

DATE & TIME	Deerfoot Inn	Rally Pointe
FRIDAY		
6:00-7:30pm	Dinner (provided) Keynote speaker- TJ Sanders	
7:45-9:00pm	Teaching and coaching beach volleyball skills Part 1- Sarah Pavan	
SATURDAY		
9:00-10:15am		Key principles for training your setters- TJ Sanders
10:30-11:45am		Teaching and coaching beach volleyball skills Part 2- Sarah Pavan
12:00-1:00pm	Lunch (provided)	
1:15-2:30pm	Load management & the use of technology- Carlyn Stilling	
2:45-4:00pm		Intentional practice planning for the middle and libero position- Christine Biggs

Speaker Bios and Description

TJ Sanders: Keynote speaker & Session Lead

TJ Sanders is a two-time Indoor Volleyball Olympian (2016, 2020) who spent over 10 years with the Senior Men's National Team and multiple professional seasons in Netherlands, Switzerland, Poland, and Turkey. After officially retiring in 2022, TJ worked as the Technical Director with the Nunavik Volleyball Program, a nonprofit sport intervention organization in northern Quebec. He is now based in Calgary, working with the Setter Academy and Elite Resilience. TJ continues to give back to the volleyball community, sharing his experiences as an athlete, coach and sport leader.

On Day 1 TJ has partnered with Elite Resilience to share some strategies for sport leaders to mentally prepare and be in their best mindset to perform in a leadership role. On Day 2, TJ will get on the court and discuss some key principles to setting to help build your coaching toolkit in the setting position.



Sarah Pavan: Keynote speaker & Session Lead

Sarah is a two-time Beach Volleyball Olympian (2016, 2020) and 2019 FIVB World Champion. Sarah had her start in Indoor, being named to the Senior National Team at just 16 years old and had a decorated NCCA Career as NCCA Division 1 Champion, winning numerous individual accolades for her athletic and academic success. Sarah was a professional Indoor player on some of the world's top pro teams for more than a decade in Europe, South America, and Asia before making the major decision to compete internationally in beach volleyball in 2013. She retired in 2024 as one of the most accomplished Canadian volleyball players in history.

On Day 1 Sarah will talk about the nuances of teaching and coaching beach volleyball skills with an indoor background, and some things that helped her transition successfully onto the beach court after spending a significant amount of her career indoors. On Day 2, Sarah will continue this discussion on the court, highlighting the key takeaways from Day 1 and demonstrating some drills to help implement those changes.

Carlyn Stilling: Session Lead

Carlyn Stilling is a sports performance scientist who completed her BKin in Exercise physiology at the University of Calgary and her MSc in Sports Medicine. Her research experience includes working with players from Volleyball Canada, the NBA, and the NFL. Carlyn has been coaching volleyball at the high school, club, varsity, and national levels for 20 years. She has been an assistant coach and strength coach for the Canadian Women's and Men's Youth National Volleyball teams. The practical session will talk about how to use different types of technology, including VERT wearable performance monitors, to manage load throughout a season of play.

Christine Biggs: Session Lead

Christine Biggs, University of Calgary Dinos Women's Volleyball Head Coach, joined the Dinos in 2021 from the University of New Brunswick, where she led the Reds women's volleyball program earning the 2017-18 Atlantic University Sport coach of the year. She completed her Master of Coaching in 2019 and was an assistant coach with the University of Alberta Pandas from 2015-18, while also coaching indoor and beach volleyball in the club system and for Team Alberta, including the Canada Summer Games.



She has also been an assistant coach for Team Canada Women's Sitting Volleyball, where she went on to represent Canada at two Paralympic Games (Rio 2016, Tokyo 2020), and the Parapan American Games (Lima 2019). In the indoor women's game, Christine was selected as Head Coach for Team Canada's U19 National team programming. In the summer of 2022, she led a team at the U19 Pan American Cup (Tulsa 2022), and went on to represent Canada at the U19 World Championships the following summer (Hungary, Croatia 2023).

Christine's session will address the sometimes "forgotten" positions of the middle and libero, and how to intentionally practice plan for their meaningful involvement in practice.