



OFF-ICE ACTIVITIES, CLINICS & WORKSHOP SCHEDULE

As at October 31st, 2011

Workshops, Clinics & Special Events Schedule - Saturday, November 19th, 2011

Burnaby 8 Rinks Special Activities 6501 Sprott Street, Burnaby							
	Banquet (75 classroom)	Multi-purpose (30)	Public Skating Room (20)	Soccer field A (80)	Soccer field B (80)	Upstairs Common	
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM	Fuelling for Peak Performance			Full-Pop Footwork			
9:30 AM	Cristina Sutter			Syl Corbett			
9:45 AM	9:15 a.m. - 10:00 a.m.			9:00 - 9:45 a.m.			
10:00 AM							
10:15 AM					Dynamic Warm Up		
10:30 AM	Practical Nutrition...				Kelsey Andries		
10:45 AM	Cristina Sutter				10:00 - 10:45 a.m.		
11:00 AM	10:30 a.m. - 11:15 a.m.						
11:15 AM							
11:30 AM		Concussions & Female		Incredible Core			
11:45 AM		Athletes Documentary		Syl Corbett			
12:00 PM	Parents as Coaches			11:15 a.m. - 12:00 p.m.			
12:15 PM	Tom & Marilyn Vickenheiser						
12:30 PM	12:00 - 12:45 p.m.				Stag Low & Go		
12:45 PM					Kelsey Andries		
1:00 PM					12:30 p.m. - 1:15 p.m.		
1:15 PM	Parents as Coaches						
1:30 PM	Tom & Marilyn Vickenheiser						
1:45 PM	1:15 p.m. - 2:00 p.m.						
2:00 PM							
2:15 PM		Concussions & Female					
2:30 PM		Athletes Documentary					
2:45 PM		Screening					
3:00 PM		2:15 - 3:15 p.m.					
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							

Silent Auction - Proceeds to KidSport & Right to Play

Merchandise Sales - Limited edition merchandise: From books to pj pants and photos from the weekend. Portion of all proceeds to KidSport and Right to Play.

****Please note: ALL off-ice sessions REQUIRE REGISTRATION, unless otherwise noted.**

Thursday, November 17th

Opening Festival & Social!

Hayley Wickenheiser will open the weekend in good company - you! Come meet and greet your peers in this informal social and opening reception. Hayley will kick-off the special events of the weekend with her own inspiring story. Camaraderie and networking are the real highlights of the evening which will be accompanied by live entertainment and plenty of on-site activities and fun such as a photo booth, caricature portraits, floorball demonstrations, dance performances, etc.

Light appetizers and soft drinks are complimentary.

Time:

6:00 - 8:00 p.m.

Location: Executive Plaza Inn, Coquitlam Ballroom (405 North Road, Coquitlam)

Suggested Audience: Everyone

Maximum Attendees: 500

Friday, November 18th

Full-Pop Footwork

Learn some new footwork drills that will have you skating circles around anyone. Reaction time, speed and agility can improve with consistent footwork practice. Chasing down pucks and dodging defenders is all about moving your feet. Join in on the action. Who said hockey dryland training can't be fun? Also a great warm-up for your games on Friday morning!

Times:

Session #1 - 8:15 – 9:00 a.m.

Session #2 - 1:15 – 2:00 p.m.

Location: Canlan Burnaby 8 Rinks: Soccer Field

Suggested Audience: Players & coaches

Maximum Attendees: 60

Presenter: **Syl Corbett**, MSc., PES, CES

She has over 16 years of racing experience in triathlon, extreme racing, snowshoe, mountain running and marathoning. An accomplished professional endurance triathlete, Syl has competed on numerous teams, such as Canada's National Mountain Running Team,

National Elite Triathlon and Duathlon Teams, Nike ACG/ Atlas Snowshoe Team, Team Salomon USA, Balance Bar USA, Gomes Team-European Triathlon League/Hall, Germany and Florida-based Team Running Wild. Recently, Syl recently competed for Canada at the Commonwealth Championships in Mountain Running. In addition to her professional racing career, Syl has been coaching various sports for over 15 years including running seminars, gait analyses and conditioning camps.

