

Conference 2019

The purpose of this conference is to bring together young women, female coaches, university athletes and leaders in sport and physical activity for the purpose of enhancing the knowledge, attitudes and beliefs of young women regarding the role that sport and physical activity can play in their lives. We are encouraging all participants to pursue an active and ongoing involvement in sport and physical activity.

GET IN THE GAME!



SHSAA **Women in Sport** **Conference** **2019**

May 31st & June 1st
Saskatoon, Saskatchewan
University of Saskatchewan



Presented by:
Saskatchewan High Schools
Athletic Association
in partnership with the
University of Saskatchewan & Pizza Hut



Conference Highlights

Friday, May 31, 2019

Registration: 4:00-5:00pm

Supper: 5:30pm Sponsored by Pizza Hut



Welcome: 6:00pm

Key Note Speaker: 6:15pm

Gym Blast: 7:00pm

Wrap Up: 9:15pm

Saturday, June 1, 2019

Breakfast: 8:00-8:45am

Session #1: 9:00-10:30am

Nutrition Break: 10:30-10:45am

Session #2: 10:45am-12:00pm

Lunch: 12:00-1:00pm

Session #3: 1:00-2:00pm

Nutrition Break: 2:15-2:30pm

Session #4: 2:30-4:00pm

Wrap Up: 4:15-4:30pm

Session choices to be selected after registration has been confirmed



Registration Information

Cost:

Conference registration is \$50.00 per participant. Each athlete and coach/supervisor need to register. The fee helps cover the registrant's meals, accommodations, conference t-shirt, and presenters. Cheques are payable to Saskatchewan High Schools Athletic Association. The conference will be limited to the first 100 paid student registrations.

Who:

The conference is for girls in Grades 9 - 12 & their female coaches. Students registering must be accompanied by an approved supervisor.

Time:

Conference registration is from 4:00-5:00 p.m. on Friday. A meal sponsored by Pizza Hut and icebreaker activities will follow.

Saturday will be filled with sport, fitness and classroom sessions starting at 9:00am.

Where:

All events and activities will take place on the University of Saskatchewan campus. Conference participants will be housed in the Voyageur Place Residence.

Registration Form

Cost: \$50.00

Name

Address

Email Address

School

Grade

Teacher

Chaperone

Medical

Condition(s) or
Allergies

T-Shirt Size:

Small Medium Large X-Large

Please return registration form and payment by May 6th, 2019 to:

SHSAA

**#1- 575 Park Street
Regina SK. S4N 5B2**

Tel: (306)721-2151

Fax: (306) 721- 2659

E- Mail: jessica@shsaa.ca