



# SWIMPOSIUM 2.0

10&U Swimmers



## Saturday

8:00-8:45	Registration
8:45-9:00	Welcome & Introductions
9:15-10:30	In Water with an Olympian
10:45-12:00	Being a Good Teammate
12:15-1:15	Lunch with an Olympian
1:30-2:45	DEI/Safesport
3:00-4:30	What the Best Swimmers Do
4:30-6:30	Dinner on Your Own
6:30	Social Outing



## Sunday

8:00-9:00	Warm-Up
9:00-12:00	Red vs. Blue Meet