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2018 Nova Scotia Swim Coaches Conference Schedule

“Leading a Successful Program”



FRIDAY SEPTEMBER 7, 2018				
Time	Activity	Location	Lead	Notes
16:00-17:30	Arrival		Bette El-Hawary	Check-in with Bette
17:30-19:00	Dinner			Order from menu; one drink each
19:00-19:15	Welcome & Introductions		Bette El-Hawary	Team Aquatic Supplies & CSCTA
19:15-20:15	SNC Updates		TBD	
20:15-21:15	Creating a Unified Province		Lance Cansdale	
21:30-	Mix n' mingle			
SATURDAY SEPTEMBER 8, 2018				
Time	Activity	Location	Lead	Notes
6:30-8:30	Breakfast			
8:30-9:30	Building a club for success- Part I		Tina Hoeben	
9:30-9:45	Break			
9:45-10:45	SNC Updates		TBD	Roundtable
10:45-11:00	Break			Coffee/tea/snack
11:00-12:00	How to Cultivate & Work with your Board		Lance Cansdale/Bette El-Hawary	Coffee/tea/snack
12:00-13:00	Lunch			
13:00-15:00	TBD - Dalhousie Human Rights & Equity		Melissa MacKay	
15:00-15:15	Break			Coffee/tea/snack
15:30-16:30	Building a club for success- Part II		Tina Hoeben	
17:30-19:00	Dinner			
20:00-	Town Hall followed by Mix n' mingle		Chris Hindmarch-Watson	Panel Discussion
SUNDAY SEPTEMBER 9, 2018				
Time	Activity	Location	Lead	Notes
6:30-9:00	Breakfast		All	
9:00-10:00	Building a successful Provincial Program		Lance Cansdale	
10:00-10:15	Break		All	
10:15-11:15	Building a successful Provincial Program		Lance Cansdale	
11:15-12:30	NS Coaches Meeting		NS Coaches	
12:00	Lunch & Departures		All	Boxed lunches will be available



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Speaker Bios

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TINA HOEBEN, HEAD COACH, KISU SWIM CLUB

Tina is a Level 3 certified coach and has been a staple in the British Columbia coaching community for many years. Tina coached summer club while working on her three university degrees. She knew she wanted she wanted a career that had something to do with helping people and coaching swimming was a great fit. She loves the sport and feels she has been given a gift to make it her profession. She has received “tremendous support” from Swim BC and Swimming Canada and has learned a lot through mentorships, training camps, conferences, and workshops. She aspires to have an impact on the lives of her athletes, making them better swimmers, but also to enhance and enrich their lives and who they are as people. Tina was a member of the 2017 world juniors coaching staff and the 2017 Canada Games coaching staff. Placing a swimmer on the Olympic podium is a long-term goal. One challenge is that swimming is a male-dominated sport with few female role models. Most recently, she attended the 2018 Commonwealth Games as an Intern Coach with Swimming Canada.

MELISSA MACKAY, ADVISOR, HUMAN RIGHTS & EQUITY SERVICES, DALHOUSIE UNIVERSITY

TBD

LANCE CANSDALE, MSE, CHPC, HEAD COACH, DALHOUSIE TIGERS MEN’S & WOMEN’S SWIM TEAMS & SWIM NOVA SCOTIA PROVINCIAL COACH

Entering his sixth season with the Tigers Lance Cansdale hopes to continue building on the successful results from the past few seasons, while continuing with a long tradition of excellence set by former Tigers swim coaches Nigel Kemp and David Fry.

A former four-time NAIA All-American, Cansdale has over forty years’ experience as a competitive swimming professional and athlete. He is a former Executive Director for Swim British Columbia and has been a head coach for California State University (Bakersfield), Hyack Swim Club and Simon Fraser University. Lance has also worked with Canadian National Swim Team including the 1999 World Cup Tour, the 2002 Commonwealth Games and the 2001, 2003 and 2005 World Championships, and was the Canadian Team Leader and Head Coach at the 2013 & 2015 FISU Games (held in Russia and South Korea respectively). From 2010 to 2012, he had been the Domestic Operations Director for Swimming Natation Canada and he is currently in his 11th year as Swim Nova Scotia’s Provincial Coach.

A highly-decorated coach, Cansdale has been named the BCSCA Coach of the Year and twice earned the Canadian Swimming Coaches Association Coaching Recognition Award. He holds a B.S.E in Physical Education (Ouachita Baptist University) and a M.S.E. Exercise Physiology (Texas Christian University).