

## SWIMPOSIUM SCHEDULE

| TIME        | COACHES                                                          | 13 & O ATHLETES                                                            | 10 & U ATHLETES                              | 11&12 ATHLETES                               | PARENTS                                                           | OFFICIALS                                 |
|-------------|------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------|----------------------------------------------|-------------------------------------------------------------------|-------------------------------------------|
| FRIDAY      |                                                                  |                                                                            |                                              |                                              |                                                                   |                                           |
| 5:00-6:00   | <i>Registration</i>                                              | <i>Registration</i>                                                        | <i>Registration</i>                          | <i>Registration</i>                          | <i>Registration</i>                                               | <i>Registration</i>                       |
| 6-6:30      | Welcome/Overview                                                 | Welcome/Overview                                                           |                                              |                                              |                                                                   |                                           |
| 6:30-8:00   | <b>Coaches Clinic</b><br>ADM Connection Progression              | <b>Leadership #1</b><br>Styles and Values                                  |                                              |                                              |                                                                   |                                           |
| 8:00-9:30   | Social                                                           |                                                                            |                                              |                                              | Social                                                            | Social                                    |
| SATURDAY    |                                                                  |                                                                            |                                              |                                              |                                                                   |                                           |
| 8:00- 8:45  | <b>Coaches Clinic</b><br>ADM Character Progression               | <b>Leadership #2</b><br>Developing Self-confidence<br>Through Goal Setting | <i>Registration</i>                          | <i>Registration</i>                          | <i>Registration</i>                                               | <i>Registration</i>                       |
| 8:45        |                                                                  |                                                                            | Welcome ( <i>Pool</i> )                      | Welcome ( <i>Pool</i> )                      | Welcome ( <i>Pool</i> )                                           | Welcome ( <i>Pool</i> )                   |
| 9:00-10:15  | <b>Coaches Clinic</b><br>ADM Character/Confidence<br>Progression | <b>Leadership #3</b><br>Safe Sport/DEI/ Mental health                      | <i>In Water Session with<br/>Olympian</i>    | Being a Good Team Mate                       | Being a Supportive Swim<br>Parent                                 |                                           |
| 10:15-10:30 | Break                                                            | Break                                                                      | Transition                                   | Transition                                   | Transition                                                        | Transition                                |
| 10:30-11:45 | <b>Coaches Clinic</b><br>ADM Confidence Progresion               | <b>Leadership #4</b><br>Practicing the Art of Gratitude                    | Being a Good Team Mate                       | <i>In Water Session with<br/>Olympian</i>    | DEI/Safe Sport                                                    | The Different Shades of<br>Officiating    |
| 11:45-Noon  | Transition to lunch                                              | Transition to lunch                                                        | Transition to lunch                          | Transition to lunch                          | Transition to lunch                                               | Transition to lunch                       |
| Noon - 1:15 | <i><b>Lunch with Olympian</b></i>                                | <i><b>Lunch with Olympian</b></i>                                          | <i><b>Lunch with Olympian</b></i>            | <i><b>Lunch with Olympian</b></i>            | <i><b>Lunch with Olympian</b></i>                                 | <i><b>Lunch with Olympian</b></i>         |
| 1:15-1:30   |                                                                  | Transition to pool                                                         |                                              |                                              | Transition to next session                                        | Transition to next session                |
| 1:30- 2:45  | <b>Coaches Clinic</b><br>ADM Competence<br>Progression           | <i><b>In Water Session with<br/>Olympian</b></i>                           | DEI/ Safe Sport<br>What the Best Swimmers do | DEI/ Safe Sport<br>What the Best Swimmers do | Supporting the Nutritional<br>Needs of Your Developing<br>Swimmer | A Window into the World of<br>Officiating |
| 2:45-3:00   | Break                                                            | Break                                                                      | Transition                                   | Transition                                   | Transition                                                        | Transition                                |

*\*times subject to change*

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|----------------------------------------------|-------------------------------------------------------|----------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|
| <b>3:00-4:30</b>                             | <b>Coaches Clinic</b><br>ADM: Putting it all together | <b>Leadership # 5</b><br>Swimming and Beyond | <i>Photos &amp; Autographs w/<br/>Olympian</i> | <i>Photos &amp; Autographs w/<br/>Olympian</i> | Understanding the pathways<br>offered through your LSC &<br>USAS | Ready, Set, Go be an official!          |
| <b>4:30-5:00</b>                             | Wrap-Up                                               | Transition to hotel                          |                                                |                                                |                                                                  |                                         |
| <b>5:00</b>                                  | DINNER ON YOUR OWN                                    | DINNER ON YOUR OWN                           | DINNER ON YOUR OWN                             | DINNER ON YOUR OWN                             | DINNER ON YOUR OWN                                               | DINNER ON YOUR OWN                      |
| <b>SUNDAY</b><br><b>Blue/White Swim Meet</b> |                                                       |                                              |                                                |                                                |                                                                  |                                         |
| <b>8:00-9:00</b>                             | Volunteer as Team Coaches<br>/Lead Jr. Coaches        | Shadow as Jr Coach<br>or Swim in meet        | Warmup                                         | Warmup                                         | Attend the meet, or help time /<br>meet support etc.             | officiate or<br>Shadow official at meet |
| <b>9:00-1:00</b>                             | Volunteer as Team Coaches<br>/Lead Jr. Coaches        | Shadow as Jr Coach<br>or Swim in meet        | Swim in Meet                                   | Swim in Meet                                   | Attend the meet, or help time /<br>meet support etc.             | officiate or<br>Shadow official at meet |

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