



## Welcome to the 2019 OYSA AGM

Welcome to the 2019 Oregon Youth Soccer Association Annual General Meeting. We welcome you to our speakers, town hall, and meetings that will not only help shape your future, but will also give you the the opportunity to help shape the future of soccer in the state of Oregon!

With this packet you will find travel and hotel information, agenda for the day, and an overview of the speakers and their presentations. If you have any questions, please contact us.

Thank you for spending the day with us.

Sincerely

Roberta Cloutier

Executive Director at OYSA

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## Travel Information

### Hotel:

Double Tree by Hilton Hotel Portland

1000 NE Multnomah Street

Portland, Oregon 97232

(503) 281-6111

[Google Map](#)

[Click here to book a room](#) – Deadline is December 26th

### Parking:

Onsite complementary parking for guests the day of the event

\$17 parking for overnight guests

Limited street parking is available

### Tranportation:

[Public Transportation](#)

Uber and Lyft are available

[Airport Shuttle](#)

### Weather:

Average high: 46F

Average low: 37F

Average of 14 days of rain



**2019 Annual General Meeting Workshop Itinerary**  
**Saturday, January 19<sup>th</sup>, 2019**

Workshop Registration/Check-In	7:30 am	OYSA Staff
Eliminating Sexual Assault & Abuse Within Sport	8:30 to 10 am	Rebecca Ingrahams
Impact of Technology on Athletes, Teams, and Families	10:15 to 11:30 am	Lynn Kachmarik
Lunch	11:30 to 1 pm	
Recreational Town Hall	11:45 to 1 pm	Nelson Larson
Equilibria in Sports*	1:15 to 3:15 pm	Lynn Kachmarik
<a href="#"><u>*Please fill out the survey in this link prior to the lecture, about 15 minutes long</u></a>		
Presidents Meeting	3:30 to 4:30 pm	Steve Baker
Club Credential Check	4:30 to 5 pm	OYSA Staff
Annual General Meeting	5 pm	Steve Baker
OYSA Board Meeting	Follows AGM	OYSA Board and Staff
Referee Workshops	9 am to 4 pm	David Grbavac

Check-In will be in the Lobby outside of the Hawthorne/Sellwood Room. All workshops will take place in the Hawthorne/Sellwood Room. The Referee Workshops will take place in the Ross Island/Morrison Room.

OYSA AGM is \$50. The fee includes lunch, coffee, drinks and snacks throughout the day, and all workshops.

[Click here for online registration](#)

[Click here for Club Credential Check Form](#)

[Click here to see current Board List and Application to join the Board](#)





## Speaker Bio and Information

Rebecca Ingrahams, U.S. Center for SafeSport

Eliminating Sexual Assault & Abuse Within Sport: How the U.S. Center for SafeSport is Championing Athlete Well-Being

The U.S. Center for SafeSport, the first and only national organization of its kind, is an independent non-profit committed to ending all forms of abuse (including emotional, physical and sexual) in sport. SafeSport provides information and training to sport entities on abuse prevention techniques, policies and programs, and investigates all sexual abuse complaints within the U.S. Olympic and Paralympic Movements.



This session will provide an overview of the U.S. Center for SafeSport's mission and function when it comes to abuse prevention in sport. Our unique role in investigating and resolving allegations of abuse will be discussed so all participants will understand the importance of reporting and notification to the Center. Additionally, our data-driven prevention strategies will be shared to highlight how SafeSport is committed to provide training and best practice policies to all those involved in sport.

Lynn Kachmarik, Founder and CEO of True Brand Sports LLC

Lynn is the founder and CEO of TRUE BRAND SPORTS LLC, which provides workshops around the world to improve the sport culture at the youth, high school, and collegiate level. Lynn is also the Vice President of Equilibria In Sports. Our purpose at Equilibria Sports is to elevate personal, professional and organizational performance through understanding, embracing and leveraging diversity of thought and behavior. Lynn has developed workshops on exceptional leadership, teamwork, and other topics that resonate with coaches, parents, teachers, students, student-athletes, and corporate executives. Lynn has served as a keynote speaker and presenter at state, national, and international conferences on the need for character-based leadership from administrators, coaches, teachers, parents, and student-athletes. Lynn was recently appointed to the Board of Directors of the International Association of Athletic Administrators and Coaches (IAAAC).



Lynn has 45 years of experience at all sport levels. Lynn was an All-American water polo player and swimmer at Slippery Rock University where she earned her BS and MS Degrees in Physiology and Education. She was a 10-year member of the United States National Water Polo team, and then served on their Executive Committee. Throughout an 18-year career at Bucknell University, Lynn held various coaching positions, including serving two decades as the head coach for the Men's and Women's Water Polo and Swim teams. Lynn served as the Athletic Director at Saint Mary's College for 10 years, and moved on to become the Vice-President and General Manager of the South Bend Silver Hawks Minor League Baseball Team. Lynn served as the National Outreach Director for Play Like a Champion Today. Under her guidance, the program was transformed from a small organization focused on Catholic youth coaches and parents into one of the top educational programs serving public and private elementary and high schools around the world. Lynn has been inducted into 6 Athletic Halls of Fame, including the United States Water Polo Hall of Fame, Bucknell University Athletic Hall of

Fame, and the Collegiate Water Polo Coach Hall of Fame. She resides in Mishawaka, IN where she and her husband Scott are the The Impact of Technology on our Athletes, Teams and Families.

This session will help you to understand the culture of social media, gaming and technology that our student-athletes are growing up with. Why empathy, the gateway to kindness and compassion is eroding with increased technology and how we can intervene to impact our communities and teams.

### [Introduction to Equilibria in Sports](#)

Equilibria in Sports is exploding around the world with youth, high school, college and professional sports. At Equilibria in Sports, we believe in realizing the potential in every individual and team. We achieve this through harnessing the understanding of both personality and character to enhance communication and elevate performance and effectiveness. This workshop teaches our two main tools, E-Colors and Personal Intervention. E-Colors will heighten your understanding of your own communication style, behavioral tendencies, strengths and potential limiters. Personal Intervention is our proprietary tool that will teach you how to move from reacting to responding. The simplicity and ability to use what you learn in a short workshop separates this program from anything you have ever seen before.