



2025 Project Los Angeles Coaches Track Itinerary



Michael Hamann (Age Group Vice Chair), Kevin Zakrzewski (Senior Vice Chair), Amie Adams (IL Swim Program Director)

VISION: To inspire excellence through innovation and leadership

MISSION: To promote and achieve excellence in performance through education, innovation, service and committed leadership

Saturday June 7, 2025

1:00 PM: Welcome and introduction, Project LA Overview

1:30 PM: Balancing Long Term Development and Short Term Goals - **Gregg Troy**

2:30 PM: Break and free discussion time

3:00 PM: Designing Practice to Develop an Elite Engine and Elite Skills- **Beth Winkowski**

4:00 PM: Break and free discussion time

4:30 PM: Developing Resiliency in Your Athletes- **Gregg Troy and Beth Winkowski**

5:30 PM: End of organized programming. Free discussion and question time

6:30 PM: Coaches social, sponsored by IL Swimming Coaches Committee. Wright's Brew and Bistro- Marriott Lincolnshire

Sunday June 8, 2025

8:15 AM: Breakfast and free discussion time

9:00 AM: Managing the Mental and Emotional side of Pursuing Performance- **IL Coach Panel**

10:00 AM: Break and free discussion time

10:30 AM: Training for LCM Performance in an SCY Pool- **Gregg Troy**

11:30 AM: Break and free discussion time

12:00 PM: Educating Parents and Athletes on LTAD- **Gregg Troy and Beth Winkowski**

1:00 PM: End of organized programming. Go Team Illinois!

Speaker Bios

Gregg Troy: Retired head coach, University of Florida 1998-2018

United States Olympic Team Head Coach (2012), Assistant Coach (1996, 2008)

Former Head Coach, the Bolles School and Bolles School Sharks 1977-1997

Beth Winkowski: USA Swimming Lead Senior Team Services Advisor

Former Associate Head Coach, Dynamo Swim Club

Named 2014 ASCA Age Group Coach of the year

Former Head Coach, Portland Aquatic Club

Illinois Coach Attendee Information:

1. Each club in the LSC can send one coach representative for the weekend free of charge
2. All clubs are eligible to send additional staff members for \$50/coach
3. First 20 teams to register will receive a free hotel room on Saturday night