



Saturday 13<sup>th</sup> March 2021

## Timetable / Amserlen:

Time / Amser	Topic / Presenter / Gweithgaredd
<b>Session 1 – Please sign in at 12.25pm*</b>	
12.30 – 12.50pm	<b>Welcome &amp; Update from CEO of Welsh Athletics</b> James Williams, CEO – Welsh Athletics
12.50 – 1.00pm	<b>Development &amp; Participation Update</b> Chris Moss, Head of Development & Participation, Welsh Athletics
1.00 – 1.30pm	<b>Leadership within Your Club</b> James Moore, Coordinate Sport
<b>Session 2 – Please sign in during the break at 1.30pm*</b>	
1.30 – 1.45pm	<b>Refreshment Break / Egwyl</b> A comfort break & an opportunity to network/ share practice in a virtual breakout room
1.45 – 2.30pm	<b>Encouraging positive mental health within your club environment</b> Lloyd Ashley, Mental Health Ambassador, Owner Living Well with Lloyd Ashley, Osprey's Player
2.30 – 3.20pm	<b>Club Celebrations with Q &amp; A</b> A chance to hear what clubs across Wales & further afield have been up to over the last year! <ul style="list-style-type: none"> <li>- 3M's (West Wales)</li> <li>- Pitreavie AAC (Scotland) – Find your own PAACE, how a track &amp; field club extended it's offer to social runners.</li> </ul>
3.20-3.30pm	<b>Addressing Equality in Your Club</b> Rob Sage, Head of Corporate Services, Welsh Athletics
<b>Session 3 – Please sign in during the break at 3.30pm*</b>	
3.30 – 3.45pm	<b>Refreshment Break / Egwyl</b> A comfort break & an opportunity to network/ share practice in a virtual breakout room
3.45 – 4.35pm	<b>Preparing for club life post COVID-19 – how do we adapt to the 'new normal'?</b> Chris Moss & Hannah Pretty take you through an interactive workshop to help you plan for your clubs life post the pandemic.
4.35 – 4.45pm	<b>Summary &amp; Close</b> Chris Moss, Head of Development & Participation, Welsh Athletics
4.45 – 5.15pm	<b>Networking / Catch Up</b> The call will stay open until 5.15pm, so feel free to grab a drink and catch up with people from the sport who you haven't seen for a while!

\*If you only wish to attend elements of the conference, you can attend either Session 1, 2 or 3 separately. Please only sign in ahead of each session at the designated time to help with minimising distractions for speakers and to allow the afternoon to run smoothly.

If you wish to attend all sessions, please sign into Zoom at 12.25pm and remain on the call throughout all sessions.

If you want to attend Session, 1 sign into Zoom at 12.25pm

If you want to attend Session 2, sign into Zoom at 1.30pm

If you want to attend Session 3, sign into Zoom at 3.30pm