



# SCHEDULE

September 9th at the Golden Ears Winter Club  
Early bird registration fee of \$99 ends August 18th!

8:00 - 8:30am	Check-In & Light Breakfast
8:30 - 8:45am	<b>The Morning Welcome</b> by National Juniors and five time BC Scotties competitor- <b>Julie Herndier</b>
8:45 - 9:30am	<b>My Olympic Journey</b> with Olympic and World Champion- <b>Diane Dezura</b>
9:30 - 9:45am	<b>Practice Like a Pro</b> from Five-time Scotties competitor and Mixed Provincial Champion- <b>Shannon Joannis</b>
9:45 - 10:30am	<b>The Mental Side of the Game</b> Learn from Level 5 Certified Coach & Curling Canada's National Program Manager- <b>Elaine Dagg-Jackson</b> and <b>Melissa Soligo</b> , Level 5 Chartered Professional Coach and High-Performance Director, Curl BC
10:30 - 10:45am	Hydration & Nutrition Break
10:45 - 11:00am	<b>Warm-Up &amp; Wellness Chat</b> with three-time Junior National competitor and Scotties Provincial Champion- <b>Kristen Ryan</b>
11:00 - 12:30pm	<b>On Ice Session #1</b> Lead by five-time Junior National competitor, World Junior Silver, three-time Scotties competitor, twice BC Mixed and Mixed Doubles Champion - <b>Stephanie Jackson-Baier</b>
12:45 - 1:30pm	Lunch Break & Connecting
1:30 - 1:45pm	<b>How Valuable You Are to Your Club</b> Hear from Curling Canada Governor and Past President of Curl BC- <b>Teri Palynchuk</b>
1:45 - 3:00pm	<b>We Are All Leaders</b> Featuring <b>Judy Riege</b> A thought leader for over 25 years, Judy is on a mission to to help others become the leaders they are meant to be. Learn how each of us have what it takes to become the role models and leaders needed today and why your lived experience is more valuable than ever before.
3:00 - 3:15pm	Hydration & Nutrition Break
3:15 - 4:15pm	<b>On Ice Session #2</b> with <b>Stephanie Jackson-Baier</b>
4:30 - 5:00pm	<b>Curling for Life! How to Stay in the Game with</b> Two-time Scotties, Olympic Gold Medalist, Five-time Seniors, Masters, 55+ and Club Champion- <b>Penny Shantz</b>
5:00 - 5:30pm	Closing Remarks & Door Prizes
5:30 - 6:30pm	Social Time & Making Lasting Connections



\*schedule subject to change