



## **Maine Swimming 2023 Eastern Zone Leadership Retreat**

Colby College  
June 22-25 2023

### **Schedule**

#### **Thursday June 22nd:**

3:00 pm: Arrival/Check-in

3:00 pm: Team assignment/Dorm Check-in

6:00pm-7:30pm: Welcome Dinner (With Games or Keynotes Speaker)

7:30pm-9:00pm: Social time

#### **Friday June 23rd:**

Breakfast

8:00am-8:45am: Meet warmup

9:00am: Beginning of prelims

11:30am-2:30pm: Team Activities/Lunch

3:00pm-3:45pm: Finals warmup

4:00pm: Beginning of finals

6:00pm- 7:00pm: Dinner

7:00pm-9:00pm: Social time

#### **Saturday June 24th:**

6:00am-7:30am: LCM practice

8:00am: Breakfast

9:00am- 12:00pm: Workshops(45 minutes long with 15 minute breaks between each workshop)

LSC Leadership-

DEI-

Social Media-

Project Management-

College Recruiting-

12:15pm-1:15pm: Lunch/Socialize

1:30pm-3:30pm: Workshops (Same topics as listed prior)

4:00pm-6:00pm: Group bonding

6:30pm-7:30pm: Dinner

7:30pm-9:00pm: Social time

**Sunday June 25:**

Breakfast

8:00am-8:45am: Warmup

9:00am: Sprint meet Start

12:00pm: Lunch(for those who are still around)

11:00am-3:00pm: Check-out(Can be earlier if needed)

11:00am-3:00pm: Departure

*\*\*Start and end times for each item will be added as we approach the final date\*\**