



SUMMIT
Mississauga

SCHEDULE

2026 Women in Curling Summit

Saturday, January 24 | Hyatt Place Toronto/Mississauga

Full and half-day registration options available

For every woman who loves the game

Fuel your love of curling. **Grow your** impact. **Find your** people.

Join us at the 2026 Women in Curling Summit Mississauga for a day of insight, community, and connection built to help you grow your confidence, strengthen your network, and deepen your relationship with the game, wherever you are on your curling path.

We'll tap into what sparks your potential — the moments, people, and practices that keep you connected to the game. Leave with the clarity and momentum to carry that flame forward, wherever curling takes you next.

Registration Options

FULL DAY ATTENDANCE

< 9:00am to 4:30pm > **\$150** (plus taxes)

Includes morning session and afternoon stream of your choice, lunch and a Women in Curling Chilly Moose water bottle.

MORNING SESSION ONLY

< 9:00am to 12:00pm > **\$85** (plus taxes)

Includes Keynote and morning sessions, mid-morning refreshments and a Women in Curling Chilly Moose water bottle.

AFTERNOON SESSION ONLY - STREAM ONE: GROWING THE GAME YOUR WAY

< 1:00pm to 4:30pm > **\$80** (plus taxes)

Includes three grassroots curling themed sessions, mid-afternoon refreshments and a Women in Curling Chilly Moose water bottle.

AFTERNOON SESSION ONLY - STREAM TWO: ACCELERATING YOUR COMPETITIVE COACHING JOURNEY

< 1:00pm to 4:30pm > **\$80** (plus taxes)

Includes three competitive coaching themed sessions, mid-afternoon refreshments and a Women in Curling Chilly Moose water bottle.



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Morning Session | 9:00am – 12:00pm – onsite registration at 8:30am

Opening keynote: Why Not Me? My journey from club to podium and what I learned along the way



JENNIFER JONES

Jennifer Jones' path from a Winnipeg curling club to the Olympic podium is a story people think they know – but the truth is far more personal, complicated, and deeply human. In this keynote, Jones reflects on the moments that shaped her long before medals were involved: the early doubts, the pressures, the sting of criticism, the private battles and the quiet resilience that kept her moving forward.

She'll share the turning points that taught her how to lead, how to trust herself, and how to hold steady when the spotlight felt too bright. Her journey is a powerful reminder that excellence isn't about being fearless. It's about becoming the kind of woman who keeps showing up, learning, and asking the question that has fueled her entire career: Why not me?

This keynote will challenge, move, and empower you to see your own path with new clarity and to lead from the strengths you already carry.

Featured talk: Why Curling Matters More Than Ever



PROFESSOR HEATHER MAIR

Together, we'll explore how curling builds community, strengthens belonging, and creates connection in a time of growing division and social isolation. Leave with clear, powerful ways to communicate the value of curling in your community and beyond.

Community panel: The Joy of Curling — Lighting Your Flame

FEATURING JILL GROVES, JILL HOPKINS, SHERRY MIDDAUGH & FRAN TODD



This session is about you and what curling brings to your life. Through honest, relatable stories, you'll hear how other women found their way into the sport, how curling helped them grow, and how the game continues to shape their lives in ways big and small.

As you listen, you'll notice the sparks in your own journey – the moments, connections and experiences that light something in you – and you'll gain simple, powerful ways to light the flame for others, helping build the kind of welcoming, supportive community every woman deserves to find at the rink.



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Afternoon Session | 1:00pm - 4:30pm Onsite – registration at 12:30pm

Note: Choose **one stream** that fits your goals

STREAM ONE > GROWING THE GAME YOUR WAY

Getting More Women in the Game

Featuring Leslie Anne Walsh and Cori Morris

Leslie Anne Walsh's program, Women on the Rock, has become one of the most successful entry points for women in Newfoundland and a model for how clubs across the country can grow the game in a more intentional, welcoming, and sustainable way.

In this session, you'll learn how Walsh created a women-only learning environment where confidence comes first, judgment disappears, and new curlers of all ages feel safe to try, fail, laugh, and keep going. You'll walk away with practical ideas you can bring back to your own club: beginner-friendly teaching strategies, ways to reduce barriers to participation, and tools for creating a culture where every woman – from a first-timer to a returning player – feels she belongs on the ice.

Controlled Burn: Taking the Next Step Without Forgetting Your Boundaries

Panel Discussion - Moderated by Laura Leitch

Volunteering is the heartbeat of every curling club, but too often women are either overlooked for key roles or overwhelmed when they say yes. This candid panel brings together women who've stepped into everything from event support to ice crew to board leadership and learned how to do it on their own terms.

You'll hear honest stories about what these roles actually involve, what surprised the women who stepped into them, what they wish they'd known sooner, and how they've built boundaries that protect their time, energy, and joy in the sport. The panel will also explore practical changes clubs can make to ensure volunteer pathways are more accessible, supportive, and genuinely female friendly.

If you've ever wanted to get involved but didn't know where to start – or weren't sure how to say yes without taking on everything – this session will give you clarity, confidence, and a realistic path forward.

Tell Your Story – It's a Good One

With Emmy Award winning journalist Jolene Latimer

For many women, the hardest story to see clearly is our own. We recognize strength and purpose in the women around us but often minimize the experiences that have shaped who we are and what we bring to the table.

In this strategic and highly interactive session, Emmy Award winning journalist Jolene Latimer will show you how to identify the moments that built your resilience, sharpened your instincts, and defined your path. You'll learn how to articulate your story with confidence, use it to build credibility, and present yourself with clarity in every environment: on your team, in your club, online, and in every room.

You'll walk away with:

- Thought-provoking exercises that help you surface the parts of your story you've forgotten – or never realized mattered
- A deeper understanding of the value your voice brings to the spaces you enter
- Personalized, powerful language you can use in conversations, interviews, bios and any time you speak about yourself

When women show up with their full stories and voices, they expand what curling can be and help grow the game for everyone who comes next.



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STREAM TWO > ACCELERATING YOUR COMPETITIVE COACHING JOURNEY

Culture of Excellence: Building Your Coaching Development Plan

With Session Lead Elaine Dagg-Jackson

Every strong coach leads with intention. This session gives you the space and structure to articulate yours. In this reflective and hands-on workshop, you'll uncover the values that guide your decisions, articulate the strengths that make your coaching unique, and explore how to build a culture where athletes feel supported, challenged, and inspired to grow.

By the end, you'll have a coaching philosophy that reflects your purpose and leadership style — and the confidence to bring your whole self to the role.

Technical Delivery Review: Building a Foundation That Performs

With Jennifer Ferris

This session takes you deep into the mechanics of today's most effective delivery techniques. You'll break down the key elements of balance, timing, line of delivery, and release. Learn how elite teams are refining these fundamentals for greater consistency and precision.

You'll leave with a sharper technical lens, stronger assessment tools, and the confidence to coach delivery in a way that elevates your athletes' performance and accelerates their development.

Sweeping for Power, Precision and Performance

With Beth Iskiw

Brushing has evolved rapidly and staying current matters. This session focuses on the latest brushing technique, from biomechanics and stroke efficiency to communication, footwork, and power generation. You'll learn what top teams are doing now, strategies on how to impact a stone's path, and how to coach athletes toward safer, stronger, more effective sweeping.

You'll leave with actionable coaching cues, a modern understanding of sweeping mechanics, and the confidence to help your athletes make measurable gains.