The Power of Sport!

Examining the true power of sport and its relationship to overall well-being and activity for young women.

Times:

9:00 – 9:45 a.m.

Location: Canlan Burnaby 8 Rinks: Banquet Room (upstairs above rinks 5&6)

Suggested Audience: Players, parents, coaches

Maximum Attendees: 75

Presenter: **Kelly Murumets**, President & CEO, ParticipACTION

Kelly is the President and CEO of ParticipACTION, the national voice of physical activity and sport participation in Canada. ParticipACTION has been an iconic Canadian brand since 1971 and was relaunched under Kelly's dynamic leadership in 2007.

Kelly was named to the 2007 and 2009 Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) Most Influential Women in Sport and Physical Activity list, named an Amazing Advocate on *More Magazine's* Top 40 over 40 list for 2009, and recently named to Canada's Most Powerful Women: Top 100.

Kelly brings her passion for sport and physical activity to her personal pursuits. She enjoys skiing and scuba diving and has summited Mount Kilimanjaro and Mount Rainier.

Stay low and go!

This interactive session will teach you how to develop positional strength and explosive power for hockey off ice. You'll leave this session with your own program to ensure you are maximizing your power all year.

Time: 9:30 – 10:15 a.m.

Location: Canlan Burnaby 8 Rinks: Soccer Field

Suggested Audience: Players

Maximum Attendees: 50

Presenter: Kelsey Andries, BKin (Hons), CSCS, Master Ki-Hara Trainer and Instructor

Kelsey Andries is a Calgary-based Strength and Conditioning Specialist, Personal Trainer and Ki-Hara Resistance Stretching Practitioner. She completed a Bachelors of Kinesiology Degree (Honors) in 2006 from the University of Calgary. While at the University of Calgary she competed on the Dinos Field Hockey and Women's Wrestling teams. After graduation she joined the Olympic Oval/Canadian Sport Center-Calgary team as an Assistant Strength and Conditioning Coach. There she worked with the Oval X-treme Women's Ice Hockey Program, the National Cycling Centers Downhill Mountain Bike team and Hockey Canada. She also worked with the Chinese National Women's Ice Hockey team, Dinos Women's Soccer, Dinos Women's Hockey and Dinos Men's and Women's Wrestling.

She now co-owns is Stenia Health and High Performance, a private training facility in Calgary that specializes in holistic one-on-one training. She continues to work with athletes of all abilities, from grassroots to Olympians, as well as her fantastic private clients.

Coaching for the New Generation

This session examines the ins, outs and tricks of the trade to coaching this new generation of young athletes, who have different expectations, limitations and aspirations than we've ever seen before. How has technology and our current way of life transformed the way we coach kids to achieve peak performance both on and off the ice?

Times:

10:15 – 11:00 a.m.

Location: Canlan Burnaby 8 Rinks: Banquet Room (upstairs above rinks 5&6)

Suggested Audience: Coaches & Parents

Maximum Attendees: 75

Presenter: Melody Davidson, Head Scout National Women's Team

Mel Davidson served as Head Coach of Canada's gold medal National Women's Team at the Vancouver 2010 Olympics and was most recently named the Canadian National Team Head Scout.

Long before coaching the women to gold in Vancouver, Mel's accomplishments were many, as are her years committed to the game of female hockey.

Named head coach of Canada's National Women's Team through the end of the 2009-10 season on July 16, 2008, Mel has worked with the National Women's Team in various coaching capacities during a total of four Olympic pursuits.

As Canada's head coach, Mel guided Canada's National Women's Team to gold medal victories at the 2007 IIHF World Women's Championship in Winnipeg, Man., 2006 Olympic Winter Games in Turin, Italy, 2005 Torino Ice Pre-Olympic Tournament, 2005 4 Nations Cup in Hämeenlinna, Finland, 2004 4 Nations Cup in Lake Placid, N.Y. and a silver medal at the 2005 IIHF World Women's Championship in Linköping, Sweden - to name a few.

She is a three-time winner of Petro-Canada's Coaching Excellence Award and was inducted into the Canadian Olympic Hall of Fame in 2010.

