

2018 Iowa Swimming, Inc. Swimposium Schedule

Schedule					
Registration - Foyer of Meeting Rooms					
	Room A (Officials)	Room B (Coaches)		Room C (Parents)	Activities
	Welcoming Remarks and Introductions				
9:00					
9:15 to 10:00	The making of a Professional Chief Judge By David Coddington	How Credible Coaches Think By David Benzel		Safe Sport for Swimmers By Maggie Vail	Group A (8:15 to 9:45) With Jimmie Feigen
10:10 to 11:00	So what are all those white shirts doing on the deck at every meet? By David Coddington				
11:10 to Noon	The making of a Professional Stroke and Turn Official By David Coddington	Safe Sport Scenarios By Maggie Vail		Peak Performance By Ted Kepos, Abby Erion's and Andrea Weber and Don Spelman	Group B 10:00 To 11:30 With Jimmie Feigen
Noon - 1:00	Lunch Break (Lunch on Your Own)				
1:00 to 1:50	Safe Sport Scenarios for Officials By Maggie Vail	Nutrition for Athletes By Erin Hinderaker		Safe Sports Discussion for Athletes by Maggie Vail (Lunch Provided)	
2:00 to 2:50	The making of a Professional Administrative Official, Administrative Referee, or Meet Director By David Coddington	From Distance to Open Water by John Dussliere		How to Create a Winner's Mindset By David Benzel	
3:00 to 3:50	The making of a Professional Starter or Deck Ref. By David Coddington	Training Athletes with Disabilities by John Dussliere		Nutrition for Athletes By Erin Hinderaker	
4:00 to 4:50	The making of a Professional Open Water Official By David Coddington	Swimming Opportunities in College A Coaches Panel Discussion Moderated by John Dussliere Coaches: Marc Long (University of Iowa), Tom Samland (University of Nebraska-Omaha), Jason Owen (Lindenwood University)		Injury Prevention and Physical Therapy By Ted Kepos, Abby Erion's and Andrea Weber and Don Spelman	

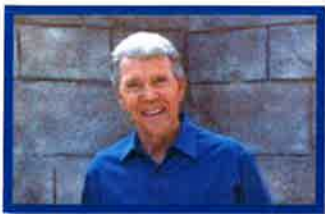
“How Credible Coaches Think”

by David Benzel, America's Sport Family Coach

Having an understanding of the strategies and technical aspects of a sport is not enough for today's coach. Athletes are discriminating customers who give their loyalty only where it is earned and deserved. For this reason coaches must demonstrate a mastery of emotional issues and relationship skills. To help athletes reach their full potential a coach is required to have more EQ than IQ, and reframing conventional thinking is the key.

Learn these three essential strategies:

- **How to Create a Unique Learning Environment**
- **How to Teach Athletes to Reframe their Performances**
- **Customize Your Approach by REFRAMING Coaching Issues**



David Benzel –

- Former coach U.S. Water Ski Team
- Eight time national water ski champion
- Endorsed by USA Swimming

Organizations using Growing Champions for Life





“To Push or Not to Push”

What Your Child Really Needs to Succeed

A Parent Seminar by David Benzel
America's Sport Family Coach

Most parents admit to being confused about “pushing” their child to achieve, but all parents want to see their children succeed. This session exposes the options and consequences of our choices. Discover the best approach for your family and take the guess work out of the most pivotal dilemma parents face today.

Workshop Segments:

- Your Home Environment – What Have You Created?
- Overcome the Two Most Common Syndromes
- Identify Behaviors that Determine Your Child's Mindset

Workshop Goals:

- How parents push when they don't mean to push
- The two kinds of push by parents
- How to create a climate for True Optimal Push
- The short-term vs. the long-term of Pressurized Push

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Iowa Swimming, Inc.
Swimposium Registration

15-Aug-18

First Name	Last Name	Primary Email Address - to send information	Total number of participants	Summary
Joe	Havenhill	joehavenhill@gmail.com	3	Athletes
Grace	Hoeper	sbrinkh@yahoo.com	2	Parents
Kirstin & Curt	Oppel	oppelk@hotmail.com	2	Officials
Kim	Nedder	kim@nedder.com	3	1 Parent, 1 athlete
Matthew	Saegh	nulph@hotmail.com	1	Athlete
Ramsey	Vens	ramseyvens@gmail.com	1	Coach
Diana	Boeding	boedingd@allsteeloffice.com	1	Athlete
Lisa	Dismang	lisa_dismang@yahoo.com	2	1 Parent, 1 athlete
Sharon	Berkowitz	sharon.berkowitz@outlook.com	3	2 Parents, 1 athlete
Julie	Kang	julkang2@gmail.com	2	1 Parent, 1 athlete
Amy	Fertig	ajfertig@dmacc.edu	5	Athletes
Marek	Mikulski	marek-mikulski@ulowa.edu	2	Athletes
Karli	DeMoss	karlirdemoss@live.com	2	1 Parent, 1 athlete
Bree	Bowers	mom2mzj@gmail.com	1	Athlete
Kim	Gaylor	kimberlygaylor@gmail.com	2	1 Parent, 1 athlete
Jodie	Stone	stone.jodie@ymail.com	2	Athletes
Jodie	Stone	stone.jodie@ymail.com	1	Athlete
Dana	DeSimone	danadesi21@yahoo.com	2	1 Parent, 1 athlete
			<u>37</u>	
				Athletes
				23
				Parents
				11
				Officials
				2
				Coaches
				1
			<u>37</u>	Recap