



Halifax, Nova Scotia



CATA 2015
49th National Conference

MAY 28-30, 2015
WESTIN NOVA SCOTIAN



Keynote Speaker: Taryn Morgan



Taryn is the Assistant Director of Athletic and Personal Development at IMG Academy in Bradenton, FL where she helps oversee a staff of 40+ specialists in athletic training, physical therapy,

physical conditioning, mental conditioning, leadership, nutrition, and vision training. She was a two-sport Division I athlete after which she pursued her passion of training athletes to be mentally tough and obtained her doctorate degree in sport psychology. She works with athletes of all ages, levels and sports including Olympians, professionals, and youth athletes to train the high performance mindset to maximize their potential both in and out of sport..

WHAT TO EXPECT THIS YEAR!

- A full day pre-conference workshop with Steve Lidstone on Thursday, May 28th.
- Option to visit Peggy's Cove on Thursday. Departure at 11:30 am from the Westin Nova Scotian. Peggy's Cove Lighthouse is one of the most photographed lighthouses in Canada!
- Welcome Reception and Pub Crawl on Thursday night, sponsored by KineMedics. There is no better way to explore Halifax's lively pub scene.
- Keynote Speaker Taryn Morgan will present:
The High Performance Mindset: How You Think Matters.

The CATA Conference will begin on May 29th. Expect two full days of exceptional speakers, 7-8 breakout sessions, networking opportunities, and all in one of Canada's Places of a Lifetime as listed by National Geographic.

<http://conference.athletictherapy.org>



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