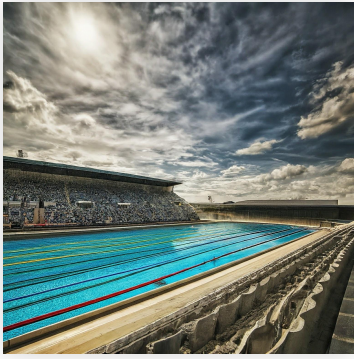




# SWIMPOSIUM 2.0

## 13&O Leadership Camp



### Friday

3:00-4:00	Registration
4:00-4:30	Welcome & Ice Breaker
4:30-6:00	In Water: Favorite Drills
6:00-7:30	Dinner/ College Panel Talk
7:30-8:30	To Swimfinity and Beyond



### Saturday

8:00-9:15	What Kind Of Leader Am I?
9:30-10:30	Free Time
10:45- 12:00	The ABCs of the LSC
1:30-2:45	In Water with an Olympian
3:00-4:30	A Rising Tide: Applying Leadership
4:30-6:30	Dinner on Your Own
6:30	Social Outing



### Sunday

7:00-8:00	Junior Coach/ Provisional Athlete Training
8:00-12:00	Athletes can be Junior Coaches, shadow Officials, or participate in the meet.