



Canopy: A Coaches' Wives Retreat

September 24-26, 2021

Friday, September 24

4:00-7:00 pm Registration in Sheraton Music City Hotel Lobby
7:00-9:00 pm Reception with Heavy Hors-d'oeuvres (Hermitage Ballroom A & B)

Saturday, September 25

9:00-12:00 pm Sessions 1 and 2
12:00-1:00 pm Lunch
1:00-6:00 pm Free Time (*see page 3 for options*)
6:30-7:30 pm Dinner
7:30-9:00 pm Session 3
9:00-10:00 pm Evening Hangout Time

Sunday, September 26

9:00-10:30 am Session 4
11:00 am Depart from Hotel

**All sessions will be held in the Hermitage Ballroom A & B.*

Questions

If you have questions prior to or an emergency during Canopy, please email hkyle@nationsofcoaches.com or text **1-877-406-9885**. This is a private number to the Canopy Leadership Team.

Canopy Retreat Location

Sheraton Music City Hotel Airport
777 McGavock Pk, Nashville, TN 37214
615-885-2200

The hotel provides a free shuttle service to and from the airport from 5:00am - 11:00pm. Please contact the hotel directly for more details.

Meals

Breakfasts will be provided each night in “to-go bags” for women to take. Lunch and dinner on Saturday will be on a buffet. Masks are encouraged to be worn as you go through the buffet line.

Health and Safety

- We, at Nations of Coaches, understand the unique lifestyle and situation you are in as a coaching family. Your health and safety highly affect your own family, others within your community, and those involved with your schools and teams. **We want to provide a safe space where you can take the precautions you desire.**
- We will use decision-making that aligns with the state of Tennessee and the Sheraton Music City Hotel. Please click here to [review the hotel's policies](#) and what to expect during your stay.
 - The hotel is working with NOC to appropriately accommodate the women registered for the event in our meeting space. We will be seated at round tables.
 - Masks are encouraged and recommended, but not required or enforced. Complimentary masks are provided at the hotel front desk.
 - There are several hand sanitizing stations around the property and within the meeting room.
 - Click here for a list of [COVID Testing & Rapid Testing in Nashville, TN](#) with same day results (solvhealth.com).
- If you feel sick **prior** to Canopy, please stay home and text our Canopy Leadership Team at **1-877-406-9885**.
- If you feel sick **during** Canopy, please stay in your hotel room and text our Canopy Leadership Team at **1-877-406-9885**.
- At any moment if you have questions or concerns about your own safety, please ask a Canopy Leadership Team member to assist you.

What to Wear

Canopy is a relaxing retreat to provide encouragement and community. A time to rest, relax and renew your mind for the upcoming season. So, wear what you feel most comfortable in for our casual sessions together and for the free time option of your choice!

Saturday Free Time Options

At the Hotel:

- Outdoor and indoor pools
- Fitness Center
- Spend time with women from your NOC Wives Bible Study
- 3:00 - 5:00pm Optional One-on-one Meetings with NOC Wives Team Members
- 5:00 - 6:15pm Optional hang out time with women in the Hermitage Ballroom

Near the Hotel:

- Regal Opry Mills Movie Theater (9 minutes away)
 - [Showings for Saturday, September 25](#)
 - Recommended: "Courageous: The Legacy Edition" at 3:55 pm
- Opry Mills Mall (10 minutes away)
- The Mall at Green Hills (18 minutes away)
- National Museum of African American Music (20 minutes away)
- Gaylord Opryland Resort Gardens (13 minutes away)
- Nail salons (appointments encouraged):
 - Venetian Nail Spa (across the street from The Mall at Green Mills, 615-292-7727)
 - Snappy Nails snappynailsnashville.com
 - Cured Nails curednails.com
- Spas (appointments encouraged):
 - Relache Spa at Gaylord Opryland Resort (615-458-1772 for appointments)
 - Spa Haus Nashville spahausnashville.com
 - Urban Oasis urbanoasisnashville.com
- Five Daughters Bakery
- Unique Coffee Shops:
 - Caliber Coffee Co
 - Kettner Coffee Supply (closes at 3:00)
 - Humphreys Street Coffee Shop (closes at 4:00)
 - Crema (closes at 7:00)
 - Frothy Monkey