

2021 Spring Coaching Speaker Series

Triathlon Canada is pleased to offer our 2021 Registered Triathlon Canada Coaches the opportunity to participate in a month-long Speaker Series. This free series is open to both Community and Competition pathway coaches, and will focus on the following key subject areas:

- » Nutrition
- » Mental Performance
- » Injury Care and Rehabilitation
- » Women in Coaching

Each topic will be presented by professionals from the high performance sport community with extensive experience in working with athletes. Learn tips and strategies relevant to your coaching practice, and ask questions and connect with these experts as well as other triathlon coaches.

All four sessions will be accessible on the Triathlon Canada Coaching Portal through the “workshops” tab at the top of your profile page. Please select all sessions you wish to attend as part of the registration process. Sessions will be held on Wednesday evenings from 4:30pm to 5:30pm Pacific Daylight Time each week for the month of April and are free to attend.

If you do not currently hold a Triathlon Canada Coaching License, please click the “coaching license” button below for more information on the registration process.

[**Coaching License**](#)

Series Agenda

Wednesday, April 7, 2021 - 4:30pm to 5:30pm PDT	
4:30pm	<p>Presentation Nutrition & Energy Availability – <i>Susan Boegman</i></p> <p>Triathlon is a sport where training demands are high and often power to weight ratio and therefore weight management may become a primary focus. As well, an athlete may compete for years. Athlete health and wellness should therefore be prioritized over body composition to minimize both illness and injury, ensure availability to train and maximize longevity and success in the sport.</p> <p>This session will focus on energy availability, and the negative effects of low energy availability and relative energy deficiency syndrome (REDS) and the positive impact of fueling on injury prevention and healthy body composition. We will leave time to discuss how coaches can help identify athletes that may be under-fueling and support long term health.</p>
5:15pm	Question & Answer Session Susan Boegman
Wednesday, April 14, 2021 - 4:30pm to 5:30pm PDT	
4:30pm	<p>Presentation Coaching Performance-Health-Wellness Connections <i>Dr. Bruce Pinel</i></p> <p>Giving the most OF yourself by default should also include giving the most TO yourself. This applies to both coaches and athletes, yet the second part of that phrase (giving the most to yourself) is often neglected, left to chance, not planned for, or not prioritized. Coaches can easily get drawn into a cycle of giving everything they've got to their athletes and the program...but what happens when 'everything you've got' is compromised and isn't actually representative of your potential?</p> <p>This interactive and reflective session with Dr. Bruce Pinel will explore the Performance - Health - Wellness connections and the capacity for these three concepts to naturally complement each other in a high performance coaching context. The applicability and transfer of these concepts into designing programs for athletes will also be explored.</p>
5:15pm	Question & Answer Session Dr. Bruce Pinel

Wednesday, April 21, 2021 – 4:30pm to 5:30pm PDT

4:30pm	<p>Presentation Injury Care & Rehabilitation – <i>Sandeep Nandhra</i></p> <p>In this session we will discuss the importance of goal setting and how it relates to the stages of tissue healing. Sandeep will explain some basic physiology and his own philosophy on addressing injured tissue.</p>
5:15pm	<p>Question & Answer Session Sandeep Nandhra</p>

Wednesday, April 28, 2021 – 4:30pm to 5:30pm PDT

4:30pm	<p>Panel Women in Coaching <i>Lucy Smith, Carolyn Murray, Lisa Mensink & Kyla Rollinson</i></p> <p>Join Lucy Smith, NCCP Coach, Master Coach Developer and Coaching Program Coordinator for Triathlon Canada in this in-depth look of women in coaching with Lisa Mensink, Kyla Rollinson and Carolyn Murray. In this moderated panel session “Women in Coaching” we will take a look at the experiences of female coaches in our sport, the importance of female coaches as both mentors and role models and how these women are contributing to coaching in Canada.</p>
5:15pm	<p>Question & Answer Session Coach Panel</p>



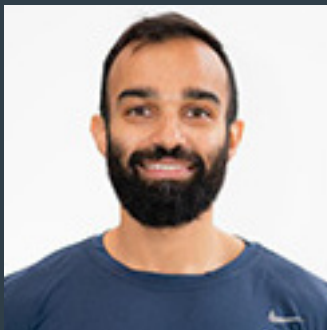
**Susan Boegman BSc. RD. IOC Diploma Sports Nutrition, ISAK 2
Lead Performance Nutrition, Canadian Sport Institute Pacific**

Susan is a leading sport dietitian with over 15 years experience providing nutrition support to elite and aspiring athletes and teams at the provincial, national and professional level. She complements her nutritional expertise with a counselling background, having previously worked as a senior nutrition counsellor in a highly specialized eating disorders program. Susan graduated from the University of Alberta with a Bachelor of Science in Nutrition, with a final year specialization in sport nutrition. Currently, Susan is in the role of Nutrition Lead with the Canadian Sport Institute (CSI) Pacific, where she has been supporting athletes for over four Olympic cycles.



