

REGIONAL ACADEMY DENVER

WOMEN'S COACHES' SCHEDULE

SATURDAY, DECEMBER 6

9:30 am	Check-In	
10:00 am	Rachel Williams, Harlem Lacrosse	Coaching Beginners (Fundamentals)
11:15 am	Rachel Sanford, Evergreen	Putting the Fun in Fundamentals: Creating a Coachable Culture
12:30 pm	LUNCH	
1:30 pm	Ashley Johnson, Colorado College	Building a Team Culture of "WE"; Turning Individual Talent into Collective Strength
2:45 pm	Taylor VanThof, Denver University	The Draw
4:00 pm	Mike O'Neill, Concepts Lacrosse	Constraints-Led Approach to Coaching
5:15 pm	Trevor & Bill Tierney, LXTC	Leadership
6:30 pm		Networking Social

SUNDAY, DECEMBER 7

9:00 am	Alice Lee, Westridge School	Coaching Gen Alpha: Practices and Drills for Learning, Competition, and Focus
10:00 am	Caroline Wakefield, Arizona State	Defensive Packages
11:00 am	Samantha Geiersbach, Valor Christian	Competing in Practice