2014 We Coach U:
A Women Coaches Symposium

What: A symposium by women and for women sport coaches of all levels. The symposium will be held in conjunction with and in celebration of National Girls and Women in Sport Day on the University of Minnesota campus.

Purpose of symposium:
- To provide high quality educational programming
- To provide an avenue for networking and support for women in the coaching profession
- To build community among female coaches
- To increase and retain women in the coaching profession
- To launch a local/regional Alliance of Women Coaches Loop Group

When: Friday, February 7, 2014, 8:00am-3:00pm
Where: University of Minnesota, TCF Bank Stadium Club Room—courtesy of Gopher Athletics
Who: Women coaches of any sport at any level, and for girls and women who aspire to coach
Cost: $50 non-students, $25 for students. Profits will fund research and future programming that will benefit women coaches. All registered coaches will receive a complimentary ticket to the “women in coaching” themed Tucker Center Film Festival being held the night before on February 6th (see details below).

How: To register and see the exciting program featuring a star studded line up, scroll down or visit our website www.TuckerCenter.org > Events Tab > 2014 Women Coaches Symposium

Working Program Draft
[subject to change]

Thursday, February 6
DQ Room, TCF Bank Stadium
7:00-9:00pm 4th annual Tucker Center Film Festival featuring three films about women coaches.

ESPN and espnW, as part of the Nine for IX series, have granted us permission to show Pat XO and Coach—two amazing films about legendary women’s basketball coaches Pat...
Summitt and Vivian Stringer. A trailer of From the Rough, a film about the first female to coach a collegiate men’s golf team, and a short film from the Alliance of Women Coaches titled “Why Women Coaches Matter” will also be shown.

Friday, February 7
Club Room, TCF Bank Stadium

7:15-8:00am  Check In & Registration: Coffee/tea and light breakfast served
  • Screening of Media Coverage & Female Athletes documentary during registration

8:00-8:15am  Introduction and Welcome
  Beth Goetz, Senior Associate Athletics Director/SWA, University of Minnesota
  Nicole M. LaVoi, Ph.D., Associate Director, Tucker Center, University of Minnesota

8:15-8:45am  Networking Activity
  Celia Slater, Executive Director, Alliance of Women Coaches

8:45-9:10am  Bigger Picture of Being a Champion
  Celia Slater

9:10-9:25am  Why Women Coaches Matter!
  Nicole M. LaVoi, Ph.D.

9:25-9:45  What Coaches Need to Know About Title IX
  Rayla Allison, J.D., School of Kinesiology, University of Minnesota

9:45-11:00am  SPORT SCIENCE PANEL: What Coaches Should Know About Female Athletes
  In this panel, leading experts in their respective fields will share cutting-edge sport science evidence about female athletes that every coach of female athletes should know.
  • Mental Training: Cindra Kamphoff, Ph.D., Director of the Center for Sport and Performance Psychology, University of Minnesota-Mankato
  • Sport Nutrition: Carrie Peterson, Program Director of Food Science and Nutrition, University of Minnesota
  • Psychology of Injury: Diane Wiese-Bjornstal, Ph.D., Director of the Sports Medicine Science Lab, Associate Professor, School of Kinesiology, University of Minnesota
  • Strength & Conditioning: Mia Erickson, Human Performance Center, Mayo Clinic

11:00-11:05am  Break

11:05-12:05pm  COACH PANEL: Developing the Female Athlete as Warrior
  In this panel coaches and researchers will explore and discuss challenges and strategies related to how to develop female athletes as mentally tough, confident, resilient, non-conflict avoidant, competitive leaders both on and off the court.
  • Laura Bush, Associate Head Coach, Gopher Volleyball, University of Minnesota
  • Faith Johnson Patterson, Head Coach, Girls’ Basketball, DeLaSalle High School
  • Kari Ornes, Coaching Director, Prior Lake Soccer Club
  • Vicki Schull, Doctoral Candidate in Kinesiology, University of Minnesota
12:05-1:15pm  **Lunch, Keynote Speaker**  
*Cheryl Reeve,* Head Coach of the two-time WNBA Champions Minnesota Lynx

1:15-2:30pm  **COACH PANEL: “Great Women! Big Ideas!”**  
*In this panel coaches from across all sports and levels of competition will share their thoughts, experiences and insights about the coaching profession. You won’t want to miss this amazing group of women!*

- *Pam Borton,* Head Women’s Basketball Coach, University of Minnesota
- *Terry Ganley,* Head Women’s Swim Coach, University of Minnesota
- *Sarah Hopkins,* Head Coach Women's Cross Country/Track & Field, University of Minnesota
- *Stefanie Golan,* Head Soccer Coach, University of Minnesota
- *Laura Halldorson,* former Head Women’s Hockey Coach, University of Minnesota

2:30-3:00pm  **Closing Remarks & Wrap Up Activity**

To register visit our website  [www.TuckerCenter.org](http://www.TuckerCenter.org)