Dr. Bruce Pinel Ph.D., Sport Psychology – Mental Performance Consultant

With over 20 years of high performance experience, Bruce is a renowned and highly sought-after mental performance consultant. He has worked with teams and athletes ranging from Olympic / Paralympic and professional, through to grass-roots local youth sport. Bruce has been a member of Team Canada at a variety of major events, including the Olympics, Paralympics, Commonwealth Games, Pan American Games, and World Championships, and has worked with many of Canada's elite triathletes over his career. While Bruce continues to work in high performance sport, his expertise have also been brought into the fields of business leadership, corporate health & wellness, and injury & health rehabilitation.



Sandeep Nandhra – Athletic Therapist, Canadian Sport Institute Pacific

Sandeep is an Athletic Therapist and Strength Coach working for the Canadian Sport Institute in Victoria. Sandeep has worked with a number of different populations and abilities but has narrowed his focus over the last decade to Olympic and Paralympic athletes. Sandeep brings a great deal of attention into the creation of his strength programs. He uses his athletic therapy background to individualize programs around injury while still pushing performance. Over the last several years Sandeep has focused his attention to endurance sport working primarily with Triathlon and Track & Field populations.



Lucy Smith – Coaching Program Coordinator, Triathlon Canada

Lucy is an education major who has deep roots in Canada's triathlon community as an athlete, coach and administrator over the past three decades. She is a lifelong multi-sport athlete who has racked up 19 Canadian Championship titles, along with multiple World Championship medals in the sports of cross-country running, track and field, long distance triathlon and duathlon. Working within the NCCP since 1984, Lucy understands the coaching landscape demonstrated through her work as a lead coach with the Times Colonist 10K Victoria and LifeSport Coaching where she delivered high-quality coaching to kids and adults from the grassroots to high-performance level around the world.



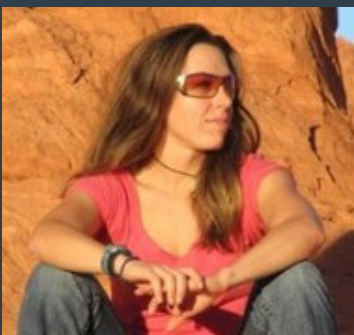
Carolyn Murray – Para Triathlon Head Coach, Triathlon Canada

Carolyn became a coach after an outstanding 15-year triathlon career which included five straight World Championship competitions from 2004 to 2008 and a first-place finish at the 2008 World Cup in Richards Bay, SA. That same year, she competed at the Beijing Olympics, finishing in the top 30. Carolyn has coached around the world, guiding many young Canadian triathletes to countless major international events including World Championships and Paralympic Games. She was responsible for leading three para-triathletes to the sport's Paralympic debut at the 2016 Games in Rio where Canada's Stefan Daniel won a silver medal. Carolyn continues to lead the Canadian Paralympic Team as Triathlon Canada's Para Triathlon Head Coach out of the National Performance Centre. She holds a BSc. in Kinesiology and is a registered acupuncturist.



Lisa Mensink – Performance Coach, Kronos Triathlon Club

Lisa Mensink is a Certified NCCP Competition Triathlon Coach and is currently the lead performance coach for the Kronos Triathlon Club in Calgary. A former CIS competitive swimmer turned Triathlete, Mensink competed in the 2008 Beijing Olympic Games and now uses her knowledge and passion for the sport to coach developing young athletes. Career highlights include: 2008 Olympian (Triathlon), Certified NCCP Competition Triathlon Coach, Professional Triathlete (2006-2012), CIS Podium Finisher (Swimming), Olympic Trials semi-finalist (Swimming).



Kyla Rollinson – Head Coach & Program Coordinator, Collège Bourget

Fifteen years of provincial, national and international level coaching and racing experience has led Kyla to her current chosen career path: High Performance Triathlon. Her love of people, intensity and passion for the sport combined with a background in education and Kinesiology help build and maintain a structure conducive to getting optimal performance from her athletes and their program. Current projects include building a competitive Triathlon program at Collège Bourget as well as Head Coach at Tri-o-lacs. Past projects include Triathlon Coach at the Hong Kong Sports Institute as well Junior/U23 coaching at Tri-o-lacs and High Performance Triathlon Programming at Côte St. Luc Aquatic and Community Center.