

# Workshop Agenda

**Check-In/Social: 8:30—9:00 AM**

coffee/juice/fruit/bagels

**Session I: 9:00—9:50 AM**

## **SPORTSMETRICS™ WIPP**

Learn about the Sportsmetrics™ Warm-up for Injury Prevention and Performance enhancement training program. Developed to safeguard female student-athletes from the high incidence of ACL injuries and improve athletic performance.

**Kyra Evans, PT, DPT**

**NW Portland Physical Therapy  
Therapeutic Associates, Inc.**

**Session II: 10:00—10:50 AM**

## **LEADERSHIP –YOUR MISSING LINK**

Developing leadership skills among your student-athletes benefits your team & each player. Learn to identify leadership opportunities to incorporate into your game plan.

**Teri Mariani**

**Retired Div. I college coach & administrator  
Portland State University**

**Session III: 11:00—11:50 AM**

## **DEALING WITH NEGATIVE & OVERLY INVOLVED PARENTS IN ATHLETICS**

What are signs of an athlete who is dealing with parental pressures? What are traits of over-involved parents? Learn strategies to deal with these situations and help players enjoy their athletic experience.

**Brian Baxter, MA Sports Psychologist  
Director, SPINw**

**[www.spinw.com](http://www.spinw.com) / [www.baxtersports.com](http://www.baxtersports.com)**

**Lunch: 12:00—1:00 PM**

**Raffle & Announcements**

**Shop: 1:00 PM**

**NIKE Employee Store**

Oregon Women's Sports  
Leadership Network



# 2016 WORKSHOP



**Saturday, Feb. 6<sup>th</sup>, 2016**

**8:30 AM — 1 PM**

**GLADSTONE  
HIGH SCHOOL**

This workshop, presented by the Oregon Women Sports Leadership Network, is an opportunity for women involved in athletics to connect with each other. Additionally, it is intended to encourage young women to become involved in athletics beyond simply playing.

### WORKSHOP INCLUDES:

- *Three sessions with relevant information for women in coaching.*
- *Continental breakfast & lunch.*
- *Raffle with proceeds going to OWSLN (bring items &/or money).*
- *An opportunity to network with other women in athletics.*
- *A trip to the NIKE Employee Store for those registered by noon on Friday, January 29<sup>th</sup>.*

**GLADSTONE HS**  
**18800 SE Portland Ave.**  
**Gladstone, OR 97207**

### DIRECTIONS:

99E south to Glen Echo Rd.;  
Turn east and go to Portland Ave.;  
Turn south & go 3 blocks to  
Gladstone HS

### For questions contact:

Anna Maria Lopez  
(503) 721-7714

**PLEASE NOTE:** Only registrations received by noon on Fri., Jan. 29<sup>th</sup> will be eligible for NIKE Employee Store visit.

**Sorry, No Exceptions**

Registration will be confirmed by email or phone.

**Saturday, February 6, 2016**

**8:30 AM—1:00 PM**

**Gladstone HS Auditorium**

(check-in at GHS cafeteria)

**WORKSHOP FEE: \$15**

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Phone where you can be reached:

\_\_\_\_\_

Sport/School/Organization:

\_\_\_\_\_

# of Years Coaching HS Sports:

\_\_\_\_\_

### Return to:

**Molalla High School**  
**Attn.: Amy Beykovsky**  
**P O Box 309**  
**Molalla, OR 97038**

**OR**

### Email:

[amy.beykovsky@molallariv.k12.or.us](mailto:amy.beykovsky@molallariv.k12.or.us)

(online registrants pay @ door)

Checks payable to: **OWSLN**