

Tucker Center

for Research on Girls & Women in Sport

Report and Evaluation for the Women Coaches Symposium 2019

Women Coaches Symposium
Organized by the Tucker Center for Research on Girls & Women in Sport
at the University of Minnesota
in partnership with
Gopher Athletics and WeCOACH
Friday, April 19, 2019
TCF Bank Stadium, DQ Club Room, University of Minnesota



The purpose of the **Women Coaches Symposium (WCS)** is to provide high quality educational programming and professional development, an avenue for networking for women, a space to build community among women coaches, and a way to increase and retain women in the coaching profession. Women coaches of all sports and all levels are welcome.

The 2019 Women Coaches Symposium, our sixth annual, was a resounding success with attendance reaching 330 women including our highest-ever number of student-athletes ($n = 60$) from all sports and all levels of competition. Of our attendees, 32% were high school coaches, 11% were club coaches, 3% were NCAA D-I coaches, 5% were D-II coaches, 21% were D-III coaches, 1% were NJCAA coaches, 8% were youth coaches, and 3% were professional or national team coaches. Nearly 40% of attendees have returned to the WCS annually.



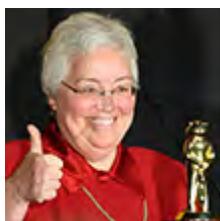
The quality of our speakers, relevancy of topics, high-level partnerships, sponsorships by influential organizations, value of the symposium, and most significantly, women-centered focus of the WCS distinguishes it from other events in current coach education programming. To our knowledge, it is the **largest event of its kind** in the United States, and perhaps the world. This year's theme was self-care (represented in the graphic on the left), including: emotional, social, physical, environmental, occupational, financial, and spiritual well-being.

Strong support and **collaborative partnerships** with regional college conferences this year as evident in attendance of conference commissioners and coaches from the MIAC, NSIC, and UMAC.

This year the WCS also had the highest number of **vendors** to date. Fourteen vendors shared their expertise, services, and took the opportunity to network with coaches, including those below:



The WCS opened with a welcome from representatives from each of the events’ main sponsors—**Julie Manning** of Gopher Athletics, **Marci Korney** from WeCOACH, and **Dr. Nicole M. LaVoi**, Director of the Tucker Center. The morning included a rousing breakout presentation on “The Mind-Body Connection: Self-Care from the Inside Out” with **Kathy Flaminio**, as well as three breakout sessions: “Stop Reacting, Start Responding: Practical Mindfulness for Coaches” with **Dr. Kat Longshore**, “Spiritual Principles for Human Potential & Radiant Wellness” with **Rev. Dr. Rachel Wetzsteon**, and “Be a Self-confident Woman in a Male-dominated Environment” with **Monika Sattler**.



The Symposium featured the 5th annual **Jean K. Freeman Keynote** in honor of Jean (pictured left), who served for 31 years as the women’s swimming and diving head coach for the Gophers from 1973-2004, before passing away in 2010 from cancer. Freeman was a highly successful coach, cared deeply about her athletes, and was beloved by all. The goal of the Jean K. Freeman Keynote is to bring a highly successful, high-profile female coach who reflects the same values and commitment to striving for excellence while maintaining good sportsmanship. This keynote increases the visibility, marketability and national reputation of the WCS.

The Jean K. Freeman Keynote Speaker this year was **Cheryl Reeve** (pictured right). Reeve is Head Coach and General Manager for the Minnesota Lynx. She has coached the Lynx to four league championships in 2011, 2013, 2015 and 2017, has the highest winning percentage in the WNBA, has won the most games of any WNBA female coach, and has won the most WNBA postseason games of any coach. Reeve was named the WNBA Coach of the Year in 2011 and 2016. In 2018, she served as an assistant coach for the U.S. National Team and previously served as an assistant coach for the 2014–16 USA National Team that claimed gold medals at the 2014 FIBA World Cup and the 2016 Olympics.





This year we added the **WCS Coach of the Year Awards**, sponsored by **Jostens**. The 2019 award winners are: College Coach of the Year - **Gretchen Hunt**, Head Volleyball Coach at

Bethel University; and Youth Coach of the Year - **Jennifer Weber**, Basketball Coach at Cedar Riverside Community School. (Weber pictured left, Hunt on right holding awards)

After lunch, a series of breakout sessions included: “Equilibria in Sports” with **Lynn Kachmarik**; “Your Next Play: Confidently Transition from Sport to Career,” designed specifically for our student-athlete attendees, with **Audra Emerson** and **Sara Wegmann**; and a panel on “Navigating Career Changes In Coaching” with a standout group including moderator, Marci Kornegay, and panelists **Faith Patterson Johnson** (MN Hall of Fame Coach), **Julie Manning** (Executive Associate Director for Gopher Athletics), **Susan Teeter** (2018 WCS Jean Freeman Keynote), and **Becky Carlson** (“The Fearless Coach” and Head Women’s Rugby Coach, Quinnipiac University).

