



# !IMPACT

*Leadership*

## INFORMATION PACKAGE 2025 WORKSHOP

MAY 12 & 13, 2025  
UNIVERSITY OF ALBERTA, EDMONTON



# LEADERSHIP TRAINING FOR HIGH SCHOOL STUDENT ATHLETES AND ADVISORS

The goal of this workshop is to provide a forum for student athletes and adult leaders to discuss relevant topics in educational based athletics and activities.

Through interactive group discussions, scenario situations and hands-on activities, participants will develop skills that will enable them to effectively lead their peers at school. We believe this is a unique opportunity for your student athletes and advisors to develop skills that can not only be used in the school setting but can also guide them in all their future endeavors throughout life. Register today!



**REGISTRATION = \$90 + GST PER PERSON**

# SELECTION CRITERIA

## STUDENT DELEGATES

Each school may bring up to a maximum of 8 students who:

- Student ATHLETE Leaders in their communities
- Have leadership skills
- Passionate about School Athletics and interested in being a Leader in Sport in their communities
- Are responsible
- Are able to relate to students from a variety of social groups
- Have high motivation and enthusiasm
- Are friendly and well-liked by other students
- Have an ability to interact well one-on-one with small groups of students
- Are viewed as a positive role model in school

## ADVISOR DELEGATES

Each school may bring up to a maximum of 3 advisors who:

- Have good supervisory skills
- Work well with young adults and adolescents (friendly and well-liked)
- Have an ability to interact well one-on-one or with small groups of students
- Are willing to take conference information and skills back to local schools and communities to disseminate to others
- Are responsible
- Able to relate to students from a variety of social groups
- Have high motivation and enthusiasm
- Have experience with high school athletics

## NEW STUDENTS

Must be in Grade 10, 11 or 12

**"IT IS GREAT TO TAKE  
POSITIVE  
YOUNG PEOPLE OUT  
OF THE BUILDING TO  
MEET OTHER LIKE  
MINDED  
INDIVIDUALS."**

**Advisor Delegate 2023**



# SCHEDULE FOR MONDAY MAY 12

TIME	ACTIVITY
12:30pm - 1:00pm	Registration
1:15 - 2:15	Welcome and Keynote Speaker
2:30 - 3:45	Workshop #1
3:45pm - 4:00pm	Break
4:00pm - 5:15pm	Workshop #2 + CIAAA Advisor Session
Evening	Schools on their own for Dinner

# SCHEDULE FOR TUESDAY MAY 13

TIME	ACTIVITY
8:30am - 9:45am	Workshop #3
9:45am - 9:55am	Break
10:00am - 11:15am	Workshop #4
11:15am - 11:45am	Action Planning
11:45am - 12:45pm	Lunch - Schools on their own. Many options around U of A
12:45pm - 2:00pm	Workshop #5 + Advisor Session
2:00pm - 2:10pm	Break
2:10pm - 2:40pm	Closing General Session

# KEYNOTE SPEAKER

## LIZ TWEDDLE

We are very excited to introduce Liz Tweddle—Olympian, business leader, and passionate mentor—as the keynote speaker for this year’s Student Leadership Conference.

Liz is known for her boundless energy, infectious humour, and deep empathy. From a challenging childhood shaped by adversity to the world stage of competitive sport and corporate leadership, Liz’s journey is one of grit, growth, and giving back.

Liz is a 3-time Olympian, National and International Diving Champion, and Hall of Fame inductee who broke barriers in sport—most notably becoming the first female athlete to win the NCAA All-American title while competing on a men’s diving team. She was named Athlete of the Year at California State University Northridge and was honoured with the Key to the City of Los Angeles for her ground-breaking athletic achievements. She’s represented Canada around the world, including as Canada’s flag-bearer at the Pan American Games in Mexico City, where she led a team of 500 athletes before a stadium of 105,000 cheering fans.



Her story is not just about victories, but about remarkable resilience. From being forced to pivot after a devastating car accident, to funding her own training and living independently as a teenager, Liz consistently turned challenges into opportunities. Even after missing her Olympic finals due to injury and facing the trauma of the 1972 Munich attack, she emerged as a symbol of strength and perseverance.

Today, Liz channels her extraordinary life experiences into keynotes that inspire passion, purpose, and personal leadership. Whether she’s reflecting on her days on the diving board or in the boardroom, Liz reminds us that success isn’t just about medals or titles—it’s about people, relationships, and how we grow through adversity.

Prepare to be moved, motivated, and reminded of your own potential by someone who continues to live—and lead—with courage, compassion, and unshakable spirit.

## LEADING FROM WITHIN

### WORKSHOP #1

Leaders/captains (you!) are highly influential people and therefore expected to be character leaders on their team, demonstrate enthusiasm and positive body language, while respecting any decision made by a coach or official, and additionally refraining from gossiping, slandering or manipulative situations. This includes abiding by school, team, and league rules (even if you don't like it), and setting an example within your community.

