

Annual ICSA Coaching Conference January 8-12, 2019 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.

Tuesday, January 8th

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

Wednesday, January 9th Theme: Coaching Resources

0945 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. We will have assigned topics and groups, and we would like groups to ski together until lunch. Lunch is on your own.

Discussion Topic 1: Video Technology in college sailing- What are you doing now to take and share video? What software and technology are you using? What are your goals with video? Drone use?

Discussion Topic 2: What are you reading now? What are the best resources you found to help you as a coach?

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

1435 Round Table : Video and software options:
Tyler, David Thompson, JV, Belle - Drones, Handheld, Storage, Edit, Sharing, Sportscodes and Hudl, Google, DropBox and Social media.

1530 Round Table: What you are reading now? Everyone to share but lead by: JV and Mitch

1615 Guest Speakers: Fred Strammer and Mike Kushner- Fitness Programs

1830 Dinner at QuitNTime with Jeff and Debbie

Thursday, January 10th Recruiting Tools and Rules?

0945 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. We will have assigned groups, and we would like groups to ski together until lunch. Lunch is on your own.

Discussion Topic 1: What are the things that would help your recruiting effort the most? Technology? How do visits work at your schools? Are there rules needed to help guide this?

Discussion Topic 2: Connection and relationship with US Sailing- Recruit Clearing house.

- 1430 Meet at 312 Upper Norfolk Condo for afternoon sessions: Each Condo is responsible to bring a snack for everyone.
- 1500 Consultant Online Presentation at 312 Upper Norfolk: **This will start promptly and end at 1530**
- 1545 Reaction to the report- Start putting ideas and thoughts down.
- 1630 Recruiting Conversation
- 1700 Greg Fisher and Leandro Spina talking about ODP and Olympic pathways with college sailing.
- 1800 Pizza Dinner

Friday, January 11th Themes: Women's Sailing/ Speed Development

- 0945 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. We will have assigned groups, and we would like groups to ski together until lunch. Lunch is on your own.
- 1430 Meet at 312 Upper Norfolk Condo for afternoon sessions: Each Condo is responsible to bring a snack for everyone.
- Discussion Topic 1: Women's Sailing - What should ICSA's goals should be towards women's participation in college sailing? Should it be to get numbers? Create an awesome league of just women's sailing? Should it be to get more female drivers in coed sailing? Something else?**
- Discussion Topic 2: Favorite Drills, practices. What do you do to work on speed? Boat Handling? What technology do you use to help?**
- 1435 Guest Speakers: Greg Fisher- Discussion on speed and speed development in college sailing
Leandro Spina- Camp and training camp development/ Take home practice
- 1630 Discussion on Goals for women in College Sailing
- 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 14th

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