic Bronze Medalist". We will also be featuring Sunday keynote, Kristen Hagg, General Manager of Calgary Inferno and Mandi Duhamel, former Hockey Canada Manager of Female Development and current NHL Canadian Regional Director of Youth Programs.

Your participation in this conference is an important component to strengthening sport in our province. **The committee's motto is: Inspire Generations: Play, Coach, Lead.** We hope you are inspired by the experiences you have at the conference and in turn, continue to inspire others in your home communities.

Yours in sport,

Mary Jo Spence
Chair, Development of Women in Soccer Committee



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TO YOU BY:**



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ABOUT

DEVELOPMENT OF WOMEN IN SOCCER COMMITTEE

The Alberta Soccer Development of Women in Soccer Committee was established in December 2012 and currently consists of nine talented, diverse and passionate female members from across the province. These women represent every facet of soccer, including, coaches, referees, players, administrators, and parents.

MEMBERS

- Mary Jo Spence (Chair)
- Pearl Doupe
- Jacquie Hertlein
- Harsimrit Lakhyan
- Ilsa Wong
- Amanda Wang
- Andrea Procter
- Julie Beschell (ASA BOD Liason)
- Carmen Charron (ASA Staff Support)

"If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader."

-Dolly Parton-

Karla Karch



"Being An Athlete - The Journey I Took To Accept Being A Girl In Sports"

Karla has been involved in sports her whole life, as either an athlete, coach or administrator. At 5 years old, she began playing numerous sports in community leagues, and school teams, participating in basketball, soccer, volleyball, track and field, and golf. On a university scholarship, Karla specialized in basketball and in 1985, she made the Canadian national team, a career that spanned over 15 years. She represented her country in more than 175 international competitions (1985 - 2000, two time Olympian - 1996 & 2000, three World Championships, and three Pan American Games). Intermixed with her time with the national program, Karla also played professionally in Europe for 9 years.

It was while still competing as an athlete that Karla dabbled in coaching with various clubs, provincial teams, and summer camps. A highlight for her was being a member of the gold medal the Alberta Provincial team captured at the 2009 Canada Summer Games.

Upon retirement, Karla was fortunate to find a second passion in the sporting world. From Alberta Summer Games to World Masters Games to Mount Royal University (as the Director of Cougars Athletics and Recreation), Karla has lived and breathed sports. She can't think of another career she would want to do and is thankful that at age 5, her family introduced her to sports.

Carmelina Moscato



"Cool, CARM and Collected? Lessons from an Olympic Bronze Medalist"

In 2001, at just 16 years old, Carmelina made her Canadian U-19 National Team debut. She went on to capture a silver medal at the 2002 FIFA U-20 Women's World Championship, playing all six matches and helping Canada reach the final. She was a member of three FIFA Women's World Cup teams and in 2012, she made her Olympic Games debut for Team Canada - contributing to the team's Olympic bronze medal in London.

At 23, Carmelina took a break from playing and accepted an assistant coaching job at the University of Louisville, but after two years, realized her playing days were not yet over and she rejoined the National Team.

Moscato has won a W-League title with the Vancouver Whitecaps and between 2013-15, she played for the Chicago Red Stars, the Boston Breakers and finally, the Seattle Reign. Her professional career ended in Australia, where she played in the W-League for the Western Sydney Wanderers. Her university playing days ended with four Big Ten titles and two appearances in the NCAA Final Four with Penn State University.

Following her retirement, Carmelina returned to the world of coaching. She was the co-head coach of the Canadian U15 and U-20 National teams and a Canada REX talent manager. She is currently the Technical Director for the Kleinburg Nobleton Soccer Club in Ontario, Canada.

Kristen Hagg



"Crushing It: From The Ice To The Boardroom"

Kristen Hagg, originally from Edmonton, Alberta, competed collegiately for the University of Alberta from 2003 – 2007 - capturing two national championship titles in her time as a Panda.

