

Missouri Valley Spring Meeting/Swimposium April 4-6 2014

In addition to our regular spring meeting, Missouri Valley is hosting a Swimposium for all swimmers, parents, coaches, and officials in our LSC. Please join us for this excellent opportunity to learn, meet new people, and pledge ourselves to improving our LSC for our athletes' benefit.

In addition to some regular business meetings, the weekend is organized into "tracks". Generally, there are no costs to attend these tracks, but we will have a catered lunch. See below for specifics.

The highlight of the Swimposium will be the keynote address by Byron Davis. We are fortunate that Byron is coming to our LSC to share his expertise and practical advice.

Schedule of Activities – in KC area

- **Friday, April 4**

- Board of Directors meeting 6:00-8:00 pm Roeland Park Community Center

- **Saturday, April 5, 2014**

- **Swimposium**

- **Swimmers Track**

- 8:45-9:00 Check in for swimmer clinic - SMN pool
- 9:00 -10:30 Swim clinic for swimmers (ages 12 & under)
- 11:00-12:00 Lunch at SMN
- 12:00-1:00 Guest speaker – Byron Davis at SMN auditorium
- 1:15-1:30 Check in for afternoon swim clinic at SMN pool
- 1:30-3:00 Swim Clinic for swimmers (ages 13 & up)

- **Parents Track**

- 9:15-10:15 "How to be a Supportive Swim Parent" – presentation by Rob Miller – SMN. For parents of swimmers aged 12 & under.
- 11:00-12:00 Lunch at SMN
- 12:00-1:00 Keynote Speaker – Byron Davis – SMN Auditorium
- 1:45-2:45 "How to be a Supportive Swim Parent" – presentation by Rob Miller – SMN. For parents of swimmers aged 13 & over.

- **Officials Track**

- 9:00-10:30 Officials clinics – Roeland Park Community Center
 - Referee Re-Certification Clinic – "The Keys to an Exceptional Meet Referee" – presented by Lucy Duncan
 - Starter Clinic – Certification or Re-certification – presented by Dick Duncan
- 11:00-12:00 Lunch at SMN
- 12:00-1:00 Keynote speaker – Byron Davis—SMN auditorium
- 1:30-3:00 Officials clinics – Roeland Park Community Center
 - Deck Referee Clinic - Certification Clinic
 - Stroke and Turn Clinic – Certification or Re-certification

- **Coaches Track**

- 8:30-10:00 Recertification for CPR/First Aid – Roeland Park Aquatic Center
- 10:00-11:00 Certification for Safety Training for Swim Coaches – Roeland Park Aquatic Center
- 9:00- 10:00 “Live Your Epic Life” - guest speaker – Byron Davis
- 10:00-11:00 “Good to Great” – presentation by Jill Geller, Interim Executive Director of Johnson County Park and Recreation District
- 11:00-12:00 Lunch at SMN
- 12:00-1:00 Keynote Speaker – Byron Davis at SMN Auditorium
- 2:00-5:00 Coaches meeting at Roeland Park Community Center

- **Sunday, April 6**

- House of Delegates Meeting 10:00-1:00 Roeland Park Community Center

Additional information

- **Guest speakers**

- Byron Davis – an acclaimed swimmer in his own right, and founding member of Live Your Epic Life, a community of ordinary authentic people choosing to initially live their best life. Byron has an engaging story and provides practical suggestions. For more information about Byron, visit www.liveyourepiclife.com
- Rob Miller – NAIA Director of Champions of Character Initiatives. Rob provides helpful tips to parents in their role as “swim parents.” For more information about Rob, visit www.proactivecoaching.info
- Jill Geller – Interim Executive Director for Johnson County Park and Recreation District (JCPRD). Jill recently led the entire JCPRD organization through LEAP Training (Leadership Empowers All People.) Jill brings some of the lessons from this training to share with all who want to go from “good to great.” Visit www.jcprd.com.
- Dick and Lucy Duncan – our guest officials for officials training. Lucy is a member of the national officials committee in charge of education and has been a National, Grand Prix, Sectional and Zone Referee. Additionally, she has served as a NCAA Meet Referee.

- **Lunch on Saturday**

- Lunch on Saturday, April 5 will be a catered taco bar. Cost is \$10.00 per person. Checks payable to “KC Blazers.” Reservations due to Marjorie Sherard, 6501 Antioch Road, Merriam, KS 66202 by Monday, March 24, 2014.. Or contact marjorie.sherard@jocogov.org.

- **Coaches Certifications**

- Sarah Smith (Columbia Swim Club) and Rachel Schlatter (KC Blazers) will be providing recertification training in CPR/First Aid and new and recertification training in Safety Training for Swim Coaches. Bring your suits for Safety Training for Swim Coach class. Cost is \$25 per class (total of \$50 if taking both classes.) Reservations due by Monday, March 24. Contact Sarah at sarah@csctigersharks.org or Rachel at Rachel.schlatter@jocogov.org.

- **Other Costs**

- o **NONE!** We simply want as many swimmers, parents, coaches, and officials as possible to attend. For planning purposes, we do ask for RSVPs for the various guest speakers by Monday, March 24 to Marjorie.sherard@jocogov.org . Please indicate which event you/your child will be attending.

- **Locations**

- o Shawnee Mission North High School 7401 Johnson Drive, Overland Park, KS 66202
- o Roeland Park Community Center 4850 Rosewood Drive, Roeland Park, KS 66205
- o Roeland Park Aquatic Center 4843 Rosewood Drive, Roeland Park, KS 66205
- o Courtyard Kansas City Country Club Plaza 4600 JC Nichols Pkwy, Kansas City, MO 64112 (855) 499-0001. To receive discount, reserve room under “Missouri Valley Swimposium”

Questions? Please call Marjorie Sherard at (913) 236-1253 or Henry Morrow at (913) 636-0961.