

# Workshop Agenda

**Check-In/Social: 8:30—9:00 AM**

coffee/juice/fruit/bagels

**Opening Introductions: 9:00—9:15 AM**

**Session I: 9:15—10:00 AM**

## **EATING FOR SUCCESS IN ATHLETICS**

Proper nutrition is a key element in helping optimize athletic performance. Learn about what, when and how athletes should fuel for success.

**Gary Domy, DC DIBAK**

**Chiropractic Physician**

**Scappoose Chiropractic Clinic P.C.**

**Session II: 10:05—10:50 AM**

## **PANEL DISCUSSION**

**What Do College Coaches Look for in an Athlete?**

Various local college coaches, NCAA D1, D2, NAIA

**BREAK 10:50-11:05 AM**

**Session III: 11:05—11:30 AM**

## **SOCIAL MEDIA TOOLS FOR COACHES**

Catch up on several new social media tools available to help coaches work and communicate more efficiently.

**Marci McGillivray, Sr. Manager of Athletics PIL  
& Kelly Foster, Associate Director OSAA**

**Lunch: 12:00—1:00 PM**

**Raffle & Announcements**

**Shop: 1:00 PM**

**NIKE Employee Store**

Oregon Women's Sports  
Leadership Network



# 2017 WORKSHOP



**Saturday, Jan. 28<sup>th</sup>, 2017**

**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 20<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. 20<sup>th</sup> will be eligible for NIKE Employee Store visit.

**Sorry, No Exceptions**

Registration will be confirmed by email or phone.

**Saturday, January 28, 2017**

**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**