Following her collegiate career, Kristen spent time playing with the Edmonton Chimos of the Western Women's Hockey League before joining the Calgary Inferno in 2014. Kristen capped off her career with a Clarkson Cup Championship in 2016 with the Calgary Inferno.

Upon her retirement as a player, Kristen quickly transitioned to a management role with the team, and in the Fall of 2016, she was named General Manager. Within this role, she oversees all key operations of the organization.

In addition to her role with the Inferno, Kristen practices law in Calgary with HMC Lawyers.

Mandi Duhamel



Panelist "Mentoring Journeys"

Mandi grew up in Lively, Ontario, playing hockey through the Sudbury Lady Wolves and Mississauga Chiefs programs before competing with the University of Ottawa Gee-gees. She graduated with two Bachelors degrees in Recreation Management and Psychology.

Following University, she played for the CWHL Ottawa Lady Senators and joined the coaching staff at Carleton University. While in Ottawa she had great national and international coaching opportunities, including Under-18 National Championships (Team Ontario - 2010) and FISU Games (Team Canada - 2011). She briefly returned to the Gee-Gees coaching staff in 2012 before moving to Calgary. There she spent three seasons with the Calgary Dinos and in 2018 signed on as the assistant coach of the CWHL Calgary Inferno.

Professionally, Mandi was hired by Youth Ottawa as the Executive Director in 2010. From there she joined Hockey Canada as the Manager of Female Development in 2012. After 6 years creating, leading and executing programs and events that grew the game in Canada, she joined the National Hockey League as the Canadian Regional Director of Youth Programs in January 2019.

With a passion for hockey of all kinds, Mandi has won both a National and World Championship (2015, 2017) as a player with Canadian Ball Hockey Association and represented as the Head Coach of the Masters Team Canada, winning two World Championships (2016,2018).

SCHEDULE OF EVENTS

FRIDAY, APRIL 12, 2019

7:00 - 11:00 PM Registration & Check-in
7:00 - 10:00 PM Social (informal) @ the Farside Pub

SCHEDULE OF EVENTS

SATURDAY, APRIL 13, 2019

8:00 - 9:00 am Registration and Continental Breakfast *courtesy of Elite Sportswear*
@ the Margaret Parsons Theatre

9:00 am Welcome and Introductions

9:10 - 10:00 am **KEYNOTE ADDRESS** - Karla Karch
"Being An Athlete - The Journey I Took To Accept Being A Girl in Sports"

10:15 - 10:30 am Wellness Break @ the Margaret Parsons Theatre

CONCURRENT SESSIONS

10:30 - 11:45 am	Session #1 'Physical Empowerment' Speaker - Deb deWaal Room #2600	Session #2 'The Art of Leadership' Facilitator - Cari Din Room #2601
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11:45 am - 12:45 pm Lunch @ the Margaret Parsons Theatre

CONCURRENT SESSIONS

12:45 - 1:45 pm	Session #3 'Bullying: Recognition and Management' Speaker- Pat Ferris Room #2600	Session #4 'Gentle Art of Communication' Speaker - Gary McDougall Room #2601
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1:45 - 2:00 pm Wellness Break @ the Margaret Parsons Theatre

2:00 - 3:00 pm **KEYNOTE ADDRESS** - Carmelina Moscato
"Cool, CARM, and collected? Lessons From an Olympic Bronze Medalist"

3:00 - 3:15 pm Wellness Break @ the Margaret Parsons Theatre

3:15 - 4:45 pm **PANEL DISCUSSION, Mentorship Journeys**
Moderator: Jacquie Hertlein
Deb deWaal, Cari Din, Carmelina Moscato, Sheena Dickson, Mandi Duhamel

4:45 - 5:30 pm **SPEED MENTORING SOCIAL** @ Farside Pub; one-on-one Q & A
Carmelina Moscato, Karla Karch, Cari Din, Sheena Dickson

