

**MARCH 18, 2017 – ROBERT H. LEE ALUMNI CENTRE, THE UNIVERSITY OF BRITISH COLUMBIA**

**9:30 AM REGISTRATION**

Robert H. Lee Alumni Centre, 2nd Floor, Jack Poole Hall

**10 AM WELCOME & KEYNOTE PRESENTATION**

**Jay DeMerit | Former Captain, Vancouver Whitecaps FC**  
Jack Poole Hall

**11 AM TRANSFERABLE SKILLS**

**Brent Hayden | Co-Founder, Astra Athletica**  
Jack Poole Hall

After retiring from competitive swimming in 2012, Brent Hayden has dipped his toes in multiple ventures. In this session, he will talk about his biggest project yet, starting a performance lifestyle apparel line for men and women. In partnership with his wife Nadina, Brent has the goal of offering active wear engineered to perform to the highest degree with the motto of having goals, chasing dreams and pushing limits.

Join Brent as he discusses what motivated him to get into the apparel business, the challenges and realities he faces, and how the skills he learned as an athlete are helping him as an entrepreneur.

**NAVIGATING UNIVERSITY**

**SCHOLARSHIPS & COMMITMENTS**

**James Boose | ACS & Systems Dev Coordinator, CSI Pacific & Kate Wright | National Team Athlete, Field Hockey**  
Polygon Homes Classroom 224

With over 650 Division I and II schools in the United States and over 140 University and College institutions in Canada, deciding where to attend post-secondary school and compete at the varsity level can be a daunting task for many athletes and parents.

This session will focus on the decision making process around playing varsity athletics in both the U.S.A. and Canada. University and College level athletics offer athletes the opportunity to receive an education while also competing at a high level. James and Kate will discuss factors to consider when choosing a University or College to attend. This decision centers on the quality of both academics and athletics and encompasses things such as location, campus size and student life, along with playing time, the coaching staff, and facilities. James and Kate share their first hand experiences from both a Canadian and American perspective and explain some realities that come along with receiving athletic scholarships while attending a post-secondary institution

**12 PM NETWORKING LUNCH**

**1 PM MENTAL PERFORMANCE: STRESS & ANXIETY IN SPORT & LIFE**

**Dr. Laura Farres | Mental Performance Consultant, Mind in Motion Consulting**  
Jack Poole Hall

Do you think it is okay to be nervous before performance? What role do you think stress and anxiety play in your sport? In your life? Do you have strategies in place to manage or maximize your performance under pressure?

The reality is that most athletes experience stress and even anxiety around performance. Stress and anxiety for the most part are normal response to challenges introduced into your life, such as a big test, a job interview, or competition. The key to working through these situations effectively is to have strategies and approaches you can draw on that keep you on task. Join Dr. Farres, Mental Performance Consultant with Mind In Motion Consulting, as she introduces you to some of the science behind stress and anxiety and to different tools you can learn and apply.

**RECOVERY**

**Melissa Lacroix | Sport Physiologist, CSI Pacific**  
Polygon Homes Classroom 224

Recovery has become increasingly important to the high-performing athlete and their training plan as it aims to reduce fatigue and enhance performance. Considering recovery is an essential part of enhancing training adaptations and decreasing fatigue, it is essential to have an individualized recovery plan built into your training. Recovery is very complex and there are many things to consider when implementing a plan including: the type of training/competition volume, intensity, duration; nutrition; psychological stress; lifestyle, health, and environment.

Melissa Lacroix, CSI Pacific Sport Physiologist, will lead you through a discussion on how to optimize your individual recovery plans. Join her as she introduces you to recommendations around improving your sleep schedule, recovery nutrition, and hydration, along with many other popular recovery methods. Join us to learn the current best practices in recovery for high performance athletes.

**2 PM CLOSING REMARKS & PRIZES**

Jack Poole Hall