



Friday, April 26th	COACHES	13 & OVER ATHLETES	10 & UNDER ATHLETES	11 & 12 ATHLETES	PARENTS	OFFICIALS
	Taggart Ballroom @ Holiday Inn	Taggart Ballroom @ Holiday Inn				
3-4pm	Registration/Check in Holiday Inn Lobby	Registration/Check in Holiday Inn Lobby	<i>Optional Registration/Check in Holiday Inn Lobby</i>			
4-4:30pm	Welcome/Ice Breaker/Overview of Program with USAS Staff	Welcome/Ice breaker with LSC Athlete Reps & USAS Staff				
4:30-6pm	ADM Module #1: Character Progression and Relationship Building USAS Staff	Dryland Training Session with LSC Athlete Reps & USAS Staff				
6-7:30pm	Coach Social at The Colonel Bar, 1328 Beck Ave, Cody, WY 82414	Dinner (as a group) at Millstone Pizzeria, 1057 Sheridan Ave, Cody, WY 82414				Official Social at The Colonel Bar, 1328 Beck Ave, Cody, WY 82414
7:30-8:30pm		Leadership #1: Styles and Values with LSC Athlete Reps & USAS Staff				

Saturday, April 27th	COACHES	13 & OVER ATHLETES	10 & UNDER ATHLETES	11 & 12 ATHLETES	PARENTS	OFFICIALS
	<i>Classroom @ Holiday Inn</i>	<i>Classroom @ Holiday Inn</i>				
8:00-8:45am	ADM Module #2: Exploring the 4 Cs with USAS Staff	Leadership #2: Developing Self-Confidence through Goal Setting with LSC Athlete Reps & USAS Staff	Registration/Check In at the Paul Stock Recreation & Aquatic Center, 1402 Heart Mountain Street, Cody, WY 82414			
8:45-9am		Welcome and Introductions in Rec Center Gymnasiums				
9:15-10:30am		9:15-10:15am Leadership #3: Safe Sport Mental Health (controllables and uncontrollables) with LSC Athlete Reps & USAS Staff	In Water Session with Shaine Casas	Being a Good Teammate with USAS Staff	Officials Introduction & Being a Supportive Swim Parent with USAS Staff	<u>Officials move to Grizzly Room at Park County Library</u> A Window into the World of Officiating
10:45am-12pm		10:30-11:30am Practicing the Art of Gratitude LSC Athlete Reps/USAS Staff	Being a Good Team Mate USAS Staff	In Water Session with Shaine Casas	DEI/Safe Sport with USAS Staff	The Different Shades of Officiating
<i>Transportation from