

Presenter Bio's

Sara Wegwitz

Sara is an R.N. by trade and a Health & Wellness Educator/ Master Strategist by passion. For the last 7 years of her 14 year career she has held the position of Nurse Educator at University Health Services here at UVic. With a desire to capture a wider audience and share her cutting edge tools and strategies for living healthy and well she has recently launched her business Tailor Making Health. She is an inspiring and highly sought-after guest presenter/speaker for various groups in Victoria, with one example being the TEDxYouth@Victoria in November 2011. She is committed to demonstrating that living healthy and well is not only easy it is attainable for everyone. "Change your mindset and you change your world!" She is excited to be presenting at the Western Canadian Campus Recreation Conference.

Dr. Ian McGregor

An internationally recognized expert on Risk Management in the sport and recreation fields, Dr. Ian McGregor is a well known speaker at conferences and workshops throughout the United States and Canada. He was previously Director of Athletics and Recreation at the University of Toronto and Saint Mary's University in Canada, and at Dominican University of California. McGregor is President of Ian McGregor & Associates Inc., providing risk management consulting services primarily to educational institutions and specializing in risk assessments, risk management planning and training. His 'Virtual Training' programs include Webinars and Online Courses; his 'Online Risk Assessment' benchmarking tool has been implemented at over 100 universities. He has taught courses on 'Legal Liability & Risk Management' at four post secondary institutions, has written numerous risk management articles and manuals, and publishes the 'Risk Management Newsletter for Recreation'. For more information on McGregor & Associates, go to www.sportrisk.com

Greg Lawlor

Greg Lawlor is the Chief Customer Officer at STAK Fitness Int'l Inc., a national commercial fitness supply and education company. Greg is a former teacher, and his first book "Crisis in the Gym, the problems facing those offering fitness and how to solve them" is due for release in May 2013. Greg is also a contributing author to Fitness Business Canada, and speaks regularly across the country. More on Greg at www.greglawlor.com.

Dan Eriksson

Dan is the VP of Business Development in Western Canada for STAK Fitness. He has been working in the commercial fitness market for over 14 years supporting his client base with tools and systems to create success. With a UBC Bachelors Degree in Human Kinetics, strength coaching, personal training and facility management experience, Dan brings a unique perspective to our industry. As a devoted husband, father of 3, and type 1 diabetic, fitness will always be in integral part of his personal and professional life.

Megan Ragush

Megan Ragush graduated from the University of Alberta with a Bachelor of Science in Kinesiology in 2009 and now works with Recreation Services as a Program Coordinator. Her passion for activity began with sport, playing basketball for a majority of her life, including three years with Lakeland College in the Alberta Colleges Athletic Conference (ACAC). After transferring to the University of Alberta, Recreation Services opened her eyes to new and exciting forms of Recreation. She recently gained her certification with the Alberta Fitness Leadership Certification Association (AFLCA) as a fitness leader and teaches weekly cycling classes on campus. Recreation Services has opened her eyes to the unique opportunities for activity, which she now realizes stretches far beyond sport. In her current position with Recreation Services, Megan hopes to show the diverse group of students on the U of A Campus that regardless of previous participation in sport/recreation, there is something out there for you!

Naissa Preston

Naissa Preston has been in the fitness industry for her entire career and has had the privilege of working as the Group Exercise Program Coordinator at the University of Alberta for the past 3 years. After achieving her undergrad degree in Nutrition and Food Science, she continued on to earn her Personal Fitness Trainer certificate through NAIT. She is an Associate Trainer with the AFLCA with a focus in Group Exercise Leadership and with Stott in Mat Pilates. Naissa has taught all forms of group exercise classes over the years, everything from cycling to Yoga/ Pilates Fusion. Naissa is able to share experience and knowledge with her staff and participants, and the wonderfully amazing instructors – and steal the same from them!

Megan Cail

Megan Cail is a third year nursing student at the University of British Columbia's Okanagan Campus. Currently employed as the Senior Intramural Sport Manager for Campus Recreation, she manages intramural staff and assists the Campus Recreation Coordinator. An involved member of the UBCO Community, Megan is the current Social Programming Chair for the Canadian Conference of Student Leadership happening in Kelowna this March. She has both attended and planned Student Leadership Conferences over the course of her studies and has an overall passion for leadership. As a returning delegate of WCCRC, Megan hopes to engage discussion around Campus Recreation and Leadership in her presentation "Inspiring Active Leaders".

Carlie McPhee

Carlie McPhee is a 4th year Kinesiology student, majoring in Pedagogy, at the University of Calgary. She has always had a keen interest in sports and recreation. Carlie has been involved in aquatics her entire life, as a competitive swimmer, and now an instructor and lifeguard. Through her schooling in kinesiology, Carlie is applying key concepts in learning physical skills to the aquatic environment daily. After her graduation, Carlie hopes to work in the field of recreation and health promotion.

