

Day	Time	Topic	Presentor(s)
Thursday April 27	13:00 - 18:00	<b>*Being Para Ready*</b>	Tim Konoval + Para Team
	19:00-20:30	Keynote opening	Cody Royle. Author of Tough Stuff
	20:30-21:30	Social	Biathlon Canada and Nordiq Canada
Friday April 28	8:00-8:45	Conference Objectives and Agenda	Julie Beaulieu
	8:45-9:45	Gold Medal Profile (GMP)	Nordiq Canada and Biathlon Canada
	9:45-10:00	Break	
	10:00-11:00	Technique Report Card (TRC) Integration	NST Coaches
	11:00 - 11:15	Break	
	11:15 - 12:15	Integrating the Gold Medal Profile into the annual training program	Sport Physiologist
	12:15 - 13:00	Lunch	
	13:00-16:30	TRC in action (Cross-Country), Shooting Technique (Biathlon)	NST Coaches
	17:00 - 18:30	Safe Equitable Sport/Demistifying Safe Sport	Allison Forsyth - ITP
Saturday April 29	7:30 - 8:00	Coffee networking	
	8:00-8:15	Day Objectives and Agenda	Tyson Wellock
	8:15-9:30	Data Fluency and Analytics	Nordiq Canada and IST
	9:30 - 9:45	Break	
	9:45 - 10:45	Avoiding complacency - effective training environments.	Tyson Wellock
	10:45-11:00	Break	
	9:30-11:00	Training for power/speed	Ragnar Bragvin
	11:00-11:15	Break	
	11:30-12:30	The Professionalization of Coaching	Peter Niedre (JB)
	12:30-13:30	Lunch	
	14:00-16:00	Technique (Cross-Country), Team Culture / Mental Performance (Biathlon)	NST Coaches / Division Training Centre Coaches
	16:00 - 16:15	Break	
16:15 - 17:15	Incorporating Laser Biathlon into Ski Programming	Clayton Whitman	
Sunday April 30	8:15-8:30	Day Objectives and Agenda	HPD
	8:30-9:30	Nordiq Canada's Objectives (Cross-Country), <i>Vision and Culture (Biathlon)</i>	Development - HP/ Biathlon Canada
	9:30-9:45	Break	
	9:45-10:45	Competition Review Update (Cross-Country)/Coaching Round Table (Biathlon)	Events (JB/IG)/ National Team and Training Centre Coaches
	10:45-11:00	Break	
	11:00-12:30	Nordiq Canada Next Steps (Cross-Country)/ Biathlon Canada Next Steps (Biathlon)	Nordiq Canada/Biathlon Canada

**\*Bonus Session- Register seperately\***