Incredible Core

Whether it's protecting the puck or shooting rockets at a goalie, a strong core is the center of it all. Forget doing mindless crunches at the gym (those are for sissies!), this interactive session will introduce you to some new and challenging core exercises specifically useful for hockey. Beyond injury prevention, core training can maximize your athleticism and allow you to unleash all your power on the competition.

Time: 11:15 a.m. – 12:00 p.m.

Location: Canlan Burnaby 8 Rinks: Soccer Field

Open to: Players, parents, coaches

Maximum Attendees: 60

Presenter: **Syl Corbett**, MSc., PES, CES

(See bio above)

On-Ice Demonstration with- Hayley Wickenheiser, Bobbi-Jo Slusar + Mason Raymond

(Registration NOT required)

Hayley, Bobbi-Jo and some special guests will be on the ice showing some quick skills and drills (and some insider's tips and tricks) in this fun session. This will be an interactive session, as we will be in the audience asking you what you want to see and they will demonstrate it right then and there.

Time: 10:45 a.m. – 11:30 a.m.

Location: Canlan Burnaby 8 Rinks: Banquet Room – Rink #1

Suggested Audience: Players, parents, coaches

Maximum Attendees: Based on viewing capacity

The Pursuit of Hockey After the Minors

Ever wondered what it takes to make it to the National Team? Well, this session will provide some insight into the pathway the National Women's Team program including expectations, benefits, what we are looking for and the requirements, all with an insider's point of view.

Time: 1:15p.m. – 2:00 p.m.

Location: Canlan Burnaby 8 Rinks: Multi-Purpose Room (near figure skating ice)

Open to: Players, parents, coaches

Maximum Attendees: 30

Presenter: Kalli Quinn, Director, Female National Teams, Hockey Canada

Kalli has been director of female national teams since September 2010 and is responsible for overseeing all aspects of female high performance programs, including the National Women's Team, National Women's Under-22 Team and National Women's Under-18 Team.

Previous to her appointment to the National Women's Team program, Kalli served in several capacities at several hockey organizations including the Vancouver Canucks, the 2010 IIHF World Junior Championships, 2006 IIHF World Junior Championship in Vancouver, B.C., which raised \$9 million for amateur hockey in Canada and WHL's Vancouver Giants from April 2006 to July 2007 leading up to and during the 2007 MasterCard Memorial Cup.

An athlete in her own right, Kalli worked as head swim coach for the masters team at the Calgary Winter Club and was a swimmer for the University of Georgia (NCAA), is a former national record holder in swimming and was a Canadian Olympic trials finalist in swimming.

Kalli is also - you guessed it – the daughter of former NHL coach and player and Olympic gold medal-winning coach Pat Quinn.

The Dynamics of Warming Up

This interactive session will give you insight into the warm ups of the most elite athletes and help you to develop your own dynamic warm up routine to properly prepare your body and optimize your on ice performance.

Time: 12:15 p.m. – 1:00 p.m.

Location: Canlan Burnaby 8 Rinks: Soccer Field

Suggested Audience: Players

Maximum Attendees: 50

Presenter: Kelsey Andries, BKin (Hons), CSCS, Master Ki-Hara Trainer and Instructor

(See above)

Autograph Session - Meet & Greet – Hayley Wickenheiser & Bobbi-Jo Slusar

(Registration NOT required)

Please note autograph session lines will have to be restricted if there is overwhelming attendance in order to allow time for our special guests to meet other time and appearance commitments throughout the weekend. Please bring only one item per individual to be signed. Photographs will only be permitted if there is ample time to ensure maximum number of attendees get a chance to take part in the session.

Time: 12:15 p.m. – 1:15 p.m.

Location: Canlan Burnaby 8 Rinks: Banquet Room (upstairs above rinks 5&6)

Suggested Audience: Players, parents, coaches

Maximum Attendees: TBD based on interest

Mason Raymond, Vancouver Canucks and Other Special Guest Appearances

(Registration NOT required)

Please note, if the guests take part in autograph sessions, lines will have to be restricted if there is overwhelming attendance in order to allow time for our special guests to meet other time and appearance commitments throughout the weekend. Please bring only one item per individual to be signed. Photographs will only be permitted if there is ample time to ensure maximum number of attendees get a chance to take part in the session.