Chris Dawe

Chris has been a recreation professional at Mount Royal University for 19 years and has been the Director of Recreation for 12 of those. He holds a masters degree in Athletic Administration from Idaho State University following undergrad stints at Mount Royal College and The University of Calgary. He is currently the NIRSA Regional Rep for Region V and the secretary of the WCCRA so you've probably seen an email or two coming from him at some point. He's a father of an 8 year old little ballerina, the implementer of "honey-do's" and an aging hockey goalie.

Ron Griffith

Since 2001 Ron has been working at Mount Royal University Recreation where he is currently the Event & Marketing Coordinator. Ron has a Bachelor of Physical Education, majoring in exercise physiology, from the University of Alberta. In addition to hiking in the Rocky Mountains and singing in a choir, Ron loves exploring the world – so far he has visited 38 countries and has lived in Spain, Brazil and Argentina.

Chad Schultz

Chad has been involved in campus recreation for a total of 7 years. Chad received a Bachelor's of Business Administration in General Management from the University of Wisconsin-Whitewater.

Currently he serves as the Graduate Assistant for Intramural Sports at the University of Nebraska Lincoln. Chad is finishing up his Masters of Education in Education Administration. Chad loves to play golf, watch movies, and play card and board games with families and friends in his spare time.

Elaine Yip

Elaine Yip is a 4th year BSc Kinesiology student at the University of Alberta who became passionate about recreation after completing a sports management practicum. Her undergraduate career became defined by an ongoing involvement with Campus Recreation that spanned three years and still counting. After taking on various roles within Intramurals and Sport Clubs, Elaine strives to continue growing as a professional in Recreational Sports. Elaine is currently working within the Sport Clubs program, providing student leadership to club executives.

Katrina Klein

Katrina Klein is a third year student working on a BA in Recreation, Sport and Tourism at the University of Alberta with a focus on Sport Management. She has been a part of the Women's team with Recreation Services as a Recreation Facilitator for two years. She is currently the NIRSA Region V Alberta student leader.

Melissa Fleming

Melissa Fleming is currently in her third year of a Bachelor of Science in Kinesiology Degree. This past year she joined the Recreation Services Women's Intramural Program team and has thoroughly been enjoying her job there as well as her university career as a whole.

Ada Chan

Ada Chan is a third year Sociology student at the University of Calgary, and works as a supervising lifeguard and instructor on campus as well. She was born in Hong Kong, and immigrated to Canada with her family at the age of 1. She spent 9 years swimming competitively in Burnaby, BC. She has dedicated over 800 hours volunteering with the St. John Ambulance cadet program. When she is not studying, working, or volunteering she is shopping. Ada is still holding out hope that Blackberry will make a comeback.

Karen Fahlman

Karen Fahlman is the Manager of the Fitness and Lifestyle Centre in the Centre for Kinesiology at the University of Regina for the past 8 years. Her interest in Risk Management first started when she taught Outdoor Education. Her Risk Management training and participation on the University of Regina and Faculty of Kinesiology Risk Management Committees has given her the training tools to establish extensive protocols for the large number of student staff that she manages. This has led to the involvement of community partners who provide expertise during staff training. Ask Karen about her involvement in the sport of kick biking.

Philip Poier

Philip Poier is the Facilities Manager for the Centre for Kinesiology at the University of Regina. As Chair of the Faculty of Kinesiology Risk Management Committee for the past 11 years, he has seen first-hand the importance of managing risk at post-secondary recreations facilities. Phil is a trained Risk Manager and proponent of the importance of risk management in all aspects of University activity. He, along with Karen Fahlman have developed community partnerships. Those partners act as key resources to assist in scenario training for the large number of student staff.

Melissa Engelman, Daniel Ronaghan and Josh Stanley

Melissa Engelman, Daniel Ronaghan and Josh Stanley are full time students in the Faculty of Education at the University of Calgary. Melissa and Josh both have undergraduate degrees in Kinesiology focusing on Pedagogy in Leadership and Coaching and Daniel completed his undergraduate degree in History, focusing on European History. They have been working with summer camps for multiple years throughout the city of Calgary, with aspirations of becoming teachers. This upcoming summer all three are coordinating Mini University, a summer camp for youth aged 4-14 at the University of Calgary.

