



**2008 ATHLETICS CANADA TECHNICAL CONGRESS**  
**November 21 - 23, 2008**  
**Hilton Toronto Airport - Toronto, ON**

<b>FRIDAY NOVEMBER 21</b>				
<b>Time</b>	<b>Board</b>	<b>Branch</b>	<b>Olympic/Paralympic Staff</b>	<b>Coaches</b>
9:00 – 9:30	Board of Directors Meeting	LTAD Alignment Meeting	Technical Debrief	Shuttles from Airport & Check-in
9:30 – 10:00				
10:00 – 10:30				
10:30 – 11:00				
11:00 – 11:30				
11:30 – 12:00				
12:00 – 12:30	Lunch	Lunch	Lunch	
12:30 – 1:00	Board of Directors Meeting	Branch Meeting	Technical Debrief	
1:00 – 1:30				
1:30 – 2:00				
2:00 – 2:30				
2:30 – 3:00				
3:00 – 3:30				
3:30 – 4:00				
4:00 – 4:30				
4:30 – 5:00	Registration / Welcome Reception / Information Expo			
Evening 7:00	Registration / Welcome Reception / Information Expo			
<b>SATURDAY NOVEMBER 22</b>				
<b>Time</b>	<b>Board</b>	<b>Branch</b>	<b>Olympic/Paralympic Staff</b>	<b>Coaches</b>
8:00 – 8:30	Registration / Breakfast			
8:30 – 9:00				
9:00 – 9:30	A Look at the Past and Future Quadrennial			
9:30 – 10:00				
10:00 – 10:30	Break			
10:30 – 11:00	Charting the Future Together for Sustainable Success Round Table			
11:00 – 11:30				
11:30 – 12:00				
12:00 – 12:30	Networking Lunch			
12:30 – 1:00				
1:00 – 1:30				
1:30 – 2:00	Special General Meeting - Membership of Athletics Canada		Technical Break Out Sessions by Event Group	
2:00 – 2:30				
2:30 – 3:00				
3:00 – 3:30				
3:30 – 4:00				
Evening	Athletics Canada Awards Gala – Presented by Mondo (6pm – Cocktails, 7pm – Dinner)			

<b>SUNDAY NOVEMBER 23</b>				
<b>Time</b>	<b>Board</b>	<b>Branch</b>	<b>Olympic/Paralympic Staff</b>	<b>Coaches</b>
8:00 – 8:30	Breakfast			
8:30 – 9:00				
9:00 – 9:30	The Importance of Nutrition for the Developing Adolescent Athlete			
9:30 – 10:00				
10:00 – 10:30				
10:30 – 11:00	Break			
11:00 – 11:30	Using Dartfish as a Tool for Developing Athletes			
11:30 – 12:00				
12:00 – 12:30	Closing Remarks – Moving Forward			
12:30 on	Check-Out & Shuttles to Airport			