We are connected as a COMMUNITY ▪ We strive for EXCELLENCE ▪ We offer INCLUSIVE programs ▪ We act with INTEGRITY ▪ We communicate RESPECTFULLY

Technical Conference Series 2026

What to expect

BC Artistic Swimming's Technical Conference Series returns this fall with online sessions running from October 20 to November 14, 2026. Sessions cover the new World Aquatics rules, coaching and team culture, Safe Sport, and athlete health, with something for coaches, officials, executives, parents, ALL athletes!

Registration

BCAS members register in RAMP, Non-BCAS Member please contact Breanne Law at b.law@bcartisticswimming.ca. Choose the full series for access to every session, or register for individual sessions. **Be sure to check out the full lineup, there is something for everyone!**

	Full Series	Individual Session
Cost	$115 per person	$25-40 per session (ITP Sport session is free)
Includes	Every session in the series, including any added later, live, plus recordings	The session(s) selected, live, plus their recordings

All sessions are online. **Session links will be sent the day of each session**, and recordings will be sent afterward to everyone registered for that session or the full series.

TRUE SPORT LIVES HERE

POSITIVE SPACE IN SPORT

PO Box 42526 Columbia Square PO
New Westminster BC, V3M 6L7
info@bcartisticswimming.ca
www.bcartisticswimming.ca
(604) 333-3640

Schedule

All times Pacific. Additional sessions may be added. Dates and presenters may be updated as details are confirmed.

Session	Date & Time	Presenter	Audience	Cost (individual)
Discipline & Complaint Mechanisms with ITP Sport	Tuesday, October 20, 8:00 - 9:00 pm	Samantha Heron, ITP Sport	Coaches, Officials, Executives, Parents	Free
Building Blocks: Teaching the New Transitions	Saturday, October 24, 5:15 -7:15 pm	Jenn Tregale	Coaches	$40
Injury Prevention & Physical Health for Athletes	Monday, October 26, 7:30 - 8:30 pm	Dominic Johnston	Coaches, Athletes, Parents	$25
What Drives Winning: Building Team Culture	Sunday, November 1, 5:00 - 6:00 pm	Becky Burleigh	Coaches, Officials, Parents, Athletes	$25
Coach Cards, the Difficulty Table & Technical Controller Q&A	Tuesday, November 3, 5:00 - 6:00 pm	Kara Heald	Coaches, Officials	$25
Bone Health 101: Training Smart to Prevent Osteoporosis	Monday, November 9, 7:00 - 8:00 pm	Tessa VanDerVeeken	Masters Athletes, Coaches, Officials & Parents	$25
Building Blocks Part 2	Saturday, November 14, 2:30 - 3:30 pm	Jenn Tregale	Coaches	$25

Session Descriptions

Discipline & Complaint Mechanisms with ITP Sport

Samantha Heron, ITP Sport · Tuesday, October 20, 8:00 pm · Free

Last year BCAS partnered with ITP Sport, an independent third party that handles conduct and safety concerns across our programs. This session goes a step further: what actually happens when a concern is raised? ITP Sport will walk through who they are, why an independent process matters, and each step from reporting (including anonymous options) to screening, interim measures and resolution. They'll also cover how the BCAS Discipline and Complaints Policy fits in. Whether you're a coach, official, club administrator or parent, you'll leave knowing what to do, who to contact and what to expect. Bring your questions.

Building Blocks: Teaching the New Transitions

Jenn Tregale · Saturday, October 24, 5:15 – 7:15 pm · $40

Jenn breaks down the new World Aquatics transitions and figures and how to introduce them progressively across levels, with technique options and cueing to help coaches teach the new skills with confidence this season.

Injury Prevention & Physical Health for Athletes

Dominic Johnston· Monday, October 26, 7:30 – 8:30 pm · $25

Dominic Johnston, a former gymnast, and now Head Athletic Therapist for the MacEwan Griffins Men's Volleyball team, will walk coaches, athletes, and families through the basics of injury prevention and physical health for artistic swimmers. With overuse injuries in the shoulders and lower back being so common in our sport, this session will help coaches and parents feel more confident identifying warning signs, knowing when and where to seek help, and taking a proactive approach to keeping athletes healthy and in the water.

What Drives Winning: Building Team Culture

Becky Burleigh · Sunday, November 1, 5:00-6:00 pm · $25

Becky Burleigh is the co-founder of What Drives Winning and the former head coach of University of Florida women's soccer. Over 26 seasons she led the Gators to the 1998 NCAA national championship and more than 500 wins. She now helps coaches and teams build winning cultures through leadership and character development.

In this session, Becky shares practical tools for building a strong team culture: setting clear standards, developing character alongside skill, and helping athletes and coaches align on what matters most. Coaches will leave with simple strategies they can bring straight back to their club.

Coach Cards, the Difficulty Table & Technical Controller Q&A

Kara Heald · Tuesday, November 3, 5:00-6:00 pm · $25

International Technical Controller Kara Heald walks coaches through the ins and outs of the Coach Card and the Difficulty Table, including what's changed under the new World Aquatics rules. She'll share an inside look at how Technical Controllers review routines, followed by an open Q&A to get your questions answered before the season gets underway.

Bone Health 101: Training Smart to Prevent Osteoporosis

Tessa VanDerVeeken · Monday, November 9, 7:00-8:00 pm · $25

Bone health matters at every stage of life. Tessa VanDerVeeken explains what osteoporosis is, who's at risk, and how training, nutrition and daily habits can protect bone strength over time. The session is geared toward Masters athletes, with practical takeaways for coaches, parents and athletes of all ages.

Building Blocks Part 2

Jenn Tregale · Saturday, November 14, 2:30-3:30 pm · $25

Held right after the figures and elements event at Training Meet #1, this session gives coaches a chance to follow up on the October 24 session and Training Meet Figure/Elements Practice Competition to bring their questions straight to Jenn.