Time: To be confirmed

Location: Canlan Burnaby 8 Rinks: Banquet Room (upstairs above rinks 5&6)

Suggested Audience: Players, parents, coaches

Maximum Attendees: TBD based on interest

Hockey Bags & Book Bags

Bobbi-Jo Slusar, Olympic Gold Medalist and current National Team member knows what it's like to feel the weight of text books on one arm and a hockey bag on the other. Bobbi-Jo's drive to the National Team started while she was still in middle school and since then she has continued both her pursuit of her hockey dreams and her academic dreams; graduating with a Bachelors of Arts and currently studying for her Bachelors of Education.

During this session Bobbi-Jo will give you some of her own tricks and tips for balancing the pursuit of both hockey and school along with a bit of insight about the road to the National Team from a player's perspective. Bobbi-Jo will also touch on her experience as a rookie Olympian in 2010.

Times:

2:15 p.m. – 3:00 p.m.

3:30 p.m. – 4:15 p.m.

Location: Canlan Burnaby 8 Rinks: Banquet Room (upstairs above rinks 5&6)

Suggested Audience: Players, parents, coaches

Maximum Attendees: 75

The Bauer Experience!

Bauer Hockey today announced that The Bauer Experience Tour will make a stop in Burnaby, BC at the Burnaby 8 Rinks on November 18th, 2011, during The Wickenheiser International Women's Hockey Festival (WickFest).

This unique on-ice program is free and open to the public from 5:15 to 7:45 p.m. on Rink #2. In addition to the ability for kids of all ages to try out the latest in Bauer Hockey's leading equipment, each player in attendance will have the opportunity to be professionally fit by one of the Bauer Experience representatives.

Once properly fit in Bauer equipment, participants will be able to test their ability on-ice in several skill zones, including hardest shot and accuracy shooting. Bauer's latest equipment will be available to test, including the Bauer Vapor APX stick, the latest elite level stick that is utilized by numerous NHL players, including Patrick Kane and Alexander Ovechkin. In addition to Bauer's latest stick, participants will also be able to try the Vapor APX skate, TotalONE Skate, 9900 helmet, TotalONE glove, Vapor X:60 gloves and other top gear from Bauer.

Each participant will receive a Bauer hat and other merchandise as well as be entered to win elite-level Bauer equipment from Bauer Hockey.

Time: 5:15 p.m. – 7:45 p.m.

Location: Canlan Burnaby 8 Rinks, Rink #2

Suggested Audience: Players, parents, coaches

Maximum Attendees: Bauer will take as many attendees as they are able to get through during their ice time.

Hot Stove Lounge Discussion | Hayley Wickeneheiser + Guests: Pat Quinn & Kalli Quinn

The father-daughter duo of Pat Quinn, NHL and Olympic coach and Kalli Quinn, Director of Female Programs with Hockey Canada has certainly spent their fair share of time together working through the dynamics of the relationship and role of a parent as coach, mentor and, in this case, professional mentor as well. Kalli, a former elite competitive swimmer and her dad, an Olympic and NHL winning coach will give insight into how they managed the dynamic in their own family. In addition, have you ever wondered what it's *really* like to coach and play at a professional level and how it is different for men and women? This moderated and audience-interactive session is your chance to ask them yourselves.

Times:

6:00 p.m. – 7:30 p.m.

Location: Executive Plaza Inn, Coquitlam Aspen Birch Room (405 North Road, Coquitlam)

Suggested Audience: Players, parents, coaches

Maximum Attendees: 175

[Register for this session here](#)

Presenter: **Pat Quinn**, NHL and Olympic coach and former NHLer + **Kalli Quinn**, Director of Female National Teams at Hockey Canada (see bio above)

Prior to joining the Oilers for the 2009-10 season, the Vancouver, B.C. native coached in the National Hockey League with the Toronto Maple Leafs from the 1998-99 season through to the 2005-06 season. In that span Quinn had a 300-196-52-26 record, good enough to lead the Leafs to the playoffs in six of his seven seasons including two conference final appearances. He also served as the team's General Manager from 1999-2000 to 2002-03. Quinn joined Punch Imlach and Conn Smythe as being the only three people in the history of the Leafs to hold the dual role of Head Coach and GM.