5:30 - 7:00 pm (Informal) SOCIAL @ the Farside Pub

SCHEDULE OF EVENTS

SUNDAY, APRIL 14, 2019

8:00 – 9:00 am Registration and Continental Breakfast *courtesy of Elite Sportswear*
@ the Margaret Parsons Theatre

8:30 – 9:00 am **BREAKFAST KEYNOTE ADDRESS - Kristen Hagg**
"Crushing It: From The Ice To The Boardroom"

CONCURRENT SESSIONS

9:10 – 10:30 am

Session #5

Multi-Sport Referee Panel
'Women Behind the Whistle'
Moderator - Sandra Prusina
Sheena Dickson, Carly Shaw-
MacLaren, Marla Van Gelder,
Carrie Keller
Room #2600

Session #6

'Stand and Deliver'
Facilitator - Cari Din
Room #2601

Session #7

Coaching - 'Addressing Gender
Issues & Influencing Change'
Facilitators- Alberta Soccer
Women in Sport Leadership
Coach Developers
Room # TBD

10:30 – 10:45 am

Wellness Break @ the Margaret Parsons Theatre

10:45 am – Noon

CONCURRENT SESSIONS CONTINUE

Noon – 12:15 pm

Closing remarks

SESSION DETAILS

Physical Empowerment (*Deb deWaal*)

In one dynamic session, learn how to handle the ultimate “what if”. Debra deWaal will share her experiences in an informative, high energy and humorous way. Learn what types of crime are occurring in our society and how to safely prevent and manage any potentially dangerous situation. This session will give you the mental and physical tools to be in control of any verbal or physical conflict.

‘The Art of Leadership’ (*Cari Din*)

This workshop will focus you, through self-reflection and discussion, on developing your strengths and practicing leadership skills. Participants will practice active listening; making meaningful decisions; trust building; empathy; and influencing (dys)function in a group.

‘Bullying, Recognition and Management’ (*Pat Ferris*)

Exposure to bullying and harassment are injuring people in sport, whether they are players, coaches, officials or community association volunteers and employees. Laws now require that organizations address these issues. This session will first explore what bullying and harassment look like in sports, present science around why people bully and harass and finally, present a model that provides a process of Identification, Monitoring, Investigating, and Repairing with regards to bullying and harassment. The session will explore this model from the perspective of the player, coach, official, and community organizations and provide strategies for each.

‘The Gentle Art of Communication’ (*Gary McDougall*)

During the course of this 1 hour engaging and informative presentation, we will explore how our individual perceptions, assumptions and mindset affect our thoughts, behaviours and attitudes and ultimately the outcome of our personal interactions.

The session will include information relating to how it may be beneficial to subscribe to the communication tool of “Inquiry” during challenging conversations and best to stay away from “Advocacy” as an effective communication tool. Participants will also be offered strategies for defusing angry people and ensuring that contentious conversations end with optimal outcomes.

‘Stand and Deliver: Becoming a more effective public speaker’ (*Cari Din*)

Participants in this workshop will learn about and practice pro tips for effective presentations and public speaking. This is a true workshop, come prepared to practice, gather feedback, and improve.

SESSION DETAILS

'Addressing Gender Issues and Influencing Change' (*Alberta Soccer Women in Sport Leadership Coach Developers*)

This engaging session will include presentations on the following topics, designed to open discussion and offer ideas and solutions to the issues women may face in their coaching roles.

- Creating Mentorship Opportunities

“From Home to the Field - Coaching: a Caring Profession”

- Keeping Girls & Women in Sport

“Engaging the double XX for life”

- Keeping Sports Safe: 3 Steps to Responsible Coaching

“Sport Matters”

- Mental Health

“It’s OK not to be OK - Safe Space in Sport”

**Click here for
information about
the Women in
Sport Leadership
Program!**

Panel Discussion: Mentorship Journeys

Moderator: Jacquie Hertlein

Panel: Deb deWaal, Cari Din, Carmelina Moscato, Sheena Dickson, Mandi Duhamel

Multi-Sport Referee Panel and Breakout Session: Women Behind The Whistle

Moderator: Sandra Prusina

Panel: Sheena Dickson, Carly Shaw-MacLaren, Marla Van Gelder, Carrie Keller

ABOUT YOUR FACILITATORS

Meet the incredible group of experienced facilitators who will lead you through your sessions this weekend.

