

2024 ATHLETICS COACHES RETREAT

EVENT DETAILS

Dates:	Friday, March 22 nd – Monday, March 25 th 2024
Location:	Pinewood Lodge, Seven Sisters Falls, MB
Accommodations:	Two person per room, shared accommodation (each with their own bed).
Transportation:	Bus transportation between Winnipeg and the Lodge will be provided. Out-of-town coaches are responsible for arranging their own transportation to Winnipeg. Target departure time is 4:30pm from the University of Manitoba. Out of town coaches should plan their travel accordingly and inform us of any scheduling issues if they arise!
Cost:	\$100
Food:	All meals are provided as part of the registration package. Some will be catered by the venue, and some will be prepared as a group!

CONTENT

The guiding principles of the weekend are ~ Rest ~ Connect ~ Support ~ Learn ~ Grow ~

We want you to WANT to attend this weekend. We might not be able to change the landscape completely in one weekend, but we can certainly start the process.

This retreat will focus on delving into your experiences as coaches, exploring your current knowledge and learning from each other.

Expected discussion topics will include,

- Technical/sport specific
- Personal development/self-confidence
- Issues/challenges in coaching
 - o Representation, biases, barriers, systems
- Balancing life alongside coaching
- Coaching as team and communication

Specific content for the group sessions will be in large part guided/informed by you! As noted above there are some expected topics and overall guiding principles, but we will gather topics, questions and discussion prompts prior to the event. We want you to have the opportunity to bring forward areas you wish to discuss, get feedback on, or brainstorm within the group.

Reflect on how we can create environments that lead to positive experiences in coaching, and what are some of the many current barriers in coaching? How can we build systems that will better support up and coming coaches in our respective provinces and territories? If these questions interest you, you should register!

We want ALL coaches to play a role in building more inclusive and sustainable environments.

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DRAFT SCHEDULE

(Subject to change based on final attendance numbers. Additional details will be provided closer to the event dates)

Friday	Saturday/Sunday (full day)	Monday (morning only)
Bus departs Winnipeg (Target 4:30pm from U of M)	Breakfast (continental provided) Group sessions/activities	Optional early morning outdoor activity Breakfast (continental provided)
		Debrief and final group discussions
Arrival at Pinewood Lodge (Target approx. 6pm)	Lunch Group sessions/activities	Check out – 11am Bus departs Lodge back to Winnipeg
Welcome, introductions Group dinner	Break and/or outdoor activities	(Target 11:30am-12pm)
Games/Icebreakers	Group dinner	
	Informal evening sessions	

ADDITIONAL DETAILS

Registration is through Trackie – [Trackie.com/event/CoachesRetreat_24](https://trackie.com/event/CoachesRetreat_24)

Deadline to register is March 3rd, 2024.

There is a cap of 34 participants for the weekend (based on double occupancy at the Lodge).

A waitlist will be created and managed in the instance of high demand.

Note: When registering, please indicate if there is another attendee you would be happy to share a room with.

Retreat Facilitators and leaders to include,

Alanna Boudreau

Maura Martina

Jill Seymour

Gee-ef Nkwonta

Dr. Melanie Gregg (remote/virtual participation)

Vickie Croley (remote/virtual participation)

Facilitator bios will be provided throughout the lead up to the event.

Check out Pinewood Lodge - <https://mypinewood.com/>

If you have any questions, please don't hesitate to contact Athletics MB

execdirector@athleticsmanitoba.com

development@athleticsmanitoba.com

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