



5th Annual Summit RE-IMAGINE: Artistic Swimming in BC

Friday, October 23, 2020

Time	Athletes	Coaches	Officials	Club Executives
19:00-19:15		Technical Package Review Tanya Magee (Zoom Meeting A)		
19:15-19:30				
19:30-19:45		Opening Reflections: Re-Imagining Artistic Swimming in BC Heather Archer, RaeAnne Rose, Rosilyn Tegart, Olivia Zawadiuk (Zoom Meeting A)		
19:45-20:00				
20:00-20:15		40th Anniversary Virtual Wine & Trivia Social How Much Do You Really Know About Artistic Swimming in BC? (Zoom Meeting A)		
20:15-20:30				
20:30-20:45				
20:45-21:00				
21:00-21:15				
21:15-21:30				

Saturday, October 24, 2020

Time	Athletes	Coaches	Officials	Club Executives
08:00-08:15	Wake Up & Move: Mobility Movements for Artistic Swimmers* Inga Gillyer (Zoom Meeting B)			
08:15-08:30				
08:30-08:45				
08:45-09:00				
09:00-09:15	Health Break		Virtual Judging: Land Events Lisa Balcombe (Zoom Meeting A)	EVOLVE: Managing Conflict for Success Nadia Kyba (GoTo Meeting)
09:15-09:30	Culture of Allyship Panel Andrea Carey, INclusion INcorporated with Camille Bowness, Gabe Brisson, Ashley Johnson (Zoom Meeting B)			
09:30-09:45			THE HOW: Movement Progressions Inga Gillyer (Zoom Meeting C)	
09:45-10:00	Health Break			
10:00-10:15			Duet Dynamic: Relationship Building in Sport Jacqueline Simoneau & Claudia Holzner (Zoom Meeting B)	
10:15-10:30	Plenary Session: INtro to INclusion Andrea Carey - INclusion INcorporated (Zoom Meeting A)			
10:30-10:45			Health Break	
10:45-11:00	Virtual Scavenger Hunt Launch (Zoom Meeting B)			
11:00-11:15			Health Break	
11:15-11:30	Growth Mindset & Positive Strategies for Coaches & Judges Moderator: Cari Din Panel: Claudia Holzner, Kate Kloos, Lianna Sottile & Ashley Johnson (Zoom Meeting A)			
11:30-11:45			Health Break	
11:45-12:00	Health Break			
12:00-12:15			Health Break	
12:15-12:30	Health Break			
12:30-12:45			Health Break	
12:45-13:00	Health Break			
13:00-13:15			Health Break	
13:15-13:30	Health Break			
13:30-13:45			Health Break	
13:45-14:00	Health Break			

Sunday, October 25, 2020

Time	Athletes	Coaches	Officials	Club Executives
08:00-08:15	Wake Up & Flex: Flexibility for Artistic Swimmers* Katie MacLeod (Zoom Meeting B)			
08:15-08:30				
08:30-08:45				
08:45-09:00				
09:00-09:15	Health Break		Land Event Judging Criteria Kari McKnight (Zoom Meeting A)	
09:15-09:30	Successful Team Functioning Nadia Kyba (Zoom Meeting B)			
09:30-09:45			The HOW: Flexibility for Artistic Swimmers Katie MacLeod (Zoom Meeting C)	
09:45-10:00	Health Break			
10:00-10:15			Breath Control Training for Athletes* Tyler Huston (Zoom Meeting B)	
10:15-10:30	EVOLVE: Managing Conflict for Success Nadia Kyba (Zoom Meeting A)			
10:30-10:45			Health Break	
10:45-11:00	Health Break			
11:00-11:15			Health Break	
11:15-11:30	Health Break			

* Athletes must have someone physically present in the training space.

Post-Summit Virtual Sessions

November 5, 2020				
Time	Athletes	Coaches	Officials	Club Executives
19:30-21:00		THE HOW: Breath Control Training Tyler Huston Zoom Meeting		

November 12, 2020				
Time	Athletes	Coaches	Officials	Club Executives
19:30-21:30		Inclusive Leadership Andrea Carey - INclusion INcorporated (Zoom Meeting A)		