

# NAVY MWR FITNESS, SPORTS, AND DEPLOYED FORCES SUPPORT SUMMIT

**31 October (Tuesday)**

**0730-0800:**

**Room Opens**

**0800-0815:**

**Welcome (Room 307)**

Presenter: Mr. Tunde Ridley

**0815-0945:**

**N9 Quality of Service Panel and Q&A (Room 307)**

Presenters: Ms. Leslie Gould, Ms. Lisa Sexauer, Ms. Shauna Turner, Ms. Jenna Link

**0945-1000:**

**Break**

**1000-1040:**

**Participant Scavenger Hunt and Team Building (Room 301/302)**

Presenter: Ms. Therese Guinane

**1045-1200:**

**Table Top Discussions - Best Practices, Unique Programming in FY24, and Effective Communication Strategies with Sailors (Room 301/302)**

Presenter: Ms. Brenda Lammie

**1200-1300:**

**Lunch**

**1300-1355:**

**Submitting Facility Improvement Projects (Room 307)**

Presenter: Mr. Eric Gaines

**1300-1355:**

**FY24 Fleet Fitness Equipment and Maintenance Initiatives and Q&A (Room 301/302)**

Presenter: Mr. Dave Meeks

**1400-1500:**

**What's New? Changes to the MWR Accreditation (Room 307)**

Presenter: Mr. Tom Kubalewski

**1500-1515:**

**Break**

**1515-1630:**

**N921 Panel and Q&A (Room 307)**

Presenters: Mr. Dave Meeks, Ms. Therese Guinane, Mr. Ira Seth, Mr. Mike Morris

**1630-1700:**

**Closing Remarks (Room 307)**



# NAVY MWR FITNESS, SPORTS, AND DEPLOYED FORCES SUPPORT SUMMIT

**01 November (Wednesday)**

**0730-0800:**

**Room Opens**

**0800-0915:**

**Discussion - Telling Your "Why" (Room 307)**

Presenter: Mr. Refugio Orozco

**0915-0930:**

**Break**

**0930-1025:**

**Using Exerciser Data to Craft Memorable Exerciser Experiences (Room 307)**

Presenter: Ms. Leigh Wierichs

**0930-1025:**

**Capturing Program Metrics and Improving Data Utilization (Room 301/302)**

Presenter: Ms. Therese Guinane

**1030-1200:**

**Dietary Supplement and Operation Supplement Safety (Room 307)**

Presenter: Ms. Andrea Lindsey

**1030-1200:**

**CNICINST 1710.5 Update and Policy Q&A (Room 301/302)**

Presenter: Ms. Therese Guinane

**1200-1300:**

**Lunch**

**1300-1345:**

**Reporting for the FY23 DoD MWR Fitness Center Standards (Room 307)**

Presenter: Mr. Ira Seth

**1350-1425:**

**Discussion - Changes and Way Ahead for CFL and Mission Nutrition (Room 307)**

Presenters: Mr. Ira Seth, Ms. Joanne Villaflor

**1300-1425:**

**Afloat Programing Standards LHA/LHD/CVN Update (Room 301/302)**

Presenters: Ms. Tina Massa, Mr. Lucas Eckstein

**1430-1530:**

**Warfighter Physical Optimization: Advancing the Resiliency, Durability, Toughness, and Lethality of Sailors and Marines (Room 307)**

Presenter: Ms. Diana Settles

**1430-1530:**

**Professional Development, Program-Related Training Requirements, Career Path Discussion (Room 301/302)**

Presenters: Ms. Therese Guinane, Ms. Brenda Lammie

**1530-1545:**

**Break**

**1545-1630:**

**Motivating through the Coach-Member Relationship (Room 307)**

Presenter: Mr. Patrick Wormel

**1545-1630:**

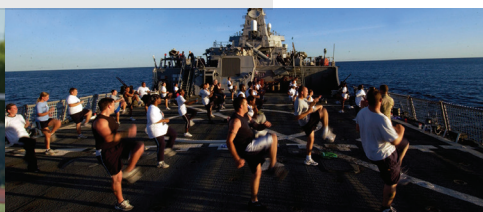
**DFS and Afloat Wrap-up (Room 301/302)**

Presenters: Mr. Dave Meeks, Ms. Therese Guinane

**1630-1700:**

**Closing Remarks and Packet Pick-up (Room 307)**

Presenter: Mr. Tunde Ridley



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## **Afloat Programing Standards LHA/LHD/CVN Update**

Presenters: Ms. Tina Massa, Mr. Lucas Eckstein

After a brief overview of Afloat Programming Standards working groups will make adjustments to Landing Helicopter Assault (LHA), Landing Helicopter Dock (LHD), and Aircraft Carrier (CVN) Fitness and Recreation programming standards. This session requires active participation and attendees outside of Deployed Forces Support and Afloat Specialists are encouraged to participate. Help us establish new programming standards!

## **Capturing Program Metrics and Improving Data Utilization**

Presenter: Ms. Therese Guinane

An N9 Fleet and Family objective is to MEASURE WHAT MATTERS by establishing metrics and using data to measure program performance. This presentation will go over establishing what data is important to collect, criteria for collecting data, and utilizing data to measure results

## **CNICINST 1710.5 Update and Policy Q&A**

Presenter: Ms. Therese Guinane

CNICINST 1710.5 Administration of Afloat Recreation Programs is the governing instruction for all Afloat Recreation Programs. The Navy has over 200 Afloat Recreation Programs supporting all U.S. Navy ships and crews varying in size from 70 to 5,000 people. Join us as we walk through suggested changes, additions, and discussion on why a policy exists or is written a certain way.

