



NATIONAL DRAGON BOAT SUMMIT

The Notovel Centre

November 27-28, 2010

Toronto

SCHEDULE

(as of September 21, 2010 - Subject to changes)

Conference-at-a-Glance

MADE IN CANADA • understanding the state of the sport in our country and its relevance in the world

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

Registration for Paddle Pool is limited to Athlete Delegates. Coach Observers are welcome. All other sessions are open to all delegates.

FRIDAY, November 26, 2010

18:00 - 20:00	Registration
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SATURDAY, November 27, 2010

08:00 - 08:45	Breakfast and Registration				
	Athlete	Coach	Sport Management		
All Delegates					

9:00 - 10:00	Opening Address				
	• Olympian and Paralympian Gold Medalist Jeff Adams•				
	One Step At A Time				
10:00- 10:10	Transition				
10:15 - 11:45	A1: Apex Paddle Pool with National Team Coach - Albert McDonald, The Beasts	C1: Coaching Best Practice- Athlete Selection - Dr. Hillary Findlay, Canadian Centre for Sport and Law	SM1: Those That Thrived and Those That Died - Making your event a success - Matt Robert, 22 Dragons		
	AC1: Race Candy: The good, the bad and the misinformed - get the real scoop on steroids, naturals, and doping - Dr. M. Arnott, University of Toronto		SM2: Fundraising From The Donors Perspective - Karen Willson, VP Ketchum Canada		

11:45 - 12:40	Lunch		
12:45 - 14:15	A2: Apex Paddle Pool with National Team Coach - Matt Smith, 22 Dragons	C2: Coaching Technique - Your Critical Coaching Eye - Kamini Jain, False Creek RCC	CSM1: Risk Management for Clubs, Crews and Events - Dr. Hillary Findlay, Canadian Centre for Sport and Law
	AC2: Injury Prevention and After Care -		
	Dr. Gavin Maxwell		
14:15 - 14:25	Transition		
14:30 - 16:00	A3: Apex Paddle Pool with Matt Robert, 22 Dragons	C3: Maximizing Physiological Adaptations/Athletic Performance thru Yearly Planning - J. Beaulieu	SM3: Build Your Vibe: Ideas for marketing your event, not just dragon boating - Aaron Soroka, GWN
	AC3: National Team - Discussion Panel with Matt Smith, Kamini Jain, Albert McDonald, Gavin Maxwell		
16:00 - 16:10	Transition		
16:00 - 16:55	BCS Paddle Pool		
17:00 - 17:55	BCS Paddle Pool		
16:15 - 17:45	International Development - 20 years past and future: What's It All About? • Mike Haslam IDBF Executive President		
18:00 - 18:55	BCS Paddle Pool	Free Time	
18:30 - 20:00	DBC Town Hall - Open to All Dragon Boaters - Delegates and the General Dragon Boat Community • DBC Members and Non-Members		

SUNDAY, November 28, 2010

07:30 - 08:15	Breakfast		
08:15 - 08:25	Transition		
08:30 - 10:00	Opening Session • The 2011 Pan American Championships		
10:00 - 10:10	Transition		
10:15 - 11:45	A4: Apex Paddle Pool with National Team Coach - Jim Farintosh, Mayfair Warriors	C4: Getting the Success You Want: The effective balance of technical & physical goals-Kamini Jain	SM4: Festivals & Events – What do Sponsors Want? - Lori Willcox, President - 3 Guineas
	AC4: Dryland Training, successfully using paddle ergs and medicine balls for technical and physical preparation - Albert McDonald		SM5: Building Club Culture
	AC5: Cross Training - Dennis Lindsay		
11:45 - 12:15	Lunch		
12:30 - 14:00	C5: Apex Paddle Pool with National Team Coach - Julie Beaulieu, Cascades	AC6: So, you're interested in 'high performance'? - Dr. Stephen Norris	SM6: Before the Finish Line: Coach Hiring and Appraisal
14:00 - 14:10	Transition		
14:15 - 15:45	C6: Apex Paddle Pool with Kamini Jain	C5: A Natural Evolution : Effectively dealing with the changes & maturation of athletes - Jim Farintosh	SM7: Discussion Panel - On the Water and Off: What Makes and Event a Success with Matt Smith, and Aaron Soroka
	AC7: Fueling Performance: Nutrition and Dragon Boating - Dr. Brian Roy		
15:45 - 15:55	Transition		
16:00 - 17:00	<p>Closing Address</p> <p>• Olympic Gold Medalist Lori-Ann Muenzer• Good to Gold!</p>		

