2020 ULTIMATE CANADA CONFERENCE
PRESENTED BY VC ULTIMATE

SESSION SCHEDULE

Friday, November 13	
8 pm – 9 pm Eastern	Meet and Greet

Saturday, November 14		
	Administrative Stream	**Athlete Stream**
11:00 am – 12:00 pm	Equity, Diversity and Inclusion Panel: Small Steps for Big Change	
12:15 pm – 1:15 pm	League Forum	U24 Coaching Panel: Alison Fisher, Carla Difilippo, Jon Hayduk, Alex Davis
1:15-1:45	Nutrition Break	
1:45 pm – 2:45 pm	League Forum Continued	Preparing the Athlete's Mind to Return to Competition: Garry Watanabe
3:00 pm – 4:00 pm	Recruitment and Retention During and After a Pandemic: Dani Proby and Ari Nitikman (Elevate Ultimate)	Self-Assessing Throwing Mechanics: Joshua "Rook" Shephard (CUT Camps)
Sunday, November 15		
	Administrative Stream	
11:00 am-12:00 pm	Pandemic Policies in Sport: Steven Indig	
12:15 pm-1:15 pm	The Financial Future: Debi Peverill	
1:15 pm - 1:45 pm	Nutrition Break	
1:45 pm - 2:45 pm	Return to Play Panel: Terri Whitehead (Calgary), Christian D'Auteuil (Montreal), Guillaume Proulx-Goulet (FQU)	
2:45 pm - 3:00 pm	Closing	