|  |  |
| --- | --- |
| **Tuesday, November 28th** | |
| 8:00-9:00 | **Registration opens** |
| 8:00-11:00 | **Free Coffee @ US Sailing Buzz Bar** |
| 9:00-9:30 | **Welcome & US Sailing Olympic Update** *John Pearce, US Sailing Youth Director*  *Malcolm Page, US Sailing Chief of Olympic Sailing* |
| 9:30-10:30 | **Keynote: Winning Mindset & Big Dreams** *Josh Lifrak, Chicago Cubs Director of Mental Training* |
| 10:30-10:45 | **BREAK** |
| 10:45-11:45 | **Adapting Coaching and Communication to Athlete Personalities**  *Luther Carpenter, Senior Olympic Coach, US Sailing Team* |
| 11:45-12:45 | **LUNCH (provided)** |
| 12:45-1:45 | **Coaching Philosophy**  *Grant Spanhake, US Sailing Team Technical Director* |
| 1:45-2:00 | **BREAK** |
| 2:00-3:00 | **Video in 2017: Getting the Most out of GoPros and Drones** *Willie McBride US Sailing Team Coach,  Patrick Rynne, Waterlust Founder/Creative Director* |
| 3:00-3:15 | **BREAK** |
| 3:15-4:15 | **Culture and Player Dynamics** *Greg Fisher, College of Charleston Director of Sailing Ward Cromwell, College of Charleston Head Coach*  *Mitch Hall, College of Charleston Assistant Coach* |
| 4:15- 5:15 | **Managing High Performance Youth Sailing Teams** *Rosie Chapman, GCYSA* Single Handed Sailing Director *Lior Lavie,* Co-head Coach, US National Team/USODA |
| 5:30-6:30 | **Networking and Cocktail Reception @ Shake-a-Leg Miami** *Beer provided, Donations to SALM recommended* |
| 6:30 | **Dinner on Own** |
|  |  |
| **Wednesday, November 29th** | |
| 8:00-11:00 | **Free Coffee @ US Sailing Buzz Bar** |
| 9:00-9:30 | **The New US Sailing Youth Development Model: Building the Base** *John Pearce, US Sailing Youth Director* |
| 9:30-10:30 | **Efficient 2 or 3 Boat Testing** *Mike Ingham, North Sails One Design Expert / US Sailing Team Coach* |
| 10:30-10:45 | **BREAK** |
| 10:45-11:45 | **Considerations in Running a High-Performance Program** *Philip Muller, Founder, Phil Muller Sailing* |
| 11:45-12:45 | **LUNCH (provided)** |
| 12:45-1:45 | **Fuel the Machine: How Energy Availability Impacts Performance** *Liz Fusco, MS, RDN* USRowing National Teams Performance Dietitian |
| 1:45-2:00 | **BREAK** |
| 2:00-3:00 | **Processing and Using Video** *Willie McBride & Patrick Rynne* |
| 3:00 | **Event Concludes** |

