

Conference 2009

The purpose of this conference is to bring together young women, female coaches, university students, university athletes and leaders in sport and physical activity for the purpose of enhancing the knowledge, attitudes and beliefs of young women regarding the role that sport and physical activity can play in their lives.

The conference will address some of the barriers that limit participation in physical activity and sport and encourage all participants to pursue an active and ongoing involvement in sport and physical activity.

In addition, the development of leadership skills to facilitate the involvement of young women in sport and physical activity will be a focus of this conference.



Stay In the Game

Women In Sport Conference 2009

May 8th and 9th
Regina, Saskatchewan
University of Regina



Presented by the
Saskatchewan High Schools
Athletic Association in
Partnership with the University
of Regina



Conference Highlights

Conference events and activities include:

- Friday evening banquet
- Special guest speakers
- Teambuilding activities with Cougar athletes
- Physical activity sessions
- Interactive student leadership workshop that covers the range of leadership skills and attributes that will assist young leaders to take on roles as planners and decision makers during their school years and beyond
- Breakout session for coaches that will address coaching realities, leadership and mentorship

Get In the Game!



Registration Information

The cost of registration for the conference is \$50.00 per participant. This fee will cover the registrant's meals, accommodations, and conference t-shirt. Please make cheques payable to: Saskatchewan High Schools Athletic Association.

The conference is for girls in grades 9 - 11. Students registering for the conference must be accompanied by a teacher chaperone.

Conference registration is scheduled for 5:00 p.m. on Friday. A complete conference schedule will be forwarded to each participant prior to the conference date.

All events and activities will take place on the University of Regina campus. Conference participants will be housed in the Luther College Residences.

Registration Form

Registration Fee: \$50.00.
Please register before April 27th

Name

Address

Email Address

School

Grade

Teacher Chaperone

Medical Condition

Athletes & Coaches Skills Sessions

(Please select one from the first column and two from the second column)

Basketball

Hip Hop

Soccer

Spin

Track & Field

Pilates

Volleyball

(2 - ½ hour sessions)

T-Shirt Size: Small Medium Large X-Large

Please return registration form and payment to:

SHSAA
#1- 575 Park Street
Regina SK
S4N 5B2

Tel: (306)721-2151
Fax: (306) 721- 2659
E- Mail shsaa@shsaa.ca