

Theme:

Building More Bydells; Setting the Bar for the Future

FRIDAY JAN. 17, 2025

- 11am-5pm: Conference Registration Opens
10am-2:30pm: Conference and affinity group meetings
11am-7pm: History Museum Opening
6-7pm: Cocktail – Museum Panel
7pm: Under 30's Gathering

SATURDAY JAN. 18, 2025

- Breakfast: Regional gathering and networking
- 8:15am: **Opening:** Welcome from USWRF
- 8:30-9:20am: **Keynote:** How planful can we be developing excellence? *Tamar Sheppard, Lauren Doyle, Alycia Washington, and Naya Tapper*
- 9:30-10:20am: **Player & Program Health:** Designing practices to keep players healthy throughout the season. *Sylvia Braatan*
Program Development: Building a player led game amidst the American sport culture. *Hannah Stolba*
Administration: Building an effective coaching staff: short term and long-term planning for the team and the program. *Liz Kirk, Kelly Romano, Jamie Frech*
Program Development/Strategy & Tactics: What Matters at the Break Down: Seeing the breakdown through the eyes of the referee. *Amanda Cox*
- 10:30-11:20am: **Player & Program Health:** Planning for player safety: What systems and practices need to be in place for your program and how to plan to get there. *Amy Valenta*
Program Development/Coaching: From the feet up: The ultimate scrum session. *Mary Swanstrom, Kitt Wagner-Ruiz*
Administration: Club rugby: Planning for short term and long-term success. *Olivia Benzan-Daniel*
Administration: Planning and adapting: Aligning university schedules for the college rugby we deserve. *Angela Smarto*
- 11:30am-12:20pm: **Player & Program Health:** A Roundtable Conversation with a leading group of youth rugby coaches; Understanding the changing landscape of youth rugby: *Karl Barth, Kelly Romano, Rose Standifer, Andie Hammon, Shane Young, Alex McCulloch, Meg Clarke*
Managing Relationships: Leveraging your rugby background for power in the workplace: Enhancing your professional image and influencing skills. *Amy Marks, Angel Brunner*
- 12:20-1:30pm: **LUNCH**
- 1-2:30pm: **Working Lunch Option:** Working Lunch Option: Creating Your Digital Brand. *Wendy Young*
- 1:30-2:30pm: **Table Conversations: (1)** Rugby for everyone. *Timaris Montano, MICR; (2)* Why players leave and why they stay. *Hannah Stolba; (3)* Emotional contagion-it's real. *Mattison Grey; (4)* Referee development. *Amanda Cox, Dana Teagarden; (5)* Practice planning. *Sylvia Braatan; (6)* IGR: Inclusive rugby for men and women. *Veronica Alfaro; (7)* Designing purposeful activities and games to develop your team. *Martha Daines; (8)* Women in rugby broadcasting. *Wendy Young, Stacy Paetz; (9)* NCR touring sides, opportunities for players to shine. *Jamie Frech and Angela Smarto; (10)* Beyond SMART Goals: Customize your goal setting. *Vicki Hudson*

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SATURDAY, JAN. 18, 2025 (continued)

- 2:40-3:30pm:** **Program Development:** Planning and building high performance cultures/ environments. *Tamara Sheppard*
Player and Program Health: Helping players transition from youth to high school, college, club, to 'out of the game'. *Derika Legg*
Program Development/Coaching: What type of 7's do you want to play and the skills you'll need to execute it. *Kelly Griffin, Lauren Trout*
- 3:40-4:30pm:** **Program Development/Coaching:** Line out mastery. *Jamie Burke*
Program Development: Roundtable for youth coaches: Why girls leave sport and how to get them to stay. *Heather Haney, KJ Abel, Kelly Romano, Shane Young, Laura Sayabouth*
Managing Relationships: Challenging conversations: Strategies for working with difficult people. *Karen Fong Donoghue*
- 4:45-5pm:** **Pioneers & Champions Recognition and Photo**
- 6-7pm:** **Cocktail Hour**
- 7-10pm:** **Awards Dinner**
- Women's Committee Award
 - Lifetime Achievement Awards
 - Three stories from 3 decades of women's rugby
- Timaris Montano, Jenny Kronish, Karameli Fae*

SUNDAY JAN. 19, 2025

- 9-10am:** **Keynote:** Intentionally creating an emotional culture that fits your team. *Mattison Grey*
- 10:10-11am:** **Player & Program Health:** Nutrition and sleep management for optimal performance, a conversation about REDS. *Sylvia Braatan*
Managing Relationship: Modern networking: Using digital resources to build relationships. *Olivia Benzan-Daniel, Kat Aversano*
Program Development/Strategies & Tactics: Developing your player's understanding of tactical options. *Sarah Cabot*
- 11:10am-12pm:** **What do we want OUR game to look like?**
How we are taught to coach is how the game is being played; are we complicit in mediocrity or stewards of excellence?
- 12p.m.** **Closing**