



Maine Swimming 2023 Eastern Zone Leadership Retreat

Colby College
June 22-25, 2023

Workshop Topics

Social Media:

In today's day and age, social media is everywhere. It can be used for anything from communicating with friends, to keeping up with the news. In this workshop, we will discuss how you as LSC leaders can safely use social media to your advantage.

Diversity, Equity, and Inclusion:

By now, most people are familiar with DEI and what it means; however, they struggle with how to actively take steps forward in this area. This workshop is designed to teach LSC athlete leaders how to actively incorporate DEI in all aspects of the LSC and how to: CONNECT, ACCEPT and PROVIDE.

LSC Leadership:

As leaders in our LSCs, we are aware of the importance of the role we play in the organization. Many other athletes in the LSC are in the dark as to the opportunities available to them and the athlete roles within the LSC. This workshop will discuss how you can spread awareness about LSC leadership and recruit the right people.

Project Management:

While it may be easy to come up with great ideas for your LSC, executing them can be a challenge. In this workshop, we will talk about effective strategies to successfully execute your projects.

College Recruiting:

As many people move through the college recruiting process, they may experience a lot of uncertainties. This workshop is to help clear up some of those uncertainties and answer any questions you may have.