

Annual ICSA Coaching Conference January 7-10, 2020 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 the sport of intercollegiate sailing.

Tuesday, January 7th

1830 Unsponsored Dinner at The Wasatch- The week ahead- How to use your time here.

Wednesday, January 8th Theme: Development

0945 Meet in assigned groups at location of your choosing. Lunch is on your own.

Discussion Topic 1: Nationals problem. Split seasons. Does it work?

Discussion Topic 2: How do we restructure the spring season to accomplish all of our goals as a sport?

1430 Meet at 312 Upper Norfolk Condo for afternoon sessions: Each Condo is responsible to bring a snack for everyone.

1430 Round Table: Nationals problems

1530 Round Table: Split Seasons. How, why, when?

1615 Guest Speakers: Tim Herzog, Sports Psychologist

1800 Dinner TBD

Thursday, January 9th Coaching and Staying in the Game

0945 Meet in assigned groups at location of your choosing. Lunch is on your own.

Discussion Topic 1: Sustainability. How have you been able to stay in the game, and what would your advice for younger coaches be?

Discussion Topic 2: What steps do we need to take to encourage young coaches to get involved in the industry?

1430 Meet at 312 Upper Norfolk Condo for afternoon sessions: Each Condo is responsible to bring a snack for everyone.

1500 Guest Speakers: Reed Maltbie - Coaching the Coaches

1830 Dinner at QuitNTime with Jeff and Debbie

Friday, January 10th Team Dynamics

0945 Meet in assigned groups at location of your choosing. Lunch is on your own.

Discussion Topic 1: How is your team structured? Do you see a lot of turnover? How can we keep sailors in the fold for 4 years?

Discussion Topic 2: For coach run teams, how do you balance the amount of responsibility put on your players? For student run teams, what are you doing to preserve institutional knowledge? How can ICSA help both groups be better?

1430 Meet at 312 Upper Norfolk Condo for afternoon sessions: Each Condo is responsible to bring a snack for everyone.

1435 **Guest Speakers: US Sailing; Cory Sertl, John Pearce, "Creating Lifelong Sailors"**

1630 **Discussion on retention and development of your players**

1730 Committee Meetings

1900 **LaserPerformance sponsored dinner – J&G Wine Vault, St. Regis, Deer Valley (Business Casual, Graduates only)**

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

Saturday, January 11th

0830 am ICSA Winter Meeting

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-Fri 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/>

Thank you to our sponsors: LaserPerformance