

## Expanded Agenda

### Pre-Event Homework

- Registered Coaches will be prompted to do two assignments:
  - Questionnaire about what interests they have as a coach, a self-assessment of their skills and abilities, and what they'd like to focus on during the event
  - Compose, and share a drill/lesson they would use at the Clinic itself - come prepared to run/give their drill/lesson

### Saturday February 15th

- 0800 - Women Coaches arrive
- 0810 - Introductions
- 0830 - Program overview
- 0845 - First Presentation: *Effective Feedback & Coaching Methods*
  - Post discussion - what will you incorporate use today?
- 0945 - 5min break
- 0950 - Second Presentation: *How to Capture, Share and Use Images and Videos (and why you should!) at Practice*
  - Coaches will go over how to upload files to a shared folder, and YouTube channel taken at Clinic that weekend to share/go over with Collegiate sailors
- 1045 - 5min break
- 1050 - Discuss Clinic agenda for College Sailors - Coaches will be partnered
- 1100 - Women Coaches eat/pack lunches get ready
- 1130 - Skipper's Meeting: Introduce Coaches to Sailors
- 1145 - Breakout into smaller groups/sessions\*
- 1230 - Transition to Water\*
- 1530 - Off water
- 1545 - Coaches convene to prep for debrief with sailors
- 1600 - Debrief with sailors
- 1700 - Dinner snacks / Coaches debrief together
- Homework - upload images and videos, identify 1-2 to debrief with sailors, make notes/discussion points

*\*All land and water drills with Collegiate sailors subject to change depending on sailing conditions*

### Sunday February 16th

- 0900 - Women Coaches arrive
- 0910 - Review homework
- 0930 - Third Presentation (to be announced)
- 1030 - 5min break
- 1035 - Discuss Clinic agenda for College Sailors - Coaches will be partnered
- 1100 - Re-join with College sailors, debrief videos & images\*
- 1145 - Transition to water / Coaches eat/pack lunches\*
- 1215 - On water drills/racing\*
- 1430 - Off water
- 1445 - Coaches convene to prep for debrief with sailors

## Northwest Women's Coaching Clinic

- 1515 - Debrief with sailors
- 1430 - Pitch to sailors about a career as a professional Coach / Q&A
- 1645 - Break
- 1700 - Dinner snacks / Coaches debrief together
- Homework - upload images and videos with feedback + lessons learned from *other* coaches one was partnered with

*\*All land and water drills with collegiate sailors subject to change depending on sailing conditions*

### **Monday February 17th**

- 0800 - Women Coaches arrive
- 0810 - Review homework & Clinic
- 0830 - Fourth Presentation: Women's Coaching Stats (Dr. Levoi Research) + Sailing Specific stats, Elizabeth K. & World Sailing Survey
- 0930 - 5min break
- 0935 - Discussion
- 1030 - 5min break
- 1035 - Continued discussion
- 1100 - Fifth Presentation: (to be announced)
- 1200 - Break / Lunch
- 1230 - Sixth Presentation (to be announced) & Discussion
- 1330 - Conclusion
- 1400 - Post-networking
- Homework - Post-program survey / feedback