



SWIMPOSIUM 2.0

Parents Track



Saturday

8:00-8:45	Registration
8:45-9:00	Welcome & Introductions
9:15-10:30	10&U Parents Observe In-water session - 11-12 Parents attend USOPC Quality Parent Framework
10:45-12:00	11-12 Parents Observe In-water session - 10&U Parents attend USOPC Quality Parent Framework
12:15-1:15	Lunch with an Olympian
1:30-2:45	Being a Supportive Swim Parent
3:00-4:30	Supporting the Nutritional Needs of Your Swimmer
4:30-6:30	Dinner on Your Own
6:30	Social Outing



Sunday

7:00-8:00	Provisional Officials Training
8:00-9:00	Timers for Meet/ Shadow an Official
9:00-12:00	Red vs. Blue Meet