

Powering Podiums

May 6 2020

In this Powering Podiums workshop we ask the question;

How can we support athletes holistically, ensuring both person and athlete development, during the COVID19 Circumstance?

Like many others, the sport world has been impacted by COVID19 leading to cancellations or postponement of leagues, championships and major events across the world. During this time athletes, coaches and administrators have had to become creative with staying connecting and with their current approaches to sport. Faced with such a unique time, how can we ensure athletes and coaches are supported holistically and that they continue to develop as athletes? Furthermore, how can we capitalize on this time to ensure athletes are developing off the surface of play as people, too?

Andrew Latham from CSI Pacific sets the scene around the situation we find ourselves in at this current moment. Sarah Kiengersky then shares with the us information about Game Plan, its purpose and mission, and how it supports transitioning athletes.

Geneviève Lalonde discusses how this year has changed for her and what strategies she is using to cope with the many challenges she is facing and then Sharleen Hoar, CSI Pacific's Mental Performance Lead, takes us through some mechanisms we can use with the athletes to help them in this uncertain time.

Michael Hatten, who is the manager of Varsity Events at The University of British Columbia completes the session with a presentation on the work he has been doing at UBC to bring about closure for athletes to a season that was interrupted or lost due to COVID-19.