## **Dietary Supplement and Operation Supplement Safety**

Presenter: Ms. Andrea Lindsey

This presentation will discuss how dietary supplements are regulated, and will outline other key topics related to dietary supplement use in the military. During the presentation you will learn: Basics of and key topics related to dietary supplements, How to recognize and report adverse events, Requirements from DoDI 6130.06: Use of Dietary Supplements in the DoD Impact of the DoD Prohibited Dietary Supplement Ingredients list, How to use OPSS tools and resources, including the OPSS scorecard.

## **Discussion - Changes and Way Ahead for CFL and Mission Nutrition**

Presenters: Mr. Ira Seth, Ms. Joanne Villafior

With the release of the updated CFL and Mission Nutrition curriculum, delivery has changed. During this presentation you will review some of the changes to the CFL and Mission Nutrition course.

## **Discussion - Professional Development, Program-Related Training Requirements, and Career Path**

Presenters: Ms. Therese Guinane, Ms. Brenda Lammie

Professional development is key to personal and professional growth. Learn about new professional development opportunities and resources you may not be taking advantage of.

## **Discussion - Telling Your "Why"**

Presenter: Mr. Refugio Orozco

CNIC N9 marketing plays a large role in assisting MWR programs in defining our relationship with customers. During this presentation you will discuss the role of the CNIC N9 Marketing and Communication Branch to include the importance of "Good News Stories", partnering with your local Public Affairs Office, social media strategies, and commercial sponsorship opportunities.

## **FY24 Fleet Fitness Equipment and Maintenance Initiatives and Q&A**

Presenter: Mr. Dave Meeks

Effective fitness equipment maintenance is the first line of defense against equipment downtime and safety issues. The IDIQ contract vendors have become partners with CNIC in the maintenance and upkeep of their afloat and ashore equipment. Vendor workshops, maintenance seminars and vendor facility on-site training programs have proven very beneficial to CNIC over the years. We will discuss the plan of action for working in conjunction with the current IDIQ vendors on how to conduct preventative maintenance, safety checks, warranty repairs and obtaining maintenance certifications.



# NAVY MWR FITNESS, SPORTS, AND DEPLOYED FORCES SUPPORT SUMMIT

## **Motivating through the Coach-Member Relationship**

Presenter: Mr. Patrick Wormel

Coaching is about empowering people through a solid coach-member bond. When members feel valued and supported, they are more likely to succeed through their inner motivation. In this presentation, we'll share a simple and effective coaching strategy for motivating members to reach their full physical and mental potential.

## **N9 Quality of Service Panel and Q&A**

Presenters: Ms. Leslie Gould, Ms. Lisa Sexauer, Ms. Shauna Turner, Ms. Jenna Link

The Navy has charted a course to improve the Quality of Service, a combination of Quality of Life and Quality of Work. During this panel discussion you will hear from CNIC leaders regarding Quality of Service and the role MWR plays on creating a culture of warfighter excellence.

## **N921 Panel and Q&A**

Presenters: Mr. Dave Meeks, Ms. Therese Guinane, Mr. Ira Seth, Mr. Mike Morris

During this presentation the N921 program managers will discuss program changes and upcoming initiatives.

## **Reporting for the FY23 DoD MWR Fitness Center Standards**

Presenter: Mr. Ira Seth

It is that time of year and the annual DoD MWR Fitness Center Standards report is being routed by DoD. During this session you will be provided with tips on how to complete the annual report and data call.

## **Submitting Facility Improvement Projects**

Presenter: Mr. Eric Gaines

Need assistance on submitting facility improvement projects?! The session will discuss routine Work Order management in MAXIMO and engaging local the Public Works Department (PWD) for major facility repair projects.

## **Using Exerciser Data to Craft Memorable Exerciser Experiences**

Presenter: Ms. Leigh Wierichs

Did you ever wonder what type of data is published on exercisers? During this presentation we will review published exercise data to assist in increasing your engagement. By the end of the presentation you should have a better understanding of the motivational factors of individuals participating in fitness-related programs.

## **Warfighter Physical Optimization: Advancing the Resiliency, Durability, Toughness, and Lethality of Sailors and Marines**

Presenter: Ms. Diana Settles

Our nation calls upon our warfighters to perform in the most intellectually and physically demanding profession on earth – it is imperative they are fit and operationally ready to fight. As warfighters seek human performance excellence to protect the security of our country, there is an intense demand signal for the Department of the Navy (DoN) to optimize the resiliency, durability, sustainability, toughness and lethality of the warfighter throughout the training and operational continuum. How can the optimize physical performance readiness and minimize the incidence and severity of injury? This Warfighter Physical Optimization Brief provides a snapshot of several leading evidence-informed practices that are applicable across the services and have demonstrated effectiveness in both improving physical performance training practices and fit and fill Manning Deployability.

## **What's New? Changes to the MWR Accreditation**

Presenter: Mr. Tom Kubalewski

The MWR Accreditation program is back! During this session you will gain knowledge of the MWR Accreditation process and learn about the forth-coming changes to the program standards. After this session you should have a clear understanding of what to expect during your accreditation visit.

