



**NATIONAL
ENDURANCE
SUMMIT**
HOSTED BY Athletics Nova Scotia

Saturday

Time	Topic	Speaker
9:00 AM	Welcome, Introduction, Schedules, AC	Kirk Jessome, John L.
9:15 AM	Developing Middle-XC Athletes from High School to University: The Queen's Way	Mark Bomba
10:30 AM	Mental Performance Strategies for Endurance Athletes and Coaches	Kelsey Hogan
11:45 AM	Case Study 1 - Nate Riech, Tokyo Prep	Heather Hennigar, Nate Riech
12:30 PM	Lunch	
1:15 PM	Making the Step to the Senior Level	Felix-Antoine Lapointe
2:30 PM	Reaching the Championship Stage	Mark Rowland
3:45 PM	Coaches Panel Discussion	All
7:00 PM	Coaching Social Event - 2 Crows Brewing	

Sunday

Time	Topic	Speaker
8:00 AM	Welcome, Schedules	Kirk Jessome
8:15 AM	Case Study 2 - Jude Wheeler-Dee	Mark Bomba
9:00 AM	Para Considerations for Endurance Coaching	Heather Hennigar, Nate Riech
10:15 AM	Case Study 3 - Jean-Simon Desgagnes	Felix-Antoine Lapointe
11:00 AM	Coaches Panel Discussion	All