2020 ULTIMATE CANADA CONFERENCE
PRESENTED BY VC ULTIMATE

SESSION DESCRIPTIONS

Athlete Stream

Equity, Diversity and Inclusion: Small Steps for Big Change

Equity, Diversity and Inclusion is an important initiative in the sport community, but many of us do not know where to begin. Join us, our EDI Committee, and other delegates to listen and discuss small steps that have been taken towards this important initiative and how those small steps can lead to big change.

U24 Coaching Panel

Join our 2019 U24 coaches in this interactive question and answer session to ask them about coaching, athlete expectations and tips for tryouts. Coaches from all three teams will be present to field your questions and share their experience on the World stage.

Preparing the Athlete's Mind to Return to Competition

Return to play has primarily focused on safety measures needed to offer programming, but what about the mental health of athletes'? After a long period away from competitive play and the mental strain of living through a pandemic, how do athletes train their fears, concerns and mental fatigue to be ready to hit the field when the time comes to return to competition. Sport Psychologist, Garry Watanabe will address training our brains to be ready to cleat up!

Self-Assessing Throwing Mechanics: Presented by CUT Camps

With the absence of team practices, the responsibility of skill development rests solely on the athlete. Running, weight training and conditioning are aspects of training that athletes can easily modify to keep their training up, but how do you develop your throwing techniques on

your own? CUT Camps co-owner, Joshua "Rook" Shepherd will take you through how you can self-assess your throwing and work on this crucial skill on your own.

Administration Stream

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Recruitment and Retention During and After a Pandemic

Our new normal has been challenging for organizations to adapt how they recruit and retain players to ensure they have the ability to survive the pandemic. Adjusting your recruiting strategies and the programs you deliver to fit into the new reality will be essential to your success. Join Elevate Ultimate to learn how their programming and recruitment during the summer of 2020 has evolved and learn from their experiences running sport programming during a difficult time.

2020 UCC
NOV. 14-15, 2020

Pandemic Policies in Sport

The Sport Law & Strategy Group has been working in high gear since the onset of the pandemic to help sport associations adjust their policies to adapt to the reality of living in a pandemic. Join Steven Indig, Partner at SLSG, where he will present on how the pandemic has changed the world of sport policies.

The Financial Future

There is no doubt that the cancellation or modification of sport is having a significant impact on the finances of grassroots organizations, P/TSOs and NSOs in 2020. What does the financial future of sport look like? How long do we think the recovery of sport will take? Join Debi Peverill, Chartered Accountant and expert on Board Governance to discuss what the financial future may look like.

Return to Play Panel: Presented by BE Ultimate

The regulations around return to play are continuously changing and vary greatly across the country. Our panel of sport administrators will share their experience with returning to play within their organizations including adapting rules of the game, creating successful cohorts, dealing with a COVID positive case in league play, and the impacts of starting and stopping play mid-season.