Annual ICSA Coaching Conference

January 10-14, 2017

Park City, UT

Welcome to the Annual College Sailing Coaches’ Conference. The focus of the week is the advancement and professional development for coaching college sailors and the improvement and continued development of sport of intercollegiate sailing. Over the last 12 years more and more professional development and outside speakers have been added to the agenda of the coaches’ conference while maintaining a collegial atmosphere and developing best practices for the college sailing coach.

### Tuesday, January 10th

6:30 pm Unsponsored Welcome Dinner at Wasatch Brew Pub

### Wednesday, January 11th

9:45 Meet at the Base of Bonanza Lift to break up into ski groups: The idea is to share ideas, talk about issues in the ICSA and start to prepare for the afternoon and evening discussions. There will be assigned groups to at least spend a little time with in the morning and then you are on you own. Lunch is on your own.

2:30 Meet at 312 Upper Norfolk Condo for afternoon sessions: Each Condo is responsible to bring a snack for everyone.

1. The five-year plan: What do we value in the ICSA that we want to make sure is still around in 5 years, where do we see growth in the ICSA in 5- 10 years.
2. What can we do as coaches to help create and sustain the college coaching career path? How do we help young coaches manage college sailing and life? How do we pay our young coaches to allow them to build a lasting career? How do we educate?

\*This is meant to be open constructive conversation, not policy driven and certainly nothing to be proposed at the winter meeting, just a sharing of ideas that we can share with the board.

4:00 **Dave Perry- Talk on Coaching Ethics (in the RRS) Team Racing Mark 1 Changes as well as going through the highlights of the new rule changes.**

**6:30 QuitNTime Pizza Dinner- Thank You Debi and Jeff!**

### Thursday, January 12th

9:45 Meet at the Base of Bonanza Lift to break up into ski groups: The idea is to share ideas, talk about issues in the ICSA and start to prepare for the afternoon and evening discussions. There will be assigned groups to at least spend a little time with in the morning and then you are on you own. Lunch is on your own.

2:30 Meet at 312 Upper Norfolk Condo for afternoon sessions: Each Condo is responsible to bring a snack for everyone.

1. The Schedule: Start with a blank slate! Based on the previous days talk on the five year plan what do we value in a schedule? What would we want the seasons to look like? What would we want the championships to look like?

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**4:00** **Charlie McKee High Performance Director, US Sailing: Speaking the common Language of Tactics and Strategy.**

**5:00 Dave Perry Follow Up: Any questions or things we didn’t get to.**

**6:30 Dinner TBA Gill?**

### Friday, January 13th

9:45 Morning Session - Meet at Bottom of Bonanza\* lift – Topic: Best practices- What are you doing new this year? Ideal Practice? Team management? Lesson’s learned? What are you doing to keep your athletes motivated and balanced through a long year of college sailing.

12:30 Lunch at Legacy Lodge (top floor) – Review of Morning Talks. Topic: US Sailing: Olympic Development Program: Molly Vandemoer, ODP manager. College Coaches- Coaching education opportunities.

5:00 Recruiting Discussion at 312 Upper Norfolk Condo: What can we do to make our ICSA website better to get information out there. How do we feel about college nights? Can a clearing house help ICSA?

**6:50 LP Dinner at the St. Regis**

### Saturday, January 14th

 9:00 am ICSA Winter Meeting – Park City Public Library, 1255 Park Avenue

Park City, UT 84060

We are all looking forward to a productive week in Park City. The Coaches' Conference will bring together coaches from around the country for what should be a very productive week. Guests, including undergrads, are welcome to join in the on-the-mountain discussions including lunch discussions.  However, our evening programs on Tues-Thursday nights are intended for coaches and ICSA sponsors & graduate officers only.  Please help make the coaches' conference a success by providing some guidance to undergrads that may arrive in Park City before the ICSA meeting.  Encourage them to join the group on the mountain each day and to connect with each other each evening.

Please register at <http://collegesailing.org/winter-meeting/>

\* *Note: Bottom of Bonanza lift has poor/no cell phone reception, please be prompt; groups will not want to wait for stragglers.*

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