



1st virtual aquatics convention

Information Package

Stronger Together: A Unified Effort from the Americas

January 22-24, 2021

Thank you for PRE-REGISTERING for this event. Next steps:

REGISTRATION – [complete your registration starting now](#). **Deadline: Friday January 8th, 2021**

Click below to complete your registration and don't forget to click "submit".

NOTE: we have a limited number of spaces for each presentation; while we don't expect this to be an issue, spots will be given on a first come-first served basis if needed.

[FILL OUT YOUR REGISTRATION FORM HERE](#)

LANGUAGE – Bilingual (English or Spanish)

You will be able to select language. Please check the below section with instructions on how to use Zoom. All presentations will be later available on UANA's YouTube channel.

SCHEDULE – Presentation hours are Eastern Time. Check your time [here](#)

FRIDAY	
5:00 pm - 6:30 pm	WELCOME session / meet & greet UANA Executive Committee

SATURDAY	
9:00 am - 10:00 am	Improving Access for Women in Sport Nicole Hovertsz (ARU)
10:15 am - 11:15 am	Navigating Identity through Swimming Naomi Grand'Pierre (HAI)
11:30 am - 12:45 pm	Basics of Long Term Athlete Development Christian Hrab (CAN)
1:00 pm - 2:00 pm Room 1	1st. Junior Pan American Games Cali 2021 - Organizing Committee (COL)
1:00 pm - 2:00 pm Room 2	Swimming for Life Bill Brenner (USA)
2:15 pm - 3:15 pm	Beyond Treading Water: Mental health for athletes Dr. Carla Edwards (CAN)
3:30 pm - 4:30 pm	Return to Train: How to do it safely to avoid injuries and getting sick Ivan Bautista (MEX)
4:45 pm - 5:45 pm	Improving Performance Through Recovery Strategies Dr. Juan Carlos Quiceno (PAR)

SUNDAY	
9:00 am - 10:00 am	Talent ID & Development in Aquatic Sports Mitch Geller (CAN)
10:15 am - 11:15 am	Safe Sport & Inclusivity Ahmed El-Awadi (CAN)
11:30 am - 12:45 pm	Personal Brand & Sponsorship Lessons Greta Avola (FINA)
1:00 pm - 2:00 pm Room 1	Developing Para-Sport Lucha Villar (PER)
1:00 pm - 2:00 pm Room 2	Nutrition Tips for Athletes in Aquatic Sports Mercedes Dumont (ARG)
2:15 pm - 3:15 pm	Return to Competition in 2021: How to prepare Dr. Francisco de la Rosa (DOM)
3:30 pm - 4:30 pm	Training Effectively with Restrictions and Without Access to the Pool Thiago Vinhas (BRA)
4:45 pm - 5:45 pm	Athlete Transition Out of Sport Sophie Brassard and Lisa Hoffart (CAN)

If you have any questions, please contact us at Convention@uana-aquatics.com

ABOUT THE PRESENTATIONS:



Athlete Transitions out of Sport: How to be successful in and out the field of play

Sophie Brassard and Lisa Hoffart, Game Plan advisors (CAN)

Not sure how to manage your transitions in sport? This presentation will explore what you can do both during and after your career to help launch the next phase of your life, while also leveraging your athletic experience to help you get ahead.

Improving Access for Women in Sport

Nicole Hoevertsz (ARU)

Nicole is a former synchronized swimmer from Aruba and an influential female leader in sports. In addition to her career as a legal advisor, she has more than 30 years of experience in sports administration in several prestigious sports organizations. She is a member of the IOC Executive Board and has made valuable contributions through volunteer work in sport and her role as a woman in sport. She will be presenting different strategies on how to improve women's access to sport, how girls can be involved in the field and tips for administrators to help make their systems more inclusive.





Returning to Train: How to do it safely to reduce risk of getting sick or injured

Ivan Bautista, Olympic coach (MEX)

We are currently living in unprecedented times. This presentation aims to guide all members of the aquatic community on best practices to overcome obstacles in training and highlight strategies on how to incorporate athletes back into training as a result of the global pandemic. In addition, it will bring to the forefront tips on returning to train from a top expert in the field.