Mr. Darrell Fox

Mr. Darrell Fox is the younger brother of Terry Fox, for whom the Terry Fox Foundation and the Terry Fox Research Institute (TFRI) are named. In 1980, at the age of 17, Darrell joined Terry (and Terry's best

friend Doug Alward) on his *Marathon of Hope* in Saint John, New Brunswick. As Terry's younger brother, Darrell has had a long history of involvement with the legacy founded by his brother. In 1990, Darrell became the Provincial Director for The Terry Fox Foundation in British Columbia. In 1994, he moved to the National Office in Toronto, Ontario where he served for two years as the Assistant National Director and then National Director of the Terry Fox Foundation from January 1996 until June 2009. To date, the Foundation has raised over \$600 million for cancer research worldwide. Today Darrell serves on the TFRI's Board of Directors and is a Senior Advisor to the Institute. A holder of the Queen's Diamond Jubilee Medal, Darrell continues to be involved in projects and activities related to Terry Fox and his 32-year legacy.

Sue Armitage

Sue has had a passion for active living, sports, recreation and team oriented activities from a young age. She graduated with a diploma in Recreation Service Delivery from Langara College in 2004 and has worked in the Recreation industry for over 15 years, both in the public and private sectors. For the past 7 years, Sue has worked for SFU Athletics and Recreation and has overseen youth programming & summer camps, special events, instructional programming, marketing & promotions, and office operations. In 2011 Sue obtained a Graduate Certificate in Leadership & Management from Royal Roads University and continues to pursue her interest in team-based leadership and student/staff development. Sue likes volleyball, the outdoors, training for triathlons and impromptu 30-second dance parties!

Lynn Orsak

Lynn Orsak is a 4th year Kinesiology student with hopes of entering the School of Physical Therapy at the University of Saskatchewan in the fall. Lynn has played an integral role in the Campus Rec program at the U of S, scheduling a great deal of the program and organizing the office database for smooth operations throughout both terms. Outside of her work with Campus Rec, Lynn is also the current Vice-President of the Kinesiology Student's Society at the U of S.

Sarah Chrusch

Sarah Chrusch is in the final year of a post-graduate degree in International Relations and hopes to enter Law School in the fall. Sarah comes from a background in community services and recreation with the City of Edmonton and has been employed by Campus Recreation at the U of S for the last two years.

Shelby Dietrick

Shelby Dietrick is in the final year of the undergraduate Kinesiology program at the University of Saskatchewan. Shelby hopes to begin studies in the Physical Therapy program this fall. In addition to her work with Campus Rec, Shelby has also contributed to the Children's Activity programs within the College of Kinesiology at the U of S, organizing and planning programming, staff, and schedules.

Graeme Horton

Graeme grew up with a love for sport. He has played volleyball, basketball and soccer for most of his life. While at Trinity Western University as a student, he helped start a club basketball team and began to get more involved in recreation. Since graduating with a Natural Sciences degree (don't worry there's an HKin minor in there), he was a gymnasium manager at the Langley Events Centre for a year then moved to his present position as Rec Services Coordinator at TWU. He has always liked technology and has been able to merge that with his passion for recreation by creating and managing websites that are easy to use and functional and by creating online forms to streamline the process and to have all the information easily accessible.

Emma Rimmer

Emma is a 5th year Science student at UBC studying Life Science. She began volunteering with UBC REC four years ago for the Soccer/Futsal league, before moving to the Volleyball league, where she is now the director. After graduation, Emma plans to attend a program for Sport Management, from which her dream job would be working for the Canadian Olympic Committee. She loves to travel, and, after attending the Olympics this past summer in London, thinks that following the games might be a great way to see the world.

Emily Shebib

Emily is in her 5th year at UBC studying Sociology and Psychology in the Faculty of Arts. Her leadership in recreation comes from her 2 years volunteering in the Leagues sector for UBC REC. Beginning as a league scheduler for Futsal, she has since moved on to be the Director of Soccer and Futsal where she, along with 8 Assistant Directors, organizes and manages the league. Outside of school and REC, Emily enjoys participating in recreation sports, travelling and various other outdoor activities.

Justin Goodhew

Justin is in his final year studying Business with a Minor in Geography at UBC. He is currently a Director of Events at UBC REC and is responsible for 5 events throughout the year; they including Storm the Wall, a large multi faceted race for which UBC is renowned, and The Chase, a 2-person adventure race at UBC. When he is not in class, playing sports or planning REC events he is usually snowboarding in Whistler. He is passionate about leadership, connecting with others, travelling and new experiences.

Parker Learey

Parker Learey is in his 4th year at UBC studying Mining Engineering. He has spent the last four years with UBC REC, three of which were spent volunteering with the Events sector. He is currently a Director of Events where he is responsible for five events throughout the year; they include the UBC Triathlon/Duathlon and The Chase, which is a two-person adventure race at UBC. Parker's other interests include safety, mine rescue, hockey and snowboarding.