DEBRA DEWAAL

Presenting 'Physical Empowerment'

Debra deWaal is a former Calgary Police Officer and is now the owner of Safe & Sound Safety Training & Consulting Ltd. Debra's 10-year career with the Calgary Police Service included 3 years of undercover work in auto theft, stolen property and vice. She also spent numerous years working on the street as a uniformed officer.

Debra is a professional member of Canadian Association of Professional Speakers and has been developing and facilitating Mental Toughness, Personal Safety and Conflict Management Training to Canadian citizens since 1995.



SHEENA DICKSON

Panelist: 'Women Behind The Whistle' - multi-sport referee panel

Sheena Dickson began refereeing at age 13 in Manitoba, and her refereeing career started to gather momentum after moving to Alberta in 2004. After a strong performance at a Canada Soccer All Star event, Sheena was appointed to the National List of Referees in 2011.

Two years later, Sheena was appointed to the FIFA list of International Referees, and is now entering her 7th year of wearing the FIFA badge. Sheena has refereed at many international competitions, from as far away as Central America, Germany, Portugal & Russia, as well as closer to home in the US and Canada. A high point for Sheena was refereeing a Women's World Cup qualifying semi-final between the US and Mexico in 2014.

Along with refereeing high level matches, Sheena has attended many Elite Referee training events within the CONCACAF programs, and is always willing to bring her experiences back to share with other officials in Alberta and Canada. She provides a strong role model to aspiring young referees, and in 2014, was a leader of the referee program at the 'Live Your Goals' event, held in conjunction with the U20 Women's World Cup in Edmonton.

Alongside her soccer career, Sheena is proud mother to a three and a half year old young lady, and worked extremely hard to pass the fitness testing that allowed her to return to the International list only a year after adding a potential future referee to her family.

Sheena's goal is to continue working at the highest level of officiating for as long as possible, but at the same time ensure that new referees coming into the system are given as many opportunities as possible to follow in her footsteps.



CARI DIN

Presenting: 'The Art of Leadership', "Stand and Deliver'

Dr. Cari Din holds a PhD in Kinesiology with a specialization in Leadership Behaviour. She is an Olympic silver medalist, coach, NCCP Master Coach Developer and member of the University of Calgary's Faculty of Kinesiology.

Cari teaches leadership that enables positive human development – with a specific focus on physical activity. She is a CAAWS Women and Leadership facilitator and a member of the Alberta Women in Sport Leadership Impact Program, supported by the Status of Women Canada. She is deeply committed to creating environments that enable meaningful learning for participants. Cari has been nominated for and won the University of Calgary's Teaching Excellence Award numerous times and is known for taking active learning risks in her classrooms to enhance student experience and engagement. Her enthusiasm pervades her work – she is committed to developing leaders who support inclusive and meaningful physical activity.



PAT FERRIS

Presenting: 'Bullying; Recognition & Management'

Pat Ferris has been active in researching workplace bullying from the organizational, target, and professional service provider perspectives for more than 20 years. She has treated targets and perpetrators of workplace bullying for over 20 years, as well. Her work has been published in top tier journals and she has three chapters in an upcoming Handbook on workplace bullying. She has been the Co-Convener of the International Association on Workplace Bullying and Harassment (IAWBH) Therapist Special Interest Group (SIG) for almost a decade. In this role, she guides international therapists on protocols for treatment.

Pat also has a long history in working with organizations to design and deliver interventions related to harassment and respect in the workplace. She is often interviewed by the press as an expert. She is currently active in discussing harassment and bullying in Canadian policing organizations.

