



**WOMEN IN SPORTS
LEADERSHIP
2024 CONFERENCE**

SHARE THE VISION

Sunday, February 4, 2024

8 a.m. – 4:30 p.m. Conference Registration in Lobby

***Specific to coaches/administrators**

(updated 01/26/24)

10 a.m. – 11 a.m.

1st Round of Workshops

A	Grit and Goal Setting For Teams & Self	Lauren Thompson
B	Supporting Each Other in Developing a Positive Body Image	Chelsi Ricketts
C	Words Have Power	Jacci Storey
D	Unveiling Your Authentic Self: Exploring Team Dynamics and Diverse Traits	Nikki Norris & Stacy Smith
E	Next Level Leadership – Valuing Diversity	Dr. Ramona Cox
F	Get’cha Head in the Game: A Crash Course in Mental Performance	Lauren Secaras & Corinne Zimmerman
Aurora	*Teaching Life Skills Through Sport: From Research to Practice	Dr. Jennifer Roth & Shannon Loso
Reo	*Creating Your Coaching Network	Meg Seng, Sara LeBlanc & Katie Sims
Cord	*Careers in Sports Leadership	Panel of Women in Sports Leadership

11 a.m. – 11:15 a.m.

Break

11:15 a.m. – 12:15 p.m.

2nd Round of Workshops

A	Grit and Goal Setting For Teams & Self	Lauren Thompson
B	Supporting Each Other in Developing a Positive Body Image	Chelsi Ricketts
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D	Unveiling Your Authentic Self: Exploring Team Dynamics and Diverse Traits	Nikki Norris & Stacy Smith
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Cord	*Careers in Sports Leadership	Panel of Women in Sports Leadership

12:15 p.m. – 1:15 p.m.

Lunch

Royale Lobby

1:15 p.m. – 2 p.m.

1st General Session

Ballroom Learning from Each Other

Cathy George

2:15 p.m. – 3:15 p.m.

3rd Round of Workshops

A	Play Big	Celia Kiogima
B	How to Achieve True and Lasting Success	Alicia Smith
C	Valuing Yourself as a Female Athlete	Laurie Glass
D	What Winners Think, What Champions Do	Becky Schmidt
E	Fueling for Sport	Kate Davis
F	Fear is Our Friend	Paige Thornton
Aurora	*Leading and Empowering Others	Theresa Beeckman
Reo	*Closing the Gap: The Courage to Be Great	Tia Brandel-Wilhelm
Cord	*Leadership: Lifting Each Other Up	Marcy Uyl, Melissa Ritz-Johnson, Leigh Ann Roehm & Carley Robertson

3:15 p.m. – 3:30 p.m.

Break

3:30 p.m. – 4:30 p.m.

4th Round of Workshops

A Play Big
B How to Achieve True and Lasting Success
C Valuing Yourself as a Female Athlete
D Words Matter
E Fueling for Sport
F Fear is Our Friend
Aurora *Leading and Empowering Others
Reo *Closing the Gap: The Courage to Be Great
Cord *Leadership: Lifting Each Other Up

Celia Kiogima
Alicia Smith
Laurie Glass
Becky Schmidt
Kate Davis
Paige Thornton
Theresa Beeckman
Tia Brandel-Wilhelm
Marcy Uyl, Melissa Ritz-Johnson,
Leigh Ann Roehm & Carley Robertson

4:30 p.m. – 6 p.m.

Break/Hotel check-in/Banquet Prep

6 p.m. – 7:30 p.m.

Ballroom

Banquet

WISL Recipient Recognition

Mary Cicerone & Eve Claar

8 p.m. – 9 p.m.

5th Round of Workshops

Pool Water Aerobics
Aurora Dance Fitness
Cord Reframing Your Vision Through Yoga
Atrium Self-Defense
Reo Yoga
E & F Zumba

Mary Kay Gavitt
Paula McAllister
Maggie Olds
Angela Ford
Corinne Zimmerman
Danielle Germaine

9:15 p.m. – 10:15 p.m.

6th Round of Workshops

Pool Water Aerobics
Aurora Dance Fitness
Cord Reframing Your Vision Through Yoga
Atrium Self-Defense
Reo Yoga
E & F Zumba

Mary Kay Gavitt
Paula McAllister
Maggie Olds
Angela Ford
Corinne Zimmerman
Danielle Germaine

Monday, February 5, 2024

8 a.m. – 9:30 a.m.

Ballroom

3rd General Session – Breakfast

Sharing the Vision

Leah Johnson

10 a.m. – 11 a.m.

7th Round of Workshops

A Empowering Her: Injury Prevention Strategies for Female Athletes
B Empowering Lessons - Staying Connected
C Dare to Be
D It Starts with Me: The Power of Leading Yourself
E Using Athletics to Launch Your Career
F Championship Team Culture
Aurora *Sending the Right Message When Coaching Females
Reo *Devising a Comprehensive Policy for Safety in Youth Sports
Cord *Great Coaching: A Commitment to Continuous Improvement

Dr. Jill Moschelli
Casey Akenberger, Brittney Kimball &
Meredith Norris
Kayla Douglas & Sara Driesenga
Theresa Beeckman
Dr. Michele Lewis Watts
Dr. Amber Warners
Laurie Glass
Dr. Karin Pfeiffer
Jean LaClair, Stefanie Miller,
Alicia Smith & Debbie Williams-Hoak
Facilitator: Andi Osters

11:15 a.m. – 12:15 p.m.

8th Round of Workshops

- A Empowering Her: Injury Prevention Strategies for Female Athletes
- B Empowering Lessons - Staying Connected

- C Dare to Be
- D It Starts with Me: The Power of Leading Yourself
- E Using Athletics to Launch Your Career
- F Championship Team Culture
- Aurora *Sending the Right Message When Coaching Females
- Reo *Devising a Comprehensive Policy for Safety in Youth Sports
- Cord *Great Coaching: A Commitment to Continuous Improvement

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