



AGM WEEKEND SCHEDULE MAY 28 & 29, 2022

- Location - Virtual – links will be sent to attend all sessions virtually.
Limited In Person attendance will be available with pre-registration for all sessions and will be held at the Historic Holy Angles School - 2105 Cliff Street SW, Calgary, AB
- Parking -
1. Parking lot located in the back of the building
2. CPA lot 46 – Western Canadian High School
3. Street parking
- Method - The AGM and all sessions will be held virtually with limited in person access. The link to register for the AGM and all sessions will be sent in a separate email. If you would like to attend in person, please RSVP to Jacqui at info@aat.ca
- Registration - Via Email link
* Must register for all sessions attending – link to follow

SATURDAY, MAY 28, 2022

- 1PM - Registration & Social
- 2PM - Sports Nutrition: REDs for Professionals
Presenter – Kelly Drager – please see end of document for Kelly’s Bio
- 4PM - Sports Psychology: Mental Health for Professionals
Presenter – Clare Fewsters – please see end of document for Clare’s Bio
- 7PM - Social @ South Block Barbecue and Brewing Co.
2437 4th Street SW, Calgary, AB
Ph: 403.764.4227
Reservation is under AATA

SUNDAY, MAY 29, 2022

- 9AM - Research Day Presentation
- 11AM - Concussion Assessment & Rehab

Presenter – Katie Mitchell PhD(c), MPT, CAT(C)
Virtual Presentation

- 12:30PM - Registration for AGM
- 1PM - Town Hall Meeting
- 2:00PM - AGM
- 3:00PM - End – Thank You for Attending

Bio's

Kelly Drager

Kelly Drager is the Lead Performance Dietitian at the Canadian Sport Institute Calgary. She has worked in Sport for over 20 years and has been involved with over 10 different national sport organizations. Kelly currently works with Skate Canada, Nordiq Canada (Para-Nordic and Cross Country), Biathlon Canada, Wrestling Canada Lutte, and Climbing Escalade Canada. She is a climber, who has competed at various levels and now spends her time training for outdoor routes and training her dogs, debatable as to who is training who.

Title of talk:

Low energy availability in Sport: Definitions, Consequences, and Action

Join Kelly Drager, Performance Dietitian, in a session that will review the current information on under fueling in sport. Topics covered include the health and performance consequences from low energy availability, and some tracking and monitoring tools that may assist practitioners in identifying under fueling concerns in their practice.

Clare Fewsters

Clare has been working as a mental performance consultant and a Canadian Certified Counsellor with athletes at all levels for over 20 years. Clare works from a holistic model and a “person/human first” perspective in her work with athletes, coaches and support staff. She specializes in working with adolescence to early adulthood athletes through their athletic journey. Through her work with athletes and coaches at the Canadian Sport Institute-Calgary, Mount Royal University, National Sport School, Canadian Centre for Mental Health and Sport and her private practice, Clare enjoys supporting athletes in both performance and mental wellbeing. Regardless of level, sport can be extremely rewarding and stressful. Clare enjoys helping athletes grow their capacities to manage pressures, develop self-awareness, improve mental wellbeing, build confidence, and enjoy sport and life.

Mental Health 101: A Brief Overview of Mental Health Concepts for Athletic Therapists

Through this session, Clare will provide a brief overview of mental health, mental illness, mental performance and how these concepts intersect. In addition, this session will assist in developing a greater understanding of how sport impacts mental health and notice signs of distress. Finally, providing strategies for athletic therapists to help support athletes that you are working with and your own mental wellbeing.