

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