Prior to joining the Toronto Maple Leafs organization in June, 1998, Quinn spent the previous eleven seasons at the helm of the Vancouver Canucks hockey team. When Quinn joined the Canucks as President and General Manager in

1987, he inherited a club that had endured eleven consecutive losing seasons. Quinn added the head coaching duties to his title on January 31, 1991 and led the team to single-season records for wins (46), and points (101) in 1992-93. Quinn led the Canucks to the Stanley Cup finals in 1994. Quinn also coached in Philadelphia from 1978 to 1982 and in Los Angeles from 1984 to 1987. In 1979-80, his Flyers were the league's top team (48-12-20) and posted an NHL record 35 game undefeated streak which still stands today. After leaving Philadelphia, he earned his law degree from Widener University, Delaware School of Law.

Quinn's career NHL coaching record (regular season through 2005-06) is 657-481-154-26, with a winning percentage of .569. He is currently 5th in all-time regular season coaching wins in the NHL.

As Head Coach, Quinn's teams have advanced to the Stanley Cup Finals twice: in 1980 (Philadelphia Flyers) and in 1994 (Vancouver Canucks).

Quinn has been awarded the Jack Adams Award as the NHL's Coach-of-the-Year twice; in 1991-92 with Vancouver and 1979-80 with the Philadelphia Flyers. Quinn was named runner-up for the award in 1998-99. In addition to NHL Coach of the Year honours in 1979-80 with the Flyers, Quinn was named 'The Hockey News' Coach of the Year in 1992 and 1980, and 'The Hockey News' Executive of the Year in 1992. Quinn was also named 'The Sporting News' Coach of the Year in 1992 and 1980. Quinn is one of only four coaches (Scotty Bowman, Pat Burns, Jacques Lemaire) in league history to win the Jack Adams award with two different teams.

Quinn has been selected as head coach for the NHL All-Star game on four occasions (2004, 2002, 2000, 1981).

Internationally, Quinn has had tremendous success. He led Team Canada to their first gold medal since 1952 when they defeated Team USA 5-2 at the 2002 Olympic Winter Games in Salt Lake City, Utah. Two years later, in 2004, Quinn coached Team Canada to victory in the 2004 World Cup with a perfect 6-0 record, capped off by a 3-2 victory over Finland in the final. Looking to defend their 2002 Olympic gold medal, Hockey Canada chose Quinn once again to coach Team Canada at the 2006 Winter Olympics in Turin. Despite high expectations, Canada went 3-2 through the preliminary round, losing to Switzerland and Finland, both by 2-0 shutouts, then lost to Russia, again by a 2-0 score, in the quarter-finals.

In 2006, he coached Team Canada in the Spengler Cup, where they made it to the finals against HC Davos but fell 3-2. Two years later, Quinn turned to junior hockey, serving as head coach for Team Canada in the 2008 IIHF World U18 Championships. He led Canada to the finals against Russia, taking the title by an 8-0 score. With established success at the junior international level, Quinn was chosen to coach the Canadian under-20 team for the 2009 World Junior Championships as the host country in Ottawa. He led Canada to an undefeated record in tournament play and a fifth consecutive gold medal, defeating Sweden 5-1 in the final.

In 606 career NHL games as a player from 1968-69 to 1976-77, Quinn scored 18 goals and collected 113 assists for 131 points with 950 minutes in penalties. He played with the Toronto Maple Leafs (1968-70), the Vancouver Canucks (1970-71) and the Atlanta Flames (1971-76).

Pat and his wife Sandra have two daughters Valerie and Kalli. He also has a law degree from Widener University, Delaware School of Law.

Saturday, November 19th

Full-Pop Footwork

Learn some new footwork drills that will have you skating circles around anyone. Reaction time, speed and agility can improve with consistent footwork practice. Chasing down pucks and dodging defenders is all about moving your feet. Join in on the action. Who said hockey dryland training can't be fun? Also a great warm-up for your games on Friday morning!