Dr. Lara Lauzon

Dr. Lara Lauzon is an Assistant Professor at the University of Victoria in the School of Exercise Science, Physical and Health Education. She has worked in recreation, private fitness and municipal government. She co-produced and hosted an award winning internationally syndicated television fitness show called *Body Moves*. She is the recipient of a Faculty of Education Teaching Excellence award and a “Y” Women of Distinction Award for Fitness and Health. She has co-authored a university textbook - *An Invitation to Health*, 3rd Canadian Edition (2013), and *Leadership for Recreation, Parks and Leisure Services* (2011). Her academic research and teaching focuses on student health, wellness and potential.

Steph Mihalatos

Steph is in her 5th year of a Physiology and Biopsychology degree in the Faculty of Science at UBC. Her recreation experience comes primarily from her three years of volunteer experience with UBC REC. Starting in the Graphic Design department, Steph created the visual 'look and feel' of various marketing campaigns before transitioning into her current role as a Program Developer. As a member of Program Development, Steph oversees the Community portfolio, dealing with professional development and external opportunities related to staff.

Sam Sasyniuk

Sam is currently in the last term of her undergraduate degree in Kinesiology and Health Science at UBC. Sam grew up as a competitive figure skater, and has always had a passion for recreation. Last year, she Co-Chaired the 1st Annual UBC Relay for Life (through the Canadian Cancer Society). During that year, Sam also volunteered, as an Assistant Director in Events, for UBC REC. In this role, she worked on a team to plan and execute some of UBC REC's campus-wide events such as Lace Up for Kids and The Chase. After having such an amazing experience she accepted a position on the UBC REC Program Development team for the following year, so that she could help to provide that experience for others. Sam oversees the Staff portfolio component of the Program Development team and is in charge of the student staff experience throughout the year.

Charlotte Stalgitis

Charlotte has been working at Mount Royal University Recreation for five years. She completed her first degree in communications at Mount Royal University and is now working towards her Applied Child Studies Degree. Charlotte's future dreams is to one day create an after school program for kids focused on mentorship and recreation. Charlotte strongly believes mentors are necessary in a child's life as the experience builds trust, respect and stability. While Charlotte is not busy with school and work, she also dedicates her time volunteering with organizations such as CAPA (Children's Adaptive Physical Activity), The Enbridge Ride to Conquer Cancer, Global Youth Network and The Mustard Seed. Charlotte is very excited to attend WCCRC, and looks forward to the many powerful presentations and wonderful people she will meet over the weekend.

Tiffany Sarah Smith

Tiffany is a student at Mount Royal University and a Customer Service Associate at the recreation center. She is currently attending the Broadcasting Program and taking fitness certification classes on the side with alternative healing therapies and hope to get her yoga instructing certification by 2014. She is

certified in Entertainment management, Mental Health First Aid and Residence Life Staff Training. Her goal is to be a healer, motivator and educator in all forms of health and wellness, both mentally and physically. A fun bit about her is that she is a Celiac Foodie and Yogi. She hopes to one day own her very own Yoga Breakfast House and named, Breakfast and Yoga at Tiffany's, Food Made with Love. She wants to help heal the world and encourage healthy eating habits, proving to the world that healthy and gluten free food can be amazing. Her favourite thing to say is.. KEEP SMILING

Michelle Haliburton

Michelle worked at Mount Royal University Recreation for two summers part time before gaining her full time role as Customer Service Team Lead. She graduated from the University of Lethbridge with a Bachelor of Science degree majoring in Kinesiology. During her time there, she worked for the University's Recreation department as a Gymnastics Coach. Working in the Recreation department is where she truly found her love for recreation, health and fitness. Michelle's spare time is spent snowboarding, walking her dog and doing the City Chase race. She loves to try new active and adventurous activities. She's a first time attendee to WCCRC which is fostering her sense of adventure. She continues to expand her knowledge about the field of recreation and is excited for the opportunity to attend and present at WCCRC 2013.

Shelley Fried

Shelley began her career in Recreation at the age of 18 when she spent a year studying Recreation Facilities Management in Vancouver. Her journey to her current position of Customer Service Supervisor for Mount Royal University (MRU) Recreation has taken her through student positions of skating instructor, intramural coordinator, customer service associate, hockey instructor and skate shop attendant. Her career positions have included working for Hockey Canada, Recreation Programmer for the City of Calgary, Intramural Coordinator and Career Service Coordinator for MRU. She holds a B.Ed, B.PE, MSc., and most recently has become a licensed HeartMath Provider. This latest pursuit has taught her how important it is to recognize your own emotional state as it has such a large impact on every aspect of your life and her favourite thought now is just enjoy life, for that's what we were meant to do.