Pat is a partner in a large clinical practice. She focuses on workplace trauma and safety providing treatment to those impacted by workplace injuries and accidents and training to organizations on the psychology of safety.

Pat played soccer for 30 years and was the President of the Calgary Women's Soccer Association. She also conducted numerous discipline processes on behalf of the CWSA and the Calgary Soccer Federation. Professionally, Pat has a Masters degree in Clinical Social Work and a Masters and Ph.D. in Industrial Organizational Psychology.



JACQUIE HERTLEIN

Moderating: 'Mentorship Journeys'

Jacquie has been part of the Alberta soccer community for over 30 years as a player, coach or in a leadership role. In 2016 she won the Alberta Soccer Award of Merit for her contributions to the sport of soccer. As a player she has participated in 69 Provincial Championships and has attended 9 National competitions throughout her career.

Jacquie is the current coach of Alberta's U13 Girls South provincial soccer team, coach of the SAIT Women's Soccer team, a member of the Development in Women's Soccer Committee and is the first woman on the Technical Committee of the Alberta Soccer Association. Jacquie is also part of the Alberta soccer female coach developer mentorship program, where she currently is mentoring 10 females as part of the Alberta Women in Sport Leadership program.

Jacquie is a Mount Royal Alumni, where from 1995-96 she captained the team to two ACAC Provincial Championships and CCAA Championship – winning bronze in 1996. Jacquie was also selected as a tournament All-Star and was the top goal scorer during her career at Mount Royal. Prior to Mount Royal, Hertlein attended Lynn University in Boca Raton, Florida from 1993-94, where the team won the Sunshine Conference and made an appearance at the NAIA Nationals.

Jacquie earned her diploma in Criminology and went on to join the prestigious Calgary Police Service (CPS) in 1999. In 2016, Jacquie retired from the CPS after an exemplary and distinguished career. She now is the Executive Director of the Calgary Women's Soccer Association where she continues to break barriers and create pathways for our future female leaders.



CARRIE KELLER

Panelist: 'Women Behind The Whistle' - multi-sport referee panel

Carrie grew up playing hockey until a career-ending injury changed her outlook on the game. After rehab and getting medical clearance to play again, she never felt the same about the game. She began coaching, but something just wasn't quite right - she wasn't on the ice! With this realization, Carrie took up officiating.

During her career, Carrie officiated countless provincial tournaments, including Alberta Winter games, Alberta Challenge Cup, Mac's Midget AAA Tournament, Sutter Cup (Midget AAA Minor), local playoff championships and USport Canada West finals. She also earned the opportunity to officiate at two National level tournaments.

In addition to ice hockey, Carrie also officiated ball hockey, enjoying great success working games provincially, nationally and internationally.

Carrie's role has evolved into leading the development of younger officials in hopes that many of them will grow and have the opportunity to experience all that the great game of hockey has to offer.



GARY MCDUGALL

Presenting: 'Gentle Art of Communication'

Gary is a retired police officer who served with the Calgary Police Service for 25 years. For the last 8 years of his career, Gary was a member of the Hostage/Crisis Negotiation Team.

He served as both a Team Leader and Training coordinator for the Calgary Hostage Negotiation team and upon retiring in 2006, Gary formed a company called Conflict Solutions. He is currently on the speaking circuit, delivering training in a number of disciplines which include effective negotiation skills, conflict management, dealing with difficult clients, ethics in the workplace and workplace violence issues.

Gary is also a member of the Canadian Speakers Bureau as well as a Lead Instructor for the National Tactical Officer's Association and in that capacity, he travels around North America teaching crisis intervention and hostage negotiation skills to law enforcement agencies.

Gary is both a graduate of the FBI Hostage Negotiators Training School and has also served as an Instructor at the FBI Training Academy in Virginia, assisting in the training of new FBI Hostage Negotiators.



