

**Tuesday, December 3 @ Coral Reef Yacht Club**

8:00-9:00	<b>US Sailing Buzz Bar (free coffee and espresso)</b>
9:00-9:15	<b>Event Welcome and Overview</b> <i>Stu Gifflen</i> Director of Education, US Sailing
9:15-9:30	<b>President's welcome</b> <i>Cory Sertl</i> President, US Sailing
9:30-10:30	<b>Ancora Imparo</b> <i>John Kessel</i> Director of Sport Development, USA Volleyball
10:30-10:45	<b>BREAK</b>
10:45-11:45	<b>Developing a Culture that Supports and Values Women</b> <i>Dr. Nicole LaVoi</i> Director, The Tucker Center for Research on Girls & Women in Sport
11:45-12:45	<b>LUNCH</b>
12:45-1:45	<b>Why the World's Best Leaders Don't "Set Goals" and What They Do Instead</b> <i>Reed Maltbie</i> Founder, Raising Excellence
1:45-2:00	<b>BREAK</b>
2:00-3:00	<b>What Can Coaches Learn from Olympic Athletes About Dedication to Success?</b> <i>Cameron Kiosoglous</i> Assistant Professor, Drexel University / Director of Sport Science, US Rowing
3:00-3:15	<b>BREAK</b>
3:15-4:15	<b>How I Got Here: Lessons Learned from Veteran Coaches</b> <i>Gary Bodie, Legendary Coach</i> <i>Betsy Alison, Adult Director, US Sailing</i> <i>Rob Hurd, Waterfront Director, Tabor Academy</i>
4:15-4:30	<b>BREAK</b>
4:30-5:30	<b>Coaches Roundtable</b> Facilitators: <i>John Pearce, US Sailing Youth Director</i> <i>Fred Strammer, Athlete Coordinator, SPT</i>
5:30-7:00	<b>Cocktail Party</b> Refreshments provided compliments of Regatta Premium Craft Mixers 

**Wednesday, December 4 @ Coral Reef Yacht Club (AM) / US Sailing Center (PM)**

8:00-9:00	<b>US Sailing Buzz Bar (free coffee and espresso)</b>	
9:00-9:15	<b>Morning Welcome</b> <i>John Pearce</i> <i>Youth Director, US Sailing</i>	
9:15-9:45	<b>Update on Siebel Program</b> <i>Blair Overman</i> <i>Siebel Program Manager</i>	
9:45-10:45	<b>The Debrief is Not Nap Time: Creative Ways to Max the Learning</b> <i>Tony Rey</i> <i>Cloud10Racing, LLC</i>	
10:45-11:00	<b>BREAK</b>	
11:00-12:00	<b>Finding Your Fit: Matching Your Skills to Your Sailors</b> <i>Gary Bodie</i>	
12:00-1:00	<b>LUNCH</b>	
	<b>AT US SAILING CENTER</b>	<b>AT CORAL REEF YACHT CLUB</b>
1:00-2:00	<b>Psychophysiological Perspectives on Performance Anxiety in Sailing</b> <i>Tim Herzog</i> <i>Counselor and Mental Coach,</i> <i>Reaching Ahead Counseling and Mental Performance</i>	<b>The Evolution of Recruiting</b> <i>Amy Deem</i> <i>Director of Track &amp; Field and Cross Country, University of Miami</i>
2:00-2:15	<b>BREAK</b>	
2:15-3:00	<b>I-420 Tuning</b> <i>Udi Gal</i> <i>Race Coach, Peninsula Youth Sailing Foundation</i>	<b>Opti Tuning - All Roads Lead to Rome</b> <i>Joakim Karlsen</i> <i>Founder, JK Sailing, LLC.</i>
3:00-3:15	<b>BREAK</b>	
3:15-4:00	<b>29er Tuning</b> <i>Fred Strammer</i>	<b>Tuning of a one design keel boat</b> <i>Victor Diaz de Leon</i> <i>Professional Sailor</i>
4:00	<b>Cocktail Party</b> <i>Refreshments provided</i> <i>compliments</i> <i>of Regatta Premium Craft Mixers</i>	
		