

**Rhythmic Gymnastics Alberta is excited to present to the coaching community:**

**2017 RGA Coaching Congress,  
November 18<sup>th</sup>, 2017 – Sheraton Red Deer  
10 – 4:00pm**

RGA is excited to present a day of learning and socializing for coaches, both new and experienced in Red Deer, Alberta! The theme of this year's congress will be **CONNECTION** as the day will provide you with opportunities to connect to your Provincial and National federations as well as sport science professionals and services that will enhance your club, your coaching, and your personal wellbeing. We will explore the mind-body connection and mental toughness and the connection to one another as a supportive and vibrant community.

The ticket price is **\$75 and includes the Coach Connect Luncheon**. Check out our exciting speaker line-up and follow the JotForm link below to register! We look forward to seeing you in Red Deer!

**Schedule:**

**9:30AM-10AM: Delegate Check In**

**10AM -11:00AM: RGA Coaching Forum**

We have so much to tell you! Hear about all of the NEW developments regarding our competitive structure for both Interclub and Provincial streams, funding programs, coach and athlete development, as well as updates from NCCP and Gymnastics Canada.

**11:00AM -12:00PM: Elite Flex**

Elite Flex was developed by Robin Tharle-Oluk, from the perspective of a Certified Athletic Therapist, with both sports and dance background. Increasing flexibility is a must for all athletes, and doing so safely is essential for all coaches and parents. The Elite Flex program was designed to help athletes at all levels achieve their optimal flexibility in a safe, progressive, manner. Coaches will learn modern stretching techniques as well as ways to improve balance and proprioception

**12:00PM -12:30PM: Develop Your Network - Alberta Sport Development Centre**

Miles Kydd from the Alberta Sport Development Centre - Central Region, will join us to explain how both you and your club can utilize the ASDC to connect with Sport Science specialists across the province. Would you like to work with a sport psychologist, fitness professional or a nutritionist in your area? ASDC can help!

### 12:30PM -1:30PM: Coach Connect Luncheon

When was the last time you got the opportunity to just sit and have lunch with your colleagues? Finally! A moment to connect with friends, both old and new, that's not between rotations at a competition or Gymnaestrada! Enjoy good food and good company for a glorious, uninterrupted hour!

### 1:30PM - 3:30PM: Mental Toughness for the Female Athlete (and their coaches!)

*'On competition day, the physical training is done. Who wins is decided on mental toughness.'*

Susan Agrios of Agrios MINDFITNESS, is a multi-sport world medalist and record holder with more than 20 years of experience as a fitness trainer, strength and conditioning specialist and currently the only fitness trainer in North America that is also a level 2 internationally trained yoga and meditation teacher. Trainer to professional and international athletes, including Olympians, Susan will share with us how to create true mental toughness in our athletes and techniques to manage stress, nerves and connect the mind and body for optimal performance and well-being. In addition, learn strategies to manage your own stress as busy coaches and avoid that end of season burn out!

### 3:00 - 4:00PM: Final thoughts from RGA and Departure

**REGISTER NOW!** <https://form.jotform.com/72925232222954>

**Interested in attending the RGA Annual General Meeting the following day? Stay at the host hotel, Sheraton Red Deer for a special Congress price of \$129.00 + Tax. Information about host hotel rates will be sent to all registrants.**