SANDRA PRUSINA

Moderator: 'Women Behind The Whistle' - multi-sport referee panel

Sandra Prusina is a journalist based out of Calgary. Along with being a news anchor, she covers women's soccer for Sportsnet and is the play-by-play voice of the Calgary Inferno of the Canadian Women's Hockey League.



CARLY SHAW-MACLAREN

Panelist: 'Women Behind The Whistle' - multi-sport referee panel

Carly Shaw-Maclaren began refereeing at age 12, and quickly found a new passion in the game of soccer, which she had been playing since 4 years old. With the help of an experienced mentor in her hometown of Prince George BC, Carly was refereeing in some of the highest level youth competitions in the province by the time she was 15.

At the age of 18, she decided to step away from playing to concentrate on refereeing, and has never looked back. After having an 'aha' moment when two of Canada's most experienced female referees made a presentation on their experiences at the 2012 Olympics, Carly's next step was to be assigned to National events across Canada, which she is now participating in on a regular basis. In the Fall of 2018, Carly reached new heights by being invited to CONCACAF'S Program of Refereeing Excellence in Mexico, which resulted in being appointed to CONCACAF U20 Men's qualification tournament in Florida, including refereeing a key match between St Martin and Grenada.

As for the future, Carly's long-term goal is to referee in a World Cup and be assigned the final, something she could clearly visualize after walking onto the famous pitch at Azteca Stadium during the Mexican camp.



MARLA VAN GELDER



Panelist: 'Women Behind The Whistle' - multi-sport referee panel

Marla has been refereeing basketball since 1988; working at all levels from community to University Men's. She is a current ACAC official and member of the Canada West panel. Marla has 19 years of direct experience at the college level, 15 years at the university level, and direct post-season experience of two CCAA Women's Nationals, two ACAC Men's Final 8, four U Sports Women's Nationals, and one CCAA College Men's Nationals, as well as at numerous ASAA Provincials.

Marla has also evaluated at a number of High School Provincials and enjoys being part of evaluating and developing officials. A highlight in her role as Director of Officiating for the Alberta Basketball Officials Association (ABOA) was her work to implement the ABOA's Officials Standards of Excellence.

Marla holds a Bachelor of Commerce from the University of Calgary, has obtained her designation as a Chartered Professional Accountant, and is a Chartered Financial Analyst charterholder. She sits on the Board of Directors for McMan Youth, Family and Community Services Association, and as Director of Officiating for the ABOA. She volunteers with the Rainbow Society of Alberta and with the Chartered Professional Accountants of Alberta, is an active cyclist supporting the Enbridge Ride to Conquer Cancer for six years and is a former Canada West Field Hockey official.

WOMEN IN SPORT LEADERSHIP COACH DEVELOPERS

TOKS BAKINSON

*Keeping Sports Safe: 3 steps to Responsible Coaching
"Sport Matters"*

Toks has been coaching in Calgary for the last four years, primarily with Tier 1 girls. She also mentors young female athletes who have played in the past, but still want to be around the sport. She is currently hoping to complete her Children's License and the Youth License in 2020. In 2017, Toks received the Alberta Soccer Women of Distinction Award. She is an avid volunteer and has offered her time at various sporting events from the Women's World Cup to the Summer Olympics, Canada Winter and Summer games, the Arctic Winter games, and more.



GABRIELLE BLYTHE

*Presenting: Keeping Sports Safe, 3 steps to responsible Coaching
"Sport Matters"*

Gabrielle Blythe is a young female coach who has been working with various age groups and levels since 2012. She played tier 1/2 soccer for the majority of her youth and has competed in women's divisions premier - 3. She currently is a Provincial B licence trained coach, is coaching a Calgary Women's Premier team and has recently started a mentorship program at her club. Gabrielle wishes to continue working with female players and to grow and develop coaches through mentorship and coaching.