Times: 9:00 – 9:45 a.m.

Location: Canlan Burnaby 8 Rinks: Soccer Field

Suggested Audience: Players & coaches

Maximum Attendees: 60

Presenter: **Syl Corbett**, MSc., PES, CES

She has over 16 years of racing experience in triathlon, extreme racing, snowshoe, mountain running and marathoning. An accomplished professional endurance triathlete, Syl has competed on numerous teams, such as Canada's National Mountain Running Team,

National Elite Triathlon and Duathlon Teams, Nike ACG/ Atlas Snowshoe Team, Team Salomon USA, Balance Bar USA, Gomes Team-European Triathlon League/Hall, Germany and Florida-based Team Running Wild. Recently, Syl recently competed for Canada at the Commonwealth Championships in Mountain Running. In addition to her professional racing career, Syl has been coaching various sports for over 15 years including running seminars, gait analyses and conditioning camps.

Fuelling For Peak Performance

Review the principles of sport nutrition for optimal performance and learn how foods affect your strength and stamina. This presentation identifies the common pitfalls among time crunched young athletes and examines how small changes in your diet can lead to big results on the ice. You will learn specific food ideas to fuel your best performance.

Time: 9:15 a.m. – 10:00 a.m.

Location: Canlan Burnaby 8 Rinks: Banquet Room (upstairs above rinks 5&6)

Suggested Audience: Players, parents, coaches

Maximum Attendees: 75

Presenter: Cristina Sutter, Dietician and Nutritionist to the Vancouver Canucks

Cristina Sutter is a Registered Dietitian with over ten years of experience providing nutrition counselling. Cristina is a sport dietitian whose clients include the Vancouver Canucks, Canadian Olympic athletes, as well as recreational athletes. She has been a university instructor since 2006, teaching the fourth-year sport nutrition course at both UBC and SFU. As an athlete, Cristina has competed in speed skating, rowing, swimming and marathon running. She has a Masters degree in Nutrition from the University of Toronto, a Bachelor's degree in kinesiology from SFU and is a certified personal trainer.

This unique blend of exercise and nutrition background allows her to design a complete lifestyle plan for her clients to achieve their health goals.

The Dynamics of Warming Up

This interactive session will give you insight into the warm ups of the most elite athletes and help you to develop your own dynamic warm up routine to properly prepare your body and optimize your on ice performance.

Time: 10:00 a.m. – 10:45 a.m.

Location: Canlan Burnaby 8 Rinks: Soccer Field

Suggested Audience: Players

Maximum Attendees: 50

Presenter: Kelsey Andries, BKin (Hons), CSCS, Master Ki-Hara Trainer and Instructor

Kelsey Andries is a Calgary-based Strength and Conditioning Specialist, Personal Trainer and Ki-Hara Resistance Stretching Practitioner. She completed a Bachelors of Kinesiology Degree (Honors) in 2006 from the University of Calgary. While at the University of Calgary she competed on the Dinos Field Hockey and Women's Wrestling teams. After graduation she joined the Olympic Oval/Canadian Sport Center-Calgary team as an Assistant Strength and Conditioning Coach. There she worked with the Oval X-treme Women's Ice Hockey Program, the National Cycling Centers Downhill Mountain Bike team and Hockey Canada. She also worked with the Chinese National Women's Ice Hockey team, Dinos Women's Soccer, Dinos Women's Hockey and Dinos Men's and Women's Wrestling.

She now co-owns is Stenia Health and High Performance, a private training facility in Calgary that specializes in holistic one-on-one training. She continues to work with athletes of all abilities, from grassroots to Olympians, as well as her fantastic private clients.

Practical Nutrition for Real Life Families & Athletes

Get ready to test your sport nutrition knowledge in this hands-on activity and share practical food choices for time crunched young athletes. Practice label reading and examine restaurant menus to find the healthiest sport nutrition choices for optimal performance. You will take away quick and easy food solutions at home, school and on the road in this interactive session.

