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# Supporting Athletes Holistically During COVID19

Wednesday 6<sup>th</sup> May 2020



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# Adobe Connect housekeeping

The session works best if you;

- Stay muted unless speaking,
- Raise your hand to speak,
- Use chat box for any questions , or for sharing comments when others are speaking
- Session will be recorded for later viewing/referencing.



## Today's Schedule

- Setting the Scene
- Supporting Athletes Holistically During COVID19
- Sarah Kiengersky-CSI Pacific
- Geneviève Lalonde- Olympic Athlete
- Sharleen Hoar- CSI Pacific
- Michael Hatten- University of British Columbia



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## Sarah Kiengersky CSI Pacific



- After completing her Master's Degree at UBC in 2015 with a focus in sport psychology, Sarah began working with CSI Pacific and is now the Game Plan Advisor. In her first four years at CSI, she was an Athlete Coach Services Coordinator where she had the opportunity to work with many PSO's on development of their sport criteria ensuring alignment with national team pathways, amongst many other tasks.
- For the past year, Sarah has been delivering Game Plan services and programming throughout the BC region. In her role as the Game Plan Advisor, she assists national team athletes with planning and preparing for successful career and life after sport.



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# Geneviève Lalonde Olympian



- The **Canadian Record Holder** from Moncton, New Brunswick earned a spot in the Final of the Rio 2016 Olympic Games.
- Since then Geneviève continues to break the Canadian Record, compete in numerous Major Games including notably winning a gold medal at the 2019 Pan American Games.
- She has been selected to represent Canada in World Championships qualifying for finals and in numerous IAAF Diamond League Track Meets around the world.
- Beyond her accolades on the track, Canada's **best and most decorated female steeplechaser** has a Masters in Geography where she spent several months in the High Arctic examining impacts of Inuit education and traditional adaptations to climate change.



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# Sharleen Hoar CSI Pacific



- Sharleen has been supporting elite and aspiring performers through her work as a mental performance consultant for more than 20 years. Sharleen is a professional member of the Canadian Sport Psychology Association and serves with the organization in the position of Co-Chair.
- Sharleen has held the role of Lead, Mental Performance with Canadian Sport Institute Pacific since 2017. Sharleen works as a mental performance consultant with several Canadian high performance athletes and teams including Cycling Canada, Women's 7 Rugby, Swimming Canada, and the Para-triathlon.
- She attended the 2014 Commonwealth Games and the 2015 Pan American Games, and supported athletes and coaches through three Olympic games including the 2010 and 2014 Winter Olympic Games in Vancouver (Canada) and Sochi (Russia) respectively, for Cross Country Skiing, and 2016 Summer Olympic Games in Rio de Janeiro (Brazil). Sharleen is also adjunct professor with the University of Lethbridge and an affiliate professor with University of Victoria.



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# Michael Hatten University of British Columbia



- With 10+ years' experience, Michael has worked in the sports industry at various levels: grassroots, intercollegiate, and national level. He received a Master of Human Kinetics (M.H.K.) degree focused in Sport Management from the University of Windsor in 2015 and a Bachelor of Kinesiology from Western University in 2013.
- Currently, he is the Manager of Varsity Events at the University of British Columbia (UBC) and is responsible for managing the planning, organizing, and execution of all varsity games and events (100+ annually), inclusive of national championships and varsity celebration events on UBC's Vancouver campus for the Department of Athletics and Recreation.



## Lockdown!

- Started mid March
- Feels like a lot longer
- Lockdown- definition
- 1 : the confinement of prisoners to their cells for all or most of the day as a temporary security measure.
- 2 : an emergency measure or condition in which people are temporarily prevented from entering or leaving a restricted area or building (such as a school) during a threat of danger



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# Lockdowns' effect on Sport





## Today's Proposed Outcomes

- To share information about Game Plan and athlete support through the COVID19 response strategy.
- To understand the athlete perspective on 'making the most' of physical distancing and isolation
- To share the importance of and knowledge on service alignment and mental resilience
- Explore the significance of team connection and end of season athlete recognition and celebration



## In closing

- Many thanks to our presenters today
- And thank you for taking time out of your day, we hope there was something in this for you.
- A recording along with slides will be available on the CSI Pacific website later this week
  
- We are back on May 20
- Developing criteria for ranking athletes if no competition results are available



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## In closing....

- Many thanks to our presenters