SUE HERRING

Presenting: Keeping Girls & Women in Sport, "Engaging the double XX for life"

Sue is a USSF and CSA National B Licenced coach who has also spent time playing (and winning) in the UK Premier League and for English Universities.

Her coaching experience brought her from the UK to USA to Ghana and now Canada, and ranged from grassroots through to the elite levels with primarily female players. Currently, Sue serves as Learning Facilitator, Grassroots Programs Assistant with Alberta Soccer, Athletic Director for Elk Island Junior High Schools, and Assistant coach for Concordia University Edmonton Women's Soccer team.



MARY LIAO

Presenting: Mental Health, "It's OK not to be OK - Safe Space in Sport"

Mary Liao has a lengthy history of playing and coaching soccer in Alberta. She started playing soccer at age 13 in Calgary and at aged 16 started playing club soccer at the Division 1 level, and moved on to play with the University of Calgary Dinos team before transferring to the University of Alberta Pandas, where she was selected to the Canada West All Star team from 1986-1989 and the CIS All Star Canadian 1st and 2nd teams in 1988 and 1989.

Mary has played with the Edmonton Angels and travelled to Germany, Hungary, Austria and Switzerland to train with Brauweiler (Tina Theune Meyer's team). She made the first ever Alberta provincial select team for women and participated in the Canada Summer Games in 1987. She started coaching at age 16 and has never stopped - coaching girls and boys of all ages and tiers in Calgary, Edmonton and Ottawa, as well as in Ghana and Kenya.

Mary holds her NCCP Theory Levels 1 and 2, is certificated up to a Provincial B level, with plans to be assessed for her National B license in 2019. She is currently the Executive Director of the Calgary West Soccer Club. By profession, she holds a doctorate degree in Geography and supports international development projects in the water resources management and water supply, sanitation and hygiene education sectors as a gender equality and social inclusion specialist. She has worked on projects in countries around Africa, Asia and the Americas.



ALEXANDRIA MAH

Presenting: Mental Health, "It's OK not to be OK - Safe Space in Sport"

Alexandria was born and raised in Edmonton, AB, and she has been coaching for over 10 years for a variety of organizations throughout the province. Soccer has taken her to various parts of the world, such as the United States, Brazil, and New Zealand. Alexandria coaches for many reasons; the main reasons are to pass on her love of the game and to see the development of the players into their post-youth soccer careers. Being involved in soccer has given Alexandria the opportunity to meet a number of wonderful people who have become great mentors and friends.

CHRISTINE REID

Presenting: Creating Mentorship Opportunities, "From Home to the Field - Coaching a Caring Profession"

KRISTYN SHAPKA

Presenting: Keeping Girls & Women in Sport, "Engaging the double XX for life"

CASSIE WESTERMAN

Presenting: Creating Mentorship Opportunities, "From Home to the Field - Coaching a Caring Profession"

Cassie Westerman grew up in Regina, Saskatchewan and has been playing soccer since she was 5 years old. For the past 10 years, she's lived in Medicine Hat. While going to school, Cassie played for the Medicine Hat College women's team, where she was an all-star for her last three years. After completing the program, Cassie continued to help coach the women's team, where she was mentored by one of the coaches she look up to most: Jim Loughlin. Jim led her to coaching opportunities and experiences she may not have otherwise tried.

Cassie is currently Provincial C-License Certified and Provincial B-Licence Trained - aspiring to continue her coaching certification to ultimately become certified at the B level. She believes that teaching and coaching have many parallels, which allow her to create learning experiences that build skills and passion in both students and athletes. She has a huge desire to be a lifelong learner and to "leave a little sparkle" wherever she goes.



VENUE

Red Deer College

100 College Blvd, Red Deer

www.rdc.ab.ca

Accommodation

On-site accommodation packages will be available at \$65 per night in the new, College dorm facilities.

Your accommodation features a Twin XL bed, kitchenette and private bathroom and free WIFI. Additional amenities in the Residence include a lounge and gathering space with TV board games and more.

