



Women Can Seminar Presentation, Empowering Women in Sport

Prior to the 2020 Annual General Meeting, a presentation from the Border City Athletics Club's Women Can Seminar panel will take place beginning at **2:00pm** for all interested parties. This panel will include Kelsey Balkwill and Dr. Krista Chandler, and some other representatives from Border City Athletic Club.

Kelsey Balkwill and a potential guest will have a summary presentation of the Women Can Seminar including the importance of nutrition (gender differences), female coaching, and racial topics.

Kelsey is an NCAA All-American, a U Sports All-Canadian, a silver medallist from the Pan American Junior Championships and was a finalist from the 2010 World Junior Championships. she was a 6-time outdoor provincial champion in the 400m hurdles. Kelsey attended the University of Miami, where amongst many other accomplishments, she helped lead the women's 4x400m team to a 6th-place finish at the 2015 NCAA Championship. She later went on to attend the University of Windsor, and has represented Team Canada on numerous occasions. Kelsey was heavily involved in the planning and organization of the Border City Athletic Club's Women Can Summit Series.

Dr. Krista Chandler will be speaking about the mental health aspects of sport and what was discussed at the Women Can Seminar and also add in some extra information for coaches dealing with Covid and athletes right now as requested by individuals in the past meeting.

Dr. Krista Chandler has been a faculty member at the University of Windsor since 1999. She teaches at both the undergraduate and graduate levels in the area of sport and exercise psychology. As a certified instructor in the fitness industry, Dr. Chandler has skillfully bridged the gap between the theoretical and applied practice of sport and exercise psychology. Dr. Chandler has published articles in a variety of scholarly journals including The Sport Psychologist, European Journal of Sport Sciences, Exercise and Sport Science Review, and the Journal of Applied Sport Psychology. In addition to her research, Dr. Chandler works with athletes of all ages, levels, and sport in helping them achieve their personal performance goals, working extensively with both able-bodied athletes and athletes with a disability. Dr. Chandler also works with athletes with disabilities on that national level.