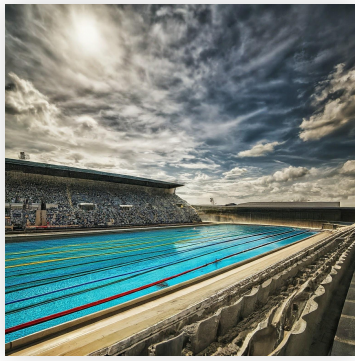




SWIMPOSIUM 2.0

13&O Leadership Track



Friday

3:00-4:00	Registration
4:00-4:30	Welcome & Ice Breaker
4:30-5:45	Dryland Session
6:00-7:15	Dinner and College Panel Talk
7:30-8:30	Leadership Part 1



Saturday

8:00-9:00	Leadership Part 2
9:15-10:15	Leadership Part 3
10:30-11:30	Practicing the Art of Gratitude
12:00-1:15	Lunch with with National Team Athlete Shaine Casas
1:30-2:45	In Water with Shaine Casas
3:15-4:00	Opportunities for Involvement
5:00	Dinner and Social Event



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.