

ISI Swimposium Proposed Schedule

21-Jan-18

2018 Swimposium Activity					
Time	Registration - Foyer of Meeting Rooms			Pool/Room D (Athletes)	
	Room A (Officials)	Room B (Coaches)	Room C (Parents)		
8 - 8:50					
9:00 - 9:10		Welcoming Remarks and Introductions			
9:15 to 10:00	Stroke & Turn Clinics	Coaching Open Water Swimming	Volunteering Opportunities within the LSC Interacting with Coaches Positive Encouragement/Managing Burn Out	Break-Out Swim Clinic (13 & Younger)	
10:10 to 11:00	What Makes a Good Chief Judge	Coaching Disabled Swimmers			
11:10 to Noon	Overview of Start/Ref, OTS	Nutrition for Athletes			
Noon - 1:00			Lunch Break		
1:00 to 1:50	Safe Sport Scenarios				(14 & Older Athletes)
2:00 to 2:50	Scenarios for Starters and Refs	Safe Sport Scenarios	Nutrition for Athletes		Closed Session with the Olympian
3:00 to 3:50	Philosophy of a Good Starter/Ref		Injury Prevention and Physical Therapy	Swimming Opportunities in College	
4:00 to 4:50	Open Water Officiating		Safe Sports for Athletes	Nutrition for Athletes	
			Interacting with Coaches	Injury Prevention and Physical Therapy	

Iowa 2018 Swimposium
Tentative Programs and Clinicians

21-Jan-18

Athletes Group	Coaches Group	Officials Group	Parents Group
Younger Athletes (13 & Under) - Break-Out Swim Clinic - Closed Session with the Olympian	> Open Water Swimming > Adaptive Swimming	> Stroke & Turn Clinics - Interactive scenarios - What makes a Good CJ - Overview of Start/Ref, OTS - Philosophy of a Good S/T > Other Clinics - Scenarios for Starters and Refs - Philosophy of a good Starter/Ref - Open Water Officiating - Safe Sport scenarios	> Fostering good parent/coach relationship - How to interact with coaches concerns - Positive encouragement - Managing burn-out > Safe Sport for Swimmers > Nutrition > Peak Performance - Injury Prevention - Cross Training - Physical therapy > Volunteering with the LSC > Developing High Performance in an Athlete Centered Environment
Older Athletes (14 & Over) - Closed Session with the Olympian - Nutrition - Swimming in College/ Extending the Swimming career - Panel Discussion with College Coaches - Strength Conditioning for Swimmers	Possible Other Topics > Leadership Secrets of the World Best Coaches > Brain Science and Motor Learning > Creating a Culture of Diversification > Safe Sport Scenarios > Strength Conditioning for Swimmers		
<u>Clinician</u>	<u>Clinician</u> John Dussliere	<u>Clinician</u> David Coddington	<u>Clinician</u>

A stylized logo featuring a swimmer in a dynamic pose, colored in a golden-yellow hue. The swimmer is surrounded by blue wavy lines representing water. Above the swimmer, there are three blue curved shapes resembling leaves or petals. The entire graphic is set against a white background.

ISL

Swimposium

2018

IOWA 2018 SWIMPOSIUM COMMITTEE

Meeting Date: Tuesday, January 16, 2018

Time: 8:00 pm, Via Telephone

Attendees: Curt Oppel, Kirstin Oppel, Don Spelman, Janna Carter, Jodie Stone, JoAnn Carstensen, Kim Crawford, Jason Wenger, Tanja Sadecky, and Marie Koenigsfeld.

- A. Overview of Topics and Draft Schedule. The distributed meeting material contained a short summary of the topics being considered for each group (Athletes, Coaches, Officials, and Parents). Curt put this summary together in an effort to have a summary of the topics and to be able to provide a short concise summary of topics for USA Swimming in an effort for them to assist us with selection of speakers.

Curt reported to the group that he has had a discussion with Don in an effort to provide more topics for the coaches. Curt wants more topics for coaches because he feels they are important for the Swimposium and getting athletes and parents to attend the Swimposium.

Curt also reported to the group that he has reviewed Swimposium schedules for other LSCs and has found that our schedule is similar to other schedules. Curt did find some clinic topics that are consistent throughout other LSCs: Safe Sport for all groups, Nutrition for all groups, but the officials. Other topics that appeared in other LSCs included:

- For Parents: Developing High Performance in an Athlete Centered Environment
- For Coaches: Leadership Secrets of the worlds best coaches, Brain Science and Motor Learning, and Creating a Culture of Diversification

During the discussion of the topics, the group expressed:

- We need to provide separate clinics for our older swimmers. Opportunities for Swimming in College is an important topic for our older swimmers. This would include the different opportunities at DI, DII and DIII schools. Coaches such as Doug Colin, Brian Ruffles, Nick Lakin, were all mentioned. We need to provide our older swimmers with information on how to extend their swimming careers.
- We need to provide new parents/parents with younger swimmers with information on how to volunteer within our LSCs. We could provide the speakers from members of our own LSC.

From emails following the meeting, the following ideas were brought up for clinics:

- For Coaches, how to work with parents
- For Parents, how swimmers can obtain peak performance, Cross Training, Injury Prevention, and Physical Therapy. Ted Kepros was approached to determine if he would be interested in making a presentation at the Swimposium. Ted owns a Kepros Physical Therapy & Performance in Cedar

Rapids. He is willing to be a clinician but he charges \$220 per hour plus travel expenses. He might be willing to work with us on his fees and expenses because we are a non-profit group.

- Strength Training for Swimming. We might be able to contact a strength conditioning specialist and have them talk about strength conditioning in college for swimming.
- Providing closed sessions for athletes with the Olympian that is brought in for our athletes. This would be for athletes to talk one-on-one with the Olympian free from any outside influences or agenda items.
- Provide a panel discussion of what it took some of our more notable athletes to get to achieve their current level of performance. For example, Ruby Martin and her parents, Justin Winnett and his parents.

The conclusion of the discussion is that Curt would revise the Schedule and Summary of Topics in an effort to provide more of the comments gathered from the group.

- B. Logistics Subgroup Discussion – Curt reported on the logistics subgroup meeting that was held on Thursday, January 11, 2018. Curt, Kim and Marie reported:

- Kim is working with Splash Multisport to develop a logo for us to use. A sample was distributed to the group. We hope to have a draft logo in time to share with the Board during the Board's January 29, 2018 meeting.
- The Swimposium will have a landing page on the ISI website that will have the Swimposium Schedule once it is developed. The hope is to have the landing page developed by March 31, 2018.
- We will provide on-line registration when we start registering for the Swimposium
- We will kick-off full promotion for the Swimposium on Memorial Weekend.

One thought that was expressed during the meeting was to require teams to provide advertising in their meet programs for the Swimposium. Curt will explore this possibility with the ISI Board during the upcoming board meeting.

- C. Swimjitzu – Curt distributed an estimate of cost of brining in Swimjitzu. Curt expressed his concern about the cost of Swimjitzu. The group thought it was important to do a survey of our members about Swimjitzu. Marie said that the first ISI Newsletter is about to be distributed using Constant Contacts. Curt agreed to work with Marie in developing a simple survey to help assess the interest of brining in Swimjitzu for our Swimposium.

After the meeting, Curt learned that USA Swimming has suspended the Swimjitzu program for 2018.

- D. Next Meeting – The next Committee Meeting was scheduled for February 3, 2018. The meeting will be by phone and start at 8 pm.