



ONTARIO WATER POLO

COACH DEVELOPMENT SPEAKER SERIES

All Registration details at OntarioWaterpolo.ca
(Limited spaces available. OWP members FREE of charge)

MAR 21 Update Your Coaching As You Understand Your WHY
(10-11:30 am)

MAR 28 Coaching Today's iGEN: Relationship Building &
Intentional Communication (10-11:30 am)

MAR 30 Introduction to Equilibria In Sports & Education
(6-8:00 pm)

LYNN KACHMARIK

ANDREW MUIR

Systematically Develop, Guide, and Assess your Athletes

Learn how to effectively navigate Water Polo
Canada's Athlete Pathway model, Development model,
and assessment tools

6-8:00 pm

**MAR
23**

**MAR
24**

Developing Sharp Shooters

Join world-renowned Coach Ricardo Azevedo as
he shares a progressive approach to teaching
shooting mechanics

6-8:00 pm

RICARDO AZEVEDO

JEFF WATSON

Every Day Counts

Unlock resourceful ways to incorporate strength
and conditioning training for athletes at every
developmental stage

6-8:00 pm

**MAR
25**



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MAR 21

Lynn Comer Kachmarik is a renowned global speaker and educator on leadership, cultural change, and character development. She currently serves as president of Equilibria in Sports and Education as well as vice president of Equilibria in Healthcare.



LYNN KACHMARIK

MAR 28

She was a 10-year captain of the United States Women's Water Polo Team. She also served the organization as an assistant coach and member of their Executive Committee.

MAR 30

Lynn's career and leadership features experience at the professional, NCAA, and International level.

ANDREW MUIR



Andrew Muir is the Water Polo Canada Pathway Manager. His previous roles in water polo were as the Assistant coach of the Canadian Men's National Team and the Technical Advisor for Age Group National Team Programming.

Muir has gained significant experience in operational improvement and project management as a consultant in and out of sport.

His combined technical expertise and management experience have already been beneficial to the growth of the Canadian landscape.

MAR 23

MAR 24

Coach Ricardo Azevedo, has had an extensive international and NCAA coaching career, leading teams in USA, Brazil, and China.

Most recently Coach Azevedo has been consulting internationally and is the Head Coach of the 6-8 Academy in California.

His son, Tony Azevedo, is a 5-time Olympian and arguably the best US National Team player of all time.



RICARDO AZEVEDO

JEFF WATSON



A MS in Exercise Physiology from the University of Michigan. Jeff Watson is currently the Head Strength and Conditioning Coach at Western University.

As a coach Jeff participated in five Big Ten Football Championships, Rose Bowl and Gator Bowl Appearances. He later spent over 15 years as the Head Strength and Conditioning coach at Villanova University.

Jeff has a wealth of experience working with athletes of all levels, including professional athletes such as Cory Perry and Kyle Lowry.

MAR 25

