



SWIMPOSIUM

Why Stay in the Sport of Swimming?

Saturday, October 29, 2022

Brian Bent Memorial Aquatic Center 818 6th Street
Coronado, California 92118

Featuring

LELAND BROWN

ABBEY WEITZEIL

RON VAN POOL

MITCH GOLD

MJ TRUEX

DAN PECK

Schedule

Registration (Coaches & Officials)

8:15 to 8:45 am

Lunch Provided for (For Coaches & Officials & Presenters)

12:00 to 1:00 pm

Athlete Track with Olympian Abbey Weitzel

12/Under Session

Check-In: 7:45 - 8:15

Autograph Session: 8:15 – 8:55

In Water Session: 9:15 – 11:00

13/Over Session

Check-In: 10:45 – 11:10

All Athletes & Parents

Big Talk with all athletes & parents

Abbey Weitzel 11:15 – 12:00

(All athletes bring snacks/lunch & a drink)

Lunch break: 12:00-12:45

13/Over Session

In Water Session: 12:45 – 2:30

Autograph Session: 2:45 – 3:15

Parent Track for 12/Under Parents

DEI for Parents

Leland Brown

9:00 – 10:00

Supporting Your Athlete/Longevity in Sport

MJ Truex

10:00 – 11:00

Parent Track for 13/Over Parents

College Recruiting strategies for Success	Dan Peck	1:00 – 2:30
Supporting Your Athlete/Longevity in Sport	MJ Truex	2:30 – 3:30
DEI for Parents, Coaches, Athletes	Leland Brown	3:30 – 4:30

Coaching Track

New Coach Education	MJ Truex	9:00 – 10:00
Stay in Swimming/USA Swimming Programs	Mitch Gold	10:15 – 11:15

Lunch Break 12:00 – 1:00

Coach Wellness	Mitch Gold	1:00 – 2:00
Athlete Wellness/Sports Psych	Mitch Gold	2:15 – 3:15
DEI for Parents, Coaches, Athletes	Leland Brown	3:30 – 4:30

Officials Track

<i>Introductions</i>	<i>Ron Van Pool</i>	<i>9:00- 9:15</i>
<i>Rules & False Starts</i>		<i>9:15-10:15</i>

<i>Officials & DEI</i>	<i>Ron Van Pool & Leland Brown</i>	<i>10:30 – 12:00</i>
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Lunch Break 12:00 – 1:00

<i>Officiating Positions</i>	<i>Ron Van Pool</i>	<i>1:00 – 2:00</i>
<i>Administrative Referee</i>	<i>Ron Van Pool</i>	<i>2:15 – 3:15</i>
<i>Wrap Up & Q&A</i>	<i>Ron Van Pool</i>	<i>3:30 - 4:00</i>

Contact Information: Mary Redmond 760-716-7678

Olympian Abbey Weitzel

Event(s): 50-meter Freestyle, 100 Freestyle, 4x100-meter Freestyle Relay

Olympic Experience

- Two-time Olympian (2016, 2020); four-time Olympic medalist (1 gold, 2 silver, 1 bronze))
- Olympic Games Tokyo 2020, silver (4x100-meter freestyle relay); bronze (4x100-meter freestyle relay); 8th (100-meter freestyle, 5-meter freestyle)
- Olympic Games Rio 2016, gold (4x100 medley), silver (4x100 freestyle), 7th (100 freestyle), 12th (50 freestyle)

World Championship Experience

- Most recent: 2019 – gold (mixed 4x100 freestyle relay), silver (4x100 freestyle relay)
- Years of participation: Long Course – 2015, 2017, 2019; Short Course – 2014
- Medals: 6 (2 golds, 3 silvers, 1 bronze)
- Gold – 2019 (mixed 4x100 freestyle relay); 2014 (4x50 mixed freestyle SC)
- Silver – 2019 (4x100 freestyle relay); 2014 (4x50 freestyle SC, 4x100 freestyle SC)
- Bronze – 2015 (4x100 freestyle)

Leland Brown & MJ Truex are members of the Team Services Staff at USA Swimming

Mitch Gold:

Western Zone Team Advisor.

20+ years of coaching experience.

Retired Marine :Captain with 21 yrs of service

A graduate of University of Maryland.

Ron Van Pool:

President of USA Swimming (2002 – 2006)

Official (1982 – present)

- **Officiated at Atlanta and Sydney Olympic Games**
- **2000 USA Swimming Olympic Trials referee**

Dan Peck:

Pacific Swim Senior Head Coach