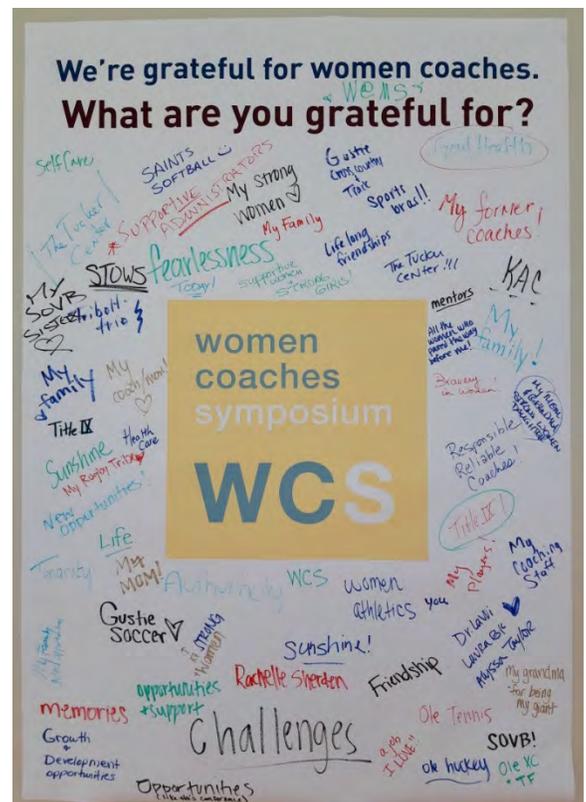
Dr. Nicole M. LaVoi (on right below) and The Tucker Team—(left to right) **Anna Baeth**, **Courtney Boucher**, **McKenzie Arbeiter**, and **Mikinzee Salo**—presented the **TRIA-sponsored afternoon keynote** titled “You are Not Alone, *POWER UP!*: How to use the Latest Data About and for Women Coaches.”



The final breakout of the day included Round Table Discussions with several local coaches, a session titled “Taking Care of Coaches: Learning from our Canadian Colleagues” with **Dr. Guylaine Demers**, **Sylvie Beliveau**, and **Dr. Alison Doherty**, and “Financial Well-being for Coaches: A Guide to Life & Money” by **W@MS (Women at Morgan Stanley)**, our **2019 WCS Gold Sponsor**, including representatives **Sara Asatiani** and **Brent Gray**.

Morgan Stanley

Thank you to **adidas** who sponsored our t-shirts and happy hour. Our sponsors, the quality of our speakers, awards ceremony, and the celebration of women coaches after the WCS during happy hour make the WCS a success and annual tradition for many!



**In our post-event evaluation, we asked coaches *what they liked best*.
Feedback included:**

- *The speakers were great. The atmosphere is really phenomenal and empowering.*
- *The event was an absolute WOW! I loved the Keynote—Cheryl Reeve was amazing and real and gave us a call to action! I also really loved the data and science and facts presented by Dr. LaVoi. So important to know the real facts and why we have to have a WHY we do what we do!*
- *The camaraderie and seeing many women from different sports was refreshing. Lots of insight shared.*
- *My aha moment—We only hire the best. That verbiage needs to change. Expect to make the playoffs, with a goal of winning the championship. Have high expectations. The importance of not being afraid.*
- *"Be where your feet are." Expectations versus goals. Intentionally build supportive relationships.*
- *I'm not always into engagement and forced networking, but it worked and was fun.*
- *Being at the WCS with other experienced and new women's coaches and being re-inspired to advocate more for women coaches. Cheryl Reeve and Lynn Kachmarik are great public speakers.*
- *There are a lot of great women coaching and making a difference. Most of these women want help from other women coaches and are also willing to help someone else. Female coaches second guess themselves and need validation from others, where men just think they're right and don't need to worry about others judging them. Female coaches are made to feel this way, and it affects day-to-day decision-making and confidence. We are not hallucinating—the data supports what we have been living and feeling. And it must change!*
- *I liked being able to choose different sessions to go to. It allows me to go to talks that are interesting to me or will be applicable to me in the near future.*
- *I thought everything about the symposium was great! For it being my first symposium, I was impressed by all of the different vendors. I thought they were a great contribution and introduced me to a lot of new cool programs and clubs to be a part of.*
- *I was extremely impressed with the level of professionalism and credentials of the speakers. I felt the content was very helpful and practical. It was overall very inspiring.*

