

2012 Canadian Dragon Boat Expo

Novotel Centre – Toronto – 45 The Esplanade

SCHEDULE

(as of January 25, 2012 - Subject to changes)

Expo-at-a-Glance

Stream	Athlete and Coach	Sport Management
Target Group	Appropriate for athletes and coaches of all levels; developmental, national, CCWC and high performance.	Sport administrators; club organizers, crew managers, festival owners and organizers
All Delegates		

FRIDAY, February 10, 2012

18:00 - 19:00	Registration
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19:30- 21:30	<p>• DBC Annual Meeting of the Members •</p> <p>Open to All DBC Members</p>
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SATURDAY, February 11, 2012

08:00 - 08:45	Breakfast and Registration	
	Athlete and Coach	Sport Management
	Active Sessions - wear comfortable clothes	
All Delegates		

9:00 - 10:00	<p>Opening Address - Champagne Ballroom</p> <p>• Toronto Argonauts Mike O'Shea Special Teams Coordinator•</p>
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10:00-10:25	Transition			
10:30 - Noon	AC1: AlkamePaddle Pool with National Team Coach - Kamini Jain, FCRCC	AC2: Albert McDonald – Year Round Specific Core Training and Testing for Dragon Boat (Active Session) Location: Champagne Ballroom	AC3: Julie Beaulieu Location: Alsace	AC/SM1: Dragon Boat Insurance 101 - Cathy Wilson, BFI Canada Location: Provence
Noon - 12:50	Lunch			
13:00 - 14:30	AC4: Alkame Paddle Pool with - Matt Robert, 22 Dragons	AC5: Maximizing Effectiveness as a Teammate and Coach - Kamini Jain Location: Champagne Ballroom	SM2: Aaron Soroka and Jon Brooman, GWN and Ottawa Tim Hortons DBF Location: Alsace	SM3: Dr. Brian Roy Brock University Location: Provence
14:30 - 14:55	Transition			
15:00 - 16:30	AC6: Alkame Paddle Pool with National Team Coach - Julie Beaulieu, Cascades	AC7: Developing Paddlers – Progressing from Rookie to the National Team Matt Smith Location: Provence	AC8: Technique, The Interplay of Health and Performance- Kamini Jain Location: Champagne Ballroom	SM4: A. Curtis Emerson , Canadian Football League Director, Events and Production Location: Alsace
	Break			
18:00 - 19:30	Registration Canadian Indoor Dragon Boat Championships			
19:30 - 22.00	Canadian Indoor Dragon Boat Championships			

SUNDAY, February 12, 2012

08:15 - 08:45	Registration			
09:00 - 10:00	• Opening Session • Andrew Reid Location: Champagne Ballroom			
10:00 - 10:25	Transition			
10:30 - Noon	AC9: Alkame Paddle Pool with National Team Coach - Jim Farintosh	AC10: Preparing to Achieve: Performing Your Best When It Counts the Most - Canadian Sport Centre Dr. Peter Papadogiannis Location: Provence	AC11: The physiology of dragon boat racing and training - a snapshot from the DBC Competitive Coaching course. Matt Robert Location: Alsace	SM5: Steve Indig, Sport Law and Strategy Group Location: Champagne Ballroom
Noon - 12:45	Lunch			
13:00 - 14:30	AC12: Alkame Paddle Pool with National Team Coach - Albert McDonald	AC13: A Coaching Buffet –Some of My Tasty Morsels Jim Farintosh Location: Provence	SM6: Steve Indig, Sport Law and Strategy Group Location: Champagne Ballroom	
14:30 - 14:55	Transition			
15:00 - 16:30	AC14: Alkame Paddle Pool with National Team Coach - Matt Smith	AC15: Active Session, Yoga for Dragon Boat Suzanne Henning Location: Champagne	AC16: Julie Beaulieu, Location: Provence	SM7: Keeping it straight, Financial Management, BMO – Shawn Cologna Location: Alsace
16:30 - 16:40	Transition			
16:40 - 17:30	Closing Address Location : Champagne Ballroom • Your 2015 World Dragon Boat Racing Championships •			