

| DATE & TIME | Classroom 2/3 | Saville- Gym 9 | Session Lead |
|-----------------|---|---|---------------------------------------|
| FRIDAY | | | |
| 12:45pm | | Check-in | Volleyball Alberta staff |
| 1:00pm | | Refine your Serve & Pass Practice Plans | Doug Reimer, UBC |
| 2:15pm | Fostering Athlete Autonomy | | Patrick Murray, Dalhousie |
| 3:30pm | Confidence Building & Mindset with today's athlete | | Erin Brennan, MPC |
| 5:00pm | <i>View New Years Classic matches- main gym Saville</i> | | |
| SATURDAY | | | |
| 1:00pm | Teaching Out of System Offence | | Carolyn O'Dwyer, U of A |
| 2:15pm | Best practices in injury prevention for volleyball | | Amy Moolyk, Connect PT |
| 3:15pm | <i>Break on your own</i> | | |
| 5:00pm | <i>View New Years Classic matches- main gym Saville</i> | | |
| 7:30pm | Communication to create connection, clarity, & collective success | | Kristine Drakich & Alix Krahn, U of T |

Speaker Bios and Description

Doug Reimer, University of British Columbia Women's Volleyball Head Coach

A 10-time U SPORTS National Champion with UBC (and 11-time overall U SPORTS national champion), Doug Reimer continues to build on his legacy as the most successful coach in U SPORTS women's volleyball history. Doug also has 8 Canada West Championship teams, 5 x U SPORTS Coach of the Year (the most of any women's volleyball head coach in Canada), and 4 x Canada West Coach of the Year. He also was previously the full-time head coach of Team Canada. His major accomplishments with Team Canada included a second-place finish at the NORCECA Olympic qualifier for Sydney and a fifth-place finish at the 1997 Summer Universiade in Sicily.

Doug will be kicking off the symposium with an on-court session with a focus on Serve and Pass for club coaches. Enjoy this engaging session where Doug will break down some key elements to improve your practice planning for these skills.



Patrick Murray, Dalhousie University Women's Volleyball Head Coach

Patrick is in his second season as head coach with the Dalhousie Tigers after 10 years as an assistant coach. Previously, Patrick was an assistant coach with the Nova Scotia Canada Summer Games women's volleyball team in 2013. He has also served as the head coach of the Nova Scotia 17U women's provincial team and led his Nova Scotia women's team to the Eastern Canadian Championship title in 2012. He has spent numerous seasons coaching with the Tigers Volleyball Club at various age groups.

Patrick's classroom session will focus on fostering athlete autonomy in dynamic team systems. This discussion will look at how to build comfort and confidence in making independent decisions during a rally.

Erin Brennan, Mental Performance Consultant

Erin Brennan is a Mental Performance Consultant and the owner of Mind Over Matter Performance. She is a professional member of the Canadian Sport Psychology Association (CSPA), holds a MA from the University of Alberta specializing in Sport and Performance Psychology and works with a diversity of performance disciplines ranging from competitive youth athletes to elite high performers. Erin was a 2003 Canada Games athlete representing Team Alberta in curling.

This session titled Confidence Building & Mindset with today's athlete will discuss practical ways you can connect with your athletes and prepare them for competition.

Carolyn O'Dwyer, University of Alberta Women's Volleyball Head Coach

Carolyn started her coaching career as an assistant for the Mount Royal Cougars from 2015-17 and then completed her master's degree in Coaching at the University of Alberta, also working as an assistant coach. Carolyn is in her third season as the head coach with the U of A Pandas. She also has been involved with Alberta provincial team programs, Volleyball Canada programs, head coaching the National Excellence and NextGen programs. This past summer, she also was named as an assistant coach with the Women's Senior Team.

In her session, Carolyn will cover teaching Out of System Offence. Come learn how to build your toolbox of tactics to create offensive capabilities when you are in less ideal situations.

Amy Moolyk, Connect Physiotherapy & Exercise

As a former national qualifier in weightlifting, certified strength and conditioning coach and clinical exercise physiologist, Amy brings a wealth of knowledge and expertise to clients of all abilities, ages, and goals. She completed a Master's degree in Biomechanics to better



understand proper movement mechanics for both injury prevention and optimal performance. Through a combination of her own personal experiences and her extensive, lifelong study of Kinesiology, Amy shares her passion for exercise with all her clients—whether their goal is to recover from an injury, excel in sport, or simply live an active lifestyle.

This session with Connect PT will cover effective warm up protocols, common overuse injuries in volleyball, simple preventative exercises, foam rolling/stretching, self-care strategies for athletes, fitness testing and screening management for injury prevention, and load management.

Kristine Drakich, University of Toronto Women's Volleyball Head Coach

Kristine Drakich has been the head coach of the women's volleyball team for 36 years. Under her direction, the Blues have qualified for 31 OUA Final Four appearances, including 22 consecutive appearances from 1990-2010, winning the OUA championship 11 times. She led the Blues to a 25-0 perfect season in 2015-16, claiming their second straight OUA banner, and first-ever national championship in program history. Drakich earned U SPORTS national coach of the year honours in 2014-15.

Kristine has coached internationally in both volleyball and beach volleyball, having coached Team Canada at 19U & 21U world beach volleyball championships and the Canadian junior national indoor team at the NORCECA championship. Kristine has also coached Team Ontario's provincial volleyball and beach volleyball teams at the Canada Games.

She has been named Ontario Volleyball and 3M National High-Performance coach of the year as well as OUA East coach of the year 11 times. Kristine has received the Canadian Women and Sport (formerly CAAWS) "Breakthrough Award - Individual Category" and the Marion Lay "Herstorical" Breakthrough Award for her leadership and positive contributions to women's sport at the local, national and international level for over 10 years. Kristine's contributions were recognized with her induction into the University of Toronto's Sports Hall of Fame in 2001, the Ontario Volleyball Association's Hall of Fame in 2018 and the Volleyball Canada Hall of Fame in 2022.

Alix Krahn, University of Toronto Women's Volleyball Lead Assistant Coach

Alix joined the Varsity Blues women's volleyball coaching staff in 2017-18. She is a former varsity volleyball player and academic all-Canadian at the University of Winnipeg and is now a coach and researcher in university sport. In addition to coaching at U of T, Alix has



been involved with provincial team programs. In 2020 Alix was named head coach for the Team Manitoba women's volleyball team and won gold at the 2022 Canada Summer Games. Alix also served as the head coach for the U17 Team Ontario provincial team in 2018.

Alix completed her PhD in Kinesiology and Health Science in 2022 and her research interests include power dynamics within the coach-athlete relationship, the work and professionalization of sport coaches and women in sports leadership.

Kristine and Alix will be presenting together a session on communication to create connection, clarity, and collective success. Healthy team cultures don't happen by accident; they are coached. Coaching real people under real pressures means shaping the environment intentionally as we teach the skills and strategies. Join Kristine and Alix to take away some practical strategies to consider for your team.