Please note: *All accommodation should be pre-booked when registering for the conference.*

ATTIRE

Dress code for the weekend is casual and comfortable.

PARKING

Parking is available on campus and in front of the dorm facilities.

"No one belongs here more than you."

-Brene Brown-

TICKET PRICING

Full Conference Ticket includes:

- All Keynotes
- Your choice of 2 sessions on Saturday a.m. , 1 on Saturday p.m., and 1 on Sunday morning (session options below)
- Saturday p.m. Panel session
- Saturday & Sunday Breakfast, Saturday lunch, Wellness break refreshments (x3)
- Access to Friday Social and Saturday Speed Mentoring Social
- Conference SWAG.



Choice of 1:

- Saturday am Session # 1 'Physical Empowerment'
- Saturday am Session # 2 'The Art of Leadership'

Choice of 1:

- Saturday am Session # 3 'Bullying, Recognition and Management'
- Saturday am Session # 4 'The Gentle Art of Communication'

Choice of 1:

- Sunday am Session # 5 'Women Behind the Whistle'
- Sunday am Session # 6 'Stand and Deliver'
- Sunday am Session # 7 'Influencing Change'

Saturday All-Day Ticket includes:

- Saturday Keynotes
- Your choice of 2 sessions on Saturday a.m. (see options below)
- Saturday p.m. Panel session
- Saturday Breakfast, lunch, Wellness break refreshments (x2)
- Access to Friday Social and Saturday Speed Mentoring Social
- Conference SWAG.



Choice of 1:

- Saturday am Session # 1 'Physical Empowerment'
- Saturday am Session # 2 'The Art of Leadership'

Choice 1:

- Saturday am Session # 3 'Bullying, Recognition and Management'
- Saturday am Session # 4 'The Gentle Art of Communication'

Half Day Ticket includes:

- One Keynote
- Your choice of sessions dependant on when you are attending
- Breakfast (if attending in the morning), lunch (if attending Saturday afternoon), Wellness break refreshments
- Saturday p.m. Panel session (if attending Saturday afternoon)
- Saturday Speed Mentoring Social (if attending Saturday afternoon)
- Conference SWAG.



Ticket pricing continued on next page...

TICKET PRICING CONT'D

Saturday Morning Options

Choice of 1:

- Saturday am Session # 1 'Physical Empowerment'
- Saturday am Session # 2 'The Art of Leadership'

Choice of 1:

- Saturday am Session # 3 'Bullying, Recognition and Management'
- Saturday am Session # 4 'The Gentle Art of Communication'

Saturday Afternoon

This ticket includes Lunch, p.m. Keynote, Wellness break, Panel session and Speed Mentoring Social

Sunday Morning Options

Choice of 1:

- Sunday am Session # 5 'Women Behind the Whistle'
- Sunday am Session # 6 'Stand and Deliver'
- Sunday am Session # 7 'Influencing Change'

STAY CONNECTED

Stay connected throughout the weekend by using #WISC2019 on Twitter and Instagram!



@AlbertaSoccer | @HockeyAlberta



@albertasoccer

WOMAN OF DISTINCTION AWARD

Do you know a woman deserving of a special recognition? Selected by the Alberta Soccer Development of Women in Soccer Committee, this award recognizes one woman's outstanding achievements and contribution to soccer in Alberta. Nominations for the award open annually in December/January to be presented at the February Annual General Meeting.

PAST RECIPIENTS

- Laurie Darvill (2018)
- Toks Bakinson (2017)
- Mary Jo Spence (2016)
- Melody Martin (2015)
- Sheena Dickson (2014)
- Lyndsay Stewart (2013)

THANK YOU

Thank you for your interest in 5th Annual Women in Sport Conference!

If you have any questions, please get in touch at ccharron@albertasoccer.com.

You can also find more information on our website:
www.albertasoccer.com/about/womeninsoccer

