

Conference 2017

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.

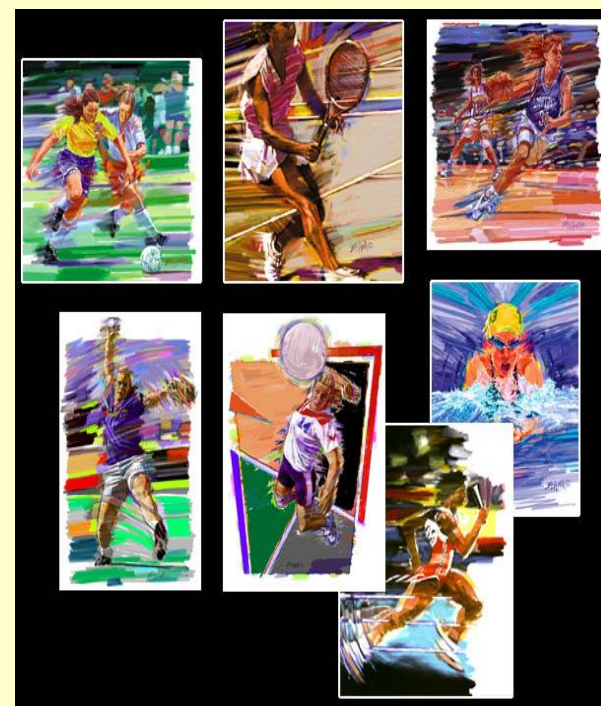
The conference will address some of the barriers that limit participation in physical activity and sport. We are encouraging all participants to pursue an active and ongoing involvement in sport and physical activity.

This conference will focus on the development of leadership skills to facilitate the involvement of young women in sport and physical activity.



SHSAA Women in Sport Conference 2017

June 9th and 10th
Saskatoon
University of Saskatchewan



Presented by:
Saskatchewan High Schools
Athletic Association
in partnership with the
University of Saskatchewan



Conference Highlights

Events and activities include:

- Friday evening meal
- Special guest speakers
- Teambuilding activities with Huskie athletes
- Physical activity & sport based sessions including: Yoga, Powfit, Zumba, Spin, Football, Basketball, Soccer, Wrestling, Volleyball, and Track & Field
- Breakout session for coaches that will address coaching realities, leadership and mentorship
- Breakout sessions for athletes that will address sport nutrition, leadership, body image and sport psychology
- Supper, Breakfast, Lunch, and Nutrition Breaks

Get In the Game!



Registration Information

Cost:

Registration will be limited to the first 100 paid registrants. 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 out to, Saskatchewan High Schools Athletic Association.

Who:

The conference is for girls in Grades 9 - 12 and their female coaches. Students registering for the conference must be accompanied by a teacher/coach chaperone.

Time:

Conference registration is from 4:00-5:00 p.m. on Friday. A meal and icebreaker activities will follow.

Saturday will be filled with sport, fitness and classroom sessions starting at 9:00am.

Where:

All events and activities will take place on the University of Saskatchewan campus. Conference participants will be housed in the Voyageur Place Residence.

Registration Form

Cost: \$50.00

Name

Address

Email Address

School Grade

Teacher
Chaperone

Medical
Condition(s) or
Allergies

T-Shirt Size: Small Medium
Large X-Large

Please return registration form and payment by April 28th, 2017 to:

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Regina SK
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