What you will take away from this session:

- Empowerment
- A contract with yourself (and/or parents/guardians, coaches, teachers)
- List of sources to use to further your leader and character development

### SPORTSMANSHIP AND POSITIVE IMPACT



### MENTAL HEALTH - REST - REFOCUS - RECHARGE

### WORKSHOP #2

Demonstrating good sportsmanship is an important way for those involved in high school athletics to show respect, especially for others. This session will help delegates expand their understanding of what good sportsmanship entails and how to 'SET THE BAR' while providing a Positive Impact in their communities both inside and outside of school athletics.

### WORKSHOP #3

Student athletes face unique challenges that can impact their mental health and leadership abilities. This session will provide an overview of common issues faced by student athletes and strategies for developing mental toughness and resilience. We will discuss ways to prioritize self-care, set realistic goals, and build strong relationships with teammates and coaches. Participants will leave with a deeper understanding of how to balance athletics with mental health and leadership development.

# SPORTS NUTRITION

## WORKSHOP #4

This workshop will educate high school student-athletes and advisors on:

1. Introduction to the practice of a Sports Dietitian and career path opportunities.
2. The fundamentals of sports nutrition for youth.
3. Practical strategies for integrating sport nutrition into daily routines.

This workshop will be led by Registered Dietitian Madeline Herbers. Madeline has worked with a variety of Canadian athletes and coaches, such as the U of A Pandas Women's Hockey Team, the Edmonton Oil Kings, and the Edmonton Stingers.

# COURAGE TO CONNECT

## WORKSHOP #5

In this interactive workshop, leaders will have the opportunity to reflect on their current leadership style and further develop their skills of building Positive Relationships.

Do you lead how you like to be lead? Can you lead a team through conflict? How is your team connected?

You will leave this workshop energized and ready to meet the many challenges of athletic-leadership.

# SPORTS PSYCHOLOGY

## WORKSHOP #6

Sport Psychology is most often referred to as the missing piece when it comes to performance levels. More often than not, athletes miss the mental preparation that needs to take place before, during, and after an athletic event. This session will help to shed light on the realm of Sport Psychology, mental focus, and self-talk. Athletes will leave the session with tools and resources to help better prepare them for athletic performance.



# ACCOMMODATIONS

Overnight accommodations unfortunately will not be available at the University of Alberta Lister Centre this year.

It will be the responsibility of the schools to book and pay for their own accommodations. Below is a list of hotels near the University of Alberta:

Campus Tower Suite Hotel  
11145 87 Ave NW, Edmonton, AB T6G 0Y1  
(780) 439-6060

Best Western Cedar Park Inn  
5116 Gateway Blvd, Edmonton, AB T6H 2H4  
(780) 434-7411

Sawridge Inn and Conference Centre Edmonton South  
4235 Gateway Blvd NW, Edmonton, AB T6J 5H2  
(780) 438-1222

Wyndham Edmonton Hotel and Conference Centre  
4440 Gateway Blvd NW, Edmonton, AB T6H 5C2  
(825) 901-4946

Holiday Inn Conference Ctr Edmonton South by IHG  
4485 Gateway Blvd, Edmonton, AB T6H 5C3  
(780) 431-1100

Delta Hotels Edmonton South Conference Centre  
4404 Gateway Blvd NW, Edmonton, AB T6H 5C2  
(780) 434-6415

Ramada by Wyndham Edmonton South  
5359 Calgary Trl NW, Edmonton, AB T6H 4J9  
(780) 434-3431

# ADDITIONAL INFORMATION



**"GREAT STUDENT LEADERS ARE THE BACKBONE OF AN EFFECTIVE SCHOOL. IMPACT HELPS STUDENTS NURTURE YOUR SCHOOL CULTURE."**

**Brad Van Raalte**  
**ASAA Executive Director**

**Register early to secure your spot!**

Space is limited for this workshop. The first 30 schools to register will be guaranteed participation.

This conference will primarily take place in Education South Building on the U of A Campus. If you will be travelling by car we recommend parking in the Education Car Park or the Jubilee Care Park.

## REGISTRATION

**Registration = \$90+ GST Per Person  
(includes Advisors)**

**Deadline to Register: May 8, 2025**

This cost includes all training materials, courses, snack + drinks, and a T-shirt. Overnight accommodations and meals are the responsibility of the attending schools.

1. Download & complete the Advisor & Student Registration Form and save it as an Excel File (you will need to upload this form to the Registration Google Form).
2. Fill out the !MPACT Registration Google Form
3. The ASAA will send your school an invoice for your registration fees.
4. Student Schedules will be given at the time of registration check in on May 12<sup>th</sup>.



**"IMPACT OFFERS AN EXCELLENT OPPORTUNITY FOR HIGH SCHOOL SPORT LEADERS TO REFLECT AND GROW ON THEIR ABILITIES AND INFLUENCE ON OTHERS WHILE GAINING TOOLS THAT WILL CONTRIBUTE TO THEIR LEADERSHIP TOOLBOX AS THEY LEAD THEIR SCHOOL TEAMS AND ALSO AS THEY PREPARE TO MOVE INTO ADULTHOOD."**

**Heather Bartling**  
**Principal & Past ASAA Executive Member**

**Event Coordinator: Shelbea MacLennan**  
**shelbea@asaa.ca**  
**780-427-8182**