Time: 10:30 – 11:15 a.m.

Location: Canlan Burnaby 8 Rinks: Banquet Room (upstairs above rinks 5&6)

Suggested Audience: Players, parents, coaches

Maximum Attendees: 30

Presenter: **Cristina Sutter**, Dietician and Nutritionist to the Vancouver Canucks

(See bio above)

Incredible Core

Whether it's protecting the puck or shooting rockets at a goalie, a strong core is the center of it all. Forget doing mindless crunches at the gym (those are for sissies!), this interactive session will introduce you to some new and challenging core exercises specifically useful for hockey. Beyond injury prevention, core training can maximize your athleticism and allow you to unleash all your power on the competition.

Time: 11:15 a.m. – 12:00 p.m.

Location: Canlan Burnaby 8 Rinks: Soccer Field

Open to: Players, parents, coaches

Maximum Attendees: 60

Presenter: **Syl Corbett**, MSc., PES, CES

(See bio above)

Parents as Coaches On & Off the Ice

This parents-only session will highlight how parents can help motivate, engage and guide their children through sport using a combination of teaching and support. After a brief presentation, Tom and Marilyn will take questions and participate in an open dialogue with parents about the role of parents in supporting and motivating young athletes.

Come and learn how the Wickenheisers stayed positive and supportive and guided Hayley's dream of becoming a star athlete.

Times:

12:00 p.m. – 12:45 p.m.

1:15 p.m. – 2:00 p.m.

Location: Canlan Burnaby 8 Rinks: Banquet Room (upstairs above rinks 5&6)

Suggested Audience: Parents, coaches

Maximum Attendees: 75

Presenters: Tom & Marilyn Wickenheiser

Tom and Marilyn are both retired teachers from Shaunavon, Saskatchewan. Now living in Calgary, Hayley's parents instilled a love of sport and exercise in their children at an early age by ensuring physical activity was seen as play time. On weekends, the family would use the school gym to play games and in the winter Tom would work for hours ensuring the outdoor rink was in prime condition. Both Tom and Marilyn have played roles in the development of the female game, Tom as a minor hockey coach in the female program and Marilyn as part owner of the Shooting Star Hockey School in Stettler, Alberta, which was at the time the largest female hockey school in Canada. Marilyn also worked for Girls Hockey Calgary and Hockey Alberta in their female hockey development programs.

As parents, the Wickenheisers lived through the tough years when female hockey was in its infancy and the "old boys club" was hesitant to let female players in.

Concussions & Female Athletes | Documentary Screening

The screening of a documentary produced out of Minnesota that profiles leading research on concussions among young female athletes and the ever-updating approaches to sports safety. Experts help players, parents and coaches reduce risks and avoid head injuries.

Times:

Session #1 – 11:30 a.m. – 12:30 p.m.

Session #2 – 2:15 p.m. – 3:15 p.m.

Location: Canlan Burnaby 8 Rinks: Multi-Purpose Room

Suggested Audience: Players, parents, coaches

Maximum Attendees: 30

Stay low and go!

This interactive session will teach you how to develop positional strength and explosive power for hockey off ice. You'll leave this session with your own program to ensure you are maximizing your power all year.

Time: 12:30 – 1:15 p.m.

Location: Canlan Burnaby 8 Rinks: Soccer Field

Suggested Audience: Players

Maximum Attendees: 50

Presenter: **Kelsey Andries**, BKin (Hons), CSCS, Master Ki-Hara Trainer and Instructor

(See above)

Sunday, November 20th

Autograph Session - Meet & Greet – Hayley Wickenheiser & Other TBA special guests

(Registration NOT required)

Please note autograph session lines will have to be restricted if there is overwhelming attendance in order to allow time for our special guests to meet other time and appearance commitments throughout the weekend. Please bring only one item per individual to be signed. Photographs will only be permitted if there is ample time to ensure maximum number of attendees get a chance to take part in the session.

Time: To be confirmed (pending final playoff schedule)

Location: Canlan Burnaby 8 Rinks: Banquet Room (upstairs above rinks 5&6)

Suggested Audience: Players, parents, coaches