Nutrition in Aquatic Sports

Mercedes Dumont (ARG)

The focus of this seminar will be to provide the relevant characteristics of nutritional management in aquatic sports. Our expert will provide the nutritional foundations for effective fueling during workouts and crucial considerations during competition to optimize athletic performance.



Talent ID and Development

Mitch Geller, Chief Technical Officer Diving Canada (CAN)

This presentation will define what we mean by Talent ID and will discuss the value and some of the limitations of Talent ID. Additionally, our expert speaker will discuss, in some detail, Diving Canada's Talent ID and Talent Development programs and consider how this may be adapted to other sports and National Swimming Federations. Lastly, there will be time for a Q&A with our leading expert in research, development & innovation in the field.



Supporting and Developing Para-Sport

Lucha Villar, President of National Paralympic Committee (PER)

In this session, our expert speaker will present an introduction to the Paralympic movement, expanding on crucial terminology, as well as the different ways in which National Federations and other governing bodies can support the development of these initiatives.



Improving Performance through Recovery Strategies

Juan Carlos Quiceno (PAR)

Practicing proper recovery strategies is essential for every athlete's success in the pool. This presentation will provide a guide on best practices for athletes to achieve optimal recovery during training and competition.



Beyond Treading Water: Mental Health in Aquatic Athletes

Dr. Carla Edwards MD, FRCP, clinical psychiatrist (CAN)

While sports can protect athletes from mental illness, athletes can still experience challenges such as depression, anxiety, eating disorders and ADHD. This can affect athletic performance and their quality of life. We will explore the most common mental illnesses experienced by athletes, as well as signs and symptoms.



Safe Return to Competition in Aquatics: General recommendations and how to prepare

Dr. Francisco de la Rosa (DOM)

This will be a general orientation to the aquatics' community in the Americas about safe return to competition and discussion of FINA guidelines. This session is oriented to athletes, coaches, officials and leadership.



Navigating Identity through Swimming

Naomy Grand'Pierre (HAI)

In this session, Naomy Grand'Pierre will discuss her experience as an international swimmer and how to fully embrace and support your authentic self while competing and traveling internationally. Areas such as mental health, training and social media, and national identity will be discussed as well.



Swimming for Life

Bill Brenner (USA)

This presentation will explore the positive relationships Masters' clubs and coaches develop with adults who choose to swim for health, fitness and competition. Masters coaches should elevate themselves to be the definitive leaders in their communities for adult swimming, including swim lessons, coached workouts and organizers of swim activities that help adult swimmers reach their goals.



Training with Restrictions: How to train effectively without facilities

Thiago Vinhas (BRA)

With all of the recent periods of isolation and lockdowns, practices look very different these days. While it's not ideal training conditions, it is still possible to get better! This session will explore how to effectively run practices virtually while improving conditioning and strength outside of the pool.





Personal Brand and Sponsorships Lessons

Greta Avola (ITA - FINA)

With the growth of social media, it is easier than ever for individual athletes at all levels to develop and exploit a personal brand. This session will focus on building a personal brand, managing a digital presence while searching for sponsors and creating long-lasting partnerships.

Safe Sport and Inclusivity

Ahmed El-Awadi, CEO Swimming Canada (CAN)

Everyone deserves to enjoy sport, and creating a healthy, safe and inclusive environment is a great way to make this possible. From federation staff, to coaches, to athletes – everyone has a role to play in shaping the system.



Junior Pan Am Games: Cali 2021

PANAM Sports

Information session will provide an overview of the 2021 Junior Pan Am Games (1st edition). Focus points of the presentation will include information about Cali as the host city, competition venues, accommodations and protocols for competition.

Basics of LTAD

Christian Hrab from Sport for Life (CAN)

Athletes develop in distinct phases, which can be leveraged to help them become the best athletes that they can be. Long term athlete development planning can help your athletes achieve their goals and lead to sustained success.



Plataform and Translation

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If you have poor internet access, you may be able to call in and listen using your phone, but you will not have the translation option. The presentation slides will be provided after the convention on our website