



# Canada




## WCL Coaches Conference “FROM MATS TO MEDALS”

November 30<sup>th</sup> – December 2<sup>nd</sup>, 2018

### SYMPOSIUM INFORMATION

Wrestling Canada Lutte is proud to invite our coaches and community to the inaugural 2018 WCL Coaches Conference ‘From Mats to Medals’. Focused on creating a culture of excellence from development to the international stage, this conference will feature our community’s experts introducing the WCL Gold Medal Profile as well as sharing best practices on club development. Kicked off by international keynote speaker and high performance consultant Gary Keegan, this conference combines topical education sessions and networking opportunities. Wrestling Canada Lutte looks forward to welcoming you to this exciting event.

<b>HOST</b>	<b>WRESTLING CANADA LUTTE</b>
<b>VENUE</b>	HOUSE OF SPORT – RA CENTRE 2451 Riverside Dr., Ottawa ON, K1H 7X7
<b>REGISTRATION</b>	The early bird registration deadline is October 29th, 2018 at 4pm ET.  To register go to <a href="https://www.trackie.com/online-registration/register/wcl-club-excellence-coach-symposium/27915/">https://www.trackie.com/online-registration/register/wcl-club-excellence-coach-symposium/27915/</a>  <b>* Participation will receive 5 PD points towards maintenance of their coach certification.</b>
<b>COST</b>	For WCL members in good standing - \$175.00 Non-WCL members without hotel - \$175.00 Non- WCL members with hotel - \$350.00  Payable by online through the registration process. Cheques are also accepted but must be received by October 29th, 2018.  Included in the cost: <ul style="list-style-type: none"><li>• 2 nights of hotel double occupancy</li><li>• Breakfast buffet included with the hotel</li><li>• Friday appetizers</li><li>• Saturday &amp; Sunday lunch</li><li>• Saturday appetizers pre-dinner social at Craft Beer Market</li><li>• Shuttle service between hotel and venue Friday night to Sunday at 2pm</li><li>• Shuttle to the airport on Sunday</li></ul>

	<ul style="list-style-type: none"> <li>• Participant gift</li> </ul> <p>*** Coach looking for <b>single occupancy</b> hotel rooms will be charged a symposium fee of <b>\$350</b>. Note single rooms are limited.</p>
<p><b>HOTELS</b></p>	<p>HOST HOTEL Courtyard Marriott – Ottawa East 200 Coventry Road, Ottawa ON, K1K 4S3</p> <p>1-613-741-9862</p> <p>A room will be booked for every symposium participant. Rooms are double occupancy. If you would like to share with another participant, please send <a href="mailto:apage@wrestling.ca">apage@wrestling.ca</a> an e-mail with both participant names.</p> <p>*Those wishing to for <b>single occupancy</b> will be booked accordingly but will be charged <b>\$350</b> for the conference.</p>
<p><b>TRANSPORTATION</b></p>	<p>Participants are on their own for transportation to and from Ottawa.</p> <p>A shuttle will be organized for participants.</p> <ul style="list-style-type: none"> <li>• Shuttle service between hotel and venue Friday night to Sunday at 2pm</li> <li>• Shuttle to <b>the airport on Sunday for those that sign up.</b></li> </ul> <p><b>The host hotel is connected to the train station by a covered walk bridge for those that would like to take the train into Ottawa.</b></p>
 <p><b>GARY KEEGAN</b></p>	<p>For over fifteen years, Gary has been at the forefront of transformational change in the area of high performance. As High Performance Director for Irish Boxing, along with his support team comprising of boxers, coaches, sports science and medicine experts, he curated a world-class environment and culture which delivered a talent pipeline from youth through to senior levels resulting in 29 World level Medals between 2003 and 2008. This achievement notably produced Athens Olympian and European Medalist Andy Lee, the 3 Olympic Medalists in Beijing, Kenneth Egan, Darren Sutherland and Paddy Barnes, and the World's pound for pound best female amateur boxer, Olympic Champion, Multiple World and European Gold medalists Katie Taylor. Gary has also worked as Director of the Sport Irish Institute, High performance Consultant to the Irish Rugby Football Union, and is currently the CEO if Uppercut, a High Performance Consultancy Group working with sports, businesses and universities.</p>



**ERIN SARGENT**

Erin joined CSI Calgary in 2014 as an Exercise Physiologist. During this time, she supported national team athletes through monitoring, testing and physiological interventions in both training and competition. She began working with athletes on National Wrestling Team from Calgary in 2015. She is now the Lead Physiologist for Wrestling Canada Lutte. Erin also works with the National Para Hockey team as their Sport Science Lead. She has worked to establish an athlete intake process, physiological testing protocols & CV training programs, a monitoring program, performance standards, and collaborates on the YTP development with both teams. Recently, she became the Anthropometry Lead for CSI Calgary.

Prior to joining CSI Calgary, Erin was a Professor and Program Coordinator at Niagara College for 10 years within the Fitness and Health Promotion Program and the Exercise Science Graduate Certificate.



**KELLY DRAGER**

Kelly Drager is a Performance Dietitian at the Canadian Sport Institute Calgary. She has been the Lead Performance Dietitian for Wrestling Canada Lutte since 2013. Throughout her time with Wrestling Canada Lutte, Kelly has traveled to National and International Wrestling tournaments collecting data and creating tools and resources specific to our National athletes. She attended the 2016 Rio Olympics as support staff for Wrestling Canada. Kelly also is the Lead Dietitian for Skate Canada, Alpine Canada, Cross Country Skiing, Biathlon, and Para-Nordic. She has a Bachelor of Physical Education; Exercise Physiology from the University of Calgary and a Bachelor of Science in Food and Nutrition at the University of Alberta. Her MSc in Exercise Physiology at the University of Alberta explored the Female Athlete Triad comparing energy availability of female athletes and non-athletes. Kelly's other passion is rock climbing, where she is constantly seeking ways to push her own physical and mental limits to exceed at the sport.



**DAVID LOPEZ**

David López has over 25 years of coaching and analytics experience. He has served as wrestling coach at the National Autonomous University of Mexico, Aguascalientes State and Nuevo León State. López has also worked as the Coaches Educator for Mexican Sports Commission since 1999. David was the Training, Education and Analytics manager as well as a Development Officer with United World Wrestling from 2014 to 2017. He is a respected international authority in performance analysis and research and has presented internationally at diverse conferences and symposiums. David holds a masters in Sport Science and Coaching as well as a Bachelor of Coaching Development with a focus on Psychopedagogy. David also has certification in several international coaching and sport science certifications. David is a well-respected researcher and has published in many international sport science journals



**TONYA VERBEEK**

A three-time Olympian and a three-time freestyle wrestling 55 kg medallist, Tonya Verbeek is officially the most decorated Canadian wrestler of all-time. Verbeek captured her third medal in London, narrowly missing out on gold. Verbeek earned a berth on the London team after placing second at the 2011 World Championships in the 55kg division. Born in Grimsby, Ontario, the legendary Canadian wrestler captured an Olympic silver medal in the 55kg weight class in Athens in 2004 and followed that up with a bronze medal in the same weight class at the Beijing 2008 Games. Her second-place finish in 2004 made her Canada's first-ever Olympic medallist in women's wrestling. In 2011, Verbeek won silver at the Pan American Games in Guadalajara to add to the bronze medal that she won in 2007 in Rio de Janeiro. Verbeek also holds two bronze medals from the World Championships in 2005 and 2009 and a 2010 Commonwealth Games silver.

Tonya has a master's in Education and is an ACD certified coach. As Wrestling Canada Lutte's International Coach, Tonya leads our senior national team and programming to international performances. Tonya was Wrestling Canada Lutte's Talent Identification coach from 2013-2017.



**LÚCÁS Ó'CEALLACHÁIN**

A former rugby international with Kazakhstan, Lúcas successfully transitioned from his career on the field to sports management off it. In rugby he oversaw a world rankings increase from 57 to 27 for the Kazakhstan men's program, multiple Asian championships in 7s and 15s for women's and qualification for the Rugby World Cup. His experience in Central Asia saw him lead the development of rugby in the region for the Asian Rugby Football Union before working with the Irish Rugby Football Union and Leinster Rugby in his native Ireland.

In handball he brought the Irish program from 50th in Europe to 40th in 18 months using talent transfer programs and building a high performance unit. He was recruited to United World Wrestling as Development Director following the sports successful bid to remain on the Olympic program in 2013 and tasked with building the global development program from scratch. Before leaving for the Commonwealth Games in 2017, he had overseen the creation of a global workforce, coach education system, global training centres and 114 athlete scholarships with 50% qualified for the Olympic Games in Rio 2016 – the highest of any international sport federation.

Upon successful delivery of the Commonwealth Games 2018, Lúcas made the move from Australia to lead the High Performance program of Wrestling Canada Lutte. Lúcas holds an MSc in Sport and Exercise Management, diplomas in Sports Law, Sports Psychology, Sports Journalism and Athlete Performance Pathways and multiple qualifications in Strength and Conditioning and Coaching. He speaks Irish, English, French and Russian.



GRANT LAVALEE

Grant Lavalée represented Canada at the 1974 Commonwealth Games. He graduated with Hon Bachelor of Physical Health Education and B.Ed. In 1986, Grant founded the Renfrew Amateur Wrestling Club (Vipers), whose youth team has captured Eastern Ontario team championship for the past 23 years.

He has served as OAWA Eastern Ontario Director and chair of OAWA Youth Committee, and been awarded Community Citizen of the Year. He is also on his community Sports Wall of Fame as a Builder and Athlete.

Grant's club philosophy is anyone can wrestle, regardless finances or cuts.

## SCHEDULE

### FRIDAY – HOUSE OF SPORT

November 30<sup>th</sup>, 2018

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November 30<sup>th</sup>, 2018

### SATURDAY – COURTYARD MARRIOTT

December 1<sup>st</sup>, 2018

6 :30 – 7 :00 PM

Cocktails in the Stadium – 2<sup>nd</sup> floor

7 :00 – 7:15 PM

Lúcás Ó'Ceallacháin - Welcome

7:15 – 8 :00 PM

Keynote speaker – Gary Keegan

8 :00 PM

Alex Davidson - OTP  
Lúcás Ó'Ceallacháin – Weekend Overview

9 :00 PM

Bus to the hotel

8 :45 – 9 :00 AM

Bus to the House of Sport

9 :30 – 10 :00 AM

Tonya Verbeek & Lúcás Ó'Ceallacháin - Gold Medal Profile – Overview

- Expectations
- Hopes
- Fears

10 :15 – 11 :15 AM

Erin Sargent & Kelly Drager – Athlete Pathway

11 :15 – 11 :30 AM

Break –

11 :30AM – 12 :30PM

David Lopez – Performance Analysis

12 :30 – 1 :30 PM

Lunch – RA Café (included)

### SATURDAY – HOUSE OF SPORT

December 1<sup>st</sup>, 2018

<b>SATURDAY – CRAFT BEER MARKET</b> December 1 <sup>st</sup> , 2018	1 :30 – 2 :00 PM	Andrew Pagé - Coach Pathway
	2 :00 – 3 :00 PM	David Lopez – Incorporation of analysis into the daily training plan
	3 :00 – 3 :15 PM	Break
	3 :15 – 4 :30 PM	Julie Beaulieu - Yearly Training Plan (YTP)
	4 :30 PM	Wrap Up
	5 :00 PM	Bus to hotel
	6 :00 PM	Bus to Dinner and Social Craft Beer Market
<b>SUNDAY – HOUSE OF SPORT</b> December 2 <sup>nd</sup> , 2018	9 :00 – 9 :15 AM	Bus to the House of Sport
	9 :30 – 10 :15 AM	Group Panel - Club Development Models
	10 :15 – 10 :30 AM	Break
	10 :30 – 12 :00 PM	Group Sessions <ul style="list-style-type: none"> <li>- Community Involvement</li> <li>- Self Sustainability</li> <li>- Volunteer Recruitment</li> <li>- Coach Development</li> </ul>
	12 :00 – 1 :00 PM	- Lunch – Little Italy Buffet (included)
	1 :00 – 2 :00 PM	Andrew Pagé - Club Excellence Funding Model
	2 :00 PM	Lúcas Ó'Ceallacháin - Wrap up

### CONTACT INFORMATION

**WRESTLING CANADA**  
**LUTTE**

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