



**WOMEN IN SPORT CONFERENCE  
AGENDA  
MAY 14 & 15, 2010**



**FRIDAY MAY 14**

5:00PM	REGISTRATION
6:00PM	BANQUET
7:30 – 9:30PM	ATHLETES – Gym Blast COACHES – Developing a Coaches Plan
9:30 – 10:00PM	Wrap up of the day and preview for Saturday

**SATURDAY MAY 15**

7:30 – 8:30AM	BREAKFAST
9:00 – 11:30AM	ATHLETES – Youth Leadership Session COACHES – CAAWS Work-Life Balance
12:00 – 1:00PM	LUNCH (check out of dorm rooms)
1:00 – 2:30PM	ATHLETES & COACHES – Skills Session - Basketball - Soccer - Track & Field - Volleyball
2:30 – 2:45PM	NUTRITION / WATER BREAK
2:45 – 3:45PM	ATHLETES & COACHES – Activity Sessions - Hip Hop - Spin - Pilates (choose 2 of the 3 sessions – each session 30 min.)
4:00PM	CONFERENCE WRAP UP