



RCA NATIONAL CONFERENCE & AGM

Thursday, January 26th, 2012



Presented in Partnership with Row Ontario



RCA NATIONAL CONFERENCE AND AGM

Friday, January 27, 2012



Presented in Partnership with Row Ontario

TIME	STREAM ONE L2T/T2T	STREAM TWO RCA Performance Coach L2C - T2C	STREAM THREE T2C+	Club Management & Sport Development
8 - 8:30 am	REGISTRATION - 3rd Floor Foyer			
8:30 - 10:00 am	B1 - RHYTHM AND RUN - Mike Purcer/Paul Beedling (Rain Dance)	B2 - NCCP-RIGGING PRACTICAL - Siobhan McLaughlin (Salon A)	B3 - ELECTRONIC EQUIPMENT FOR RACE ANALYSIS AND TACTICS - H Campbell/V Nolte (Salon B)	B4 - RCA WEB REGISTRATION FOR CLUB ADMINISTRATORS C Miller/J Parfitt (Rainbow)
10:00 - 10:15 am	Break - 4th Floor Foyer			
10:15 - 11:45 am	B5 - COACHING EFFECTIVE ROWING TECHNIQUE on the ERGOMETER P Hawksworth/J Wetzstein (Salon A)	B6 -NCCP - ANALYZE PERFORMANCE - EFFECTIVE USE OF TECHNOLOGY - H Campbell (Rainbow)	B7 - HOW TO GET THE MOST OUT OF A STROKE? A Sliastas (Salon B)	B8 - FROM THE CLASSROOM TO THE WATER Karla Landis/Julie McCleery (Rain Dance)
11:45 - 1:00 pm	Executive Meeting - Rainbow Room			
11:45 - 1:00 pm	PRAC Meeting - Rain Dance Room			
11:45 - 1:00 pm	Lunch - Admiral Ballroom			
1:00 - 1:45 pm	B9 - BUILDING MENTAL TOUGHNESS - Kirsten Barnes (Salon B)			
1:45 - 3:15 pm	B10 - BUILDING MENTAL PERFORMANCE THROUGH THE LTAD STAGES (with Stream 3) Kirsten Barnes (Salon B)	B11 - NCCP - ANALYZE PERFORMANCE - FINDING 1.5 SECONDS Dan Bechard (Salon A)	B10 - BUILDING MENTAL PERFORMANCE THROUGH THE LTAD STAGES (with Stream 1) Kirsten Barnes (Salon B)	Choice 1 - B12 - GOVERNANCE - The"NEW" NOT FOR PROFIT ACT R Corbett (Rain Dance)
3:15 - 3:30 pm	Break - 4th Floor Foyer			
3:30 - 5:00 pm	B14 - SETTING OF THE FEET IN RIGGING Jeff Powell/Michelle Darvill (Salon A)	B15 - NCCP - BUILDING MENTAL PERFORMANCE - THE COACHES ROLE K Barnes (Rain Dance)	B16 - RCA's HIGH PERFORMANCE DEV PROGRAM - AN 18 MONTH OVERVIEW C McDiarmid/P Marshall (Salon B)	B17 - RCA WEB REGISTRATION FOR PRA ADMINISTRATORS Colleen Miller/Jen Parfitt (Rainbow)
5:00 - 7:00 pm	CURA Meeting - Windsong 4th Floor			
5:15 - 7:15 pm	BOD Meeting - Rain Dance 4th Floor			
6:30 pm onwards	Pints & Pasta at the Argonaut Rowing Club, 1225 Lake Shore Blvd W			



RCA NATIONAL CONFERENCE & AGM

Saturday, January 28, 2012



Presented in Partnership with Row Ontario



RCA ANNUAL GENERAL MEETING
Sunday, January 29th, 2012

ROWING CANADA AVIRON
2011 ANNUAL GENERAL MEETING
8:30 AM - 12:00 NOON
Salon B

EXECUTIVE COMMITTEE MEETING
12:00 NOON - 2:00 pm - Salon B

RCA Staff Meeting
2:00 - 4:00 pm - Salon B

Master Learning
Facilitator (MLF) Training
8:30am - 4:30pm
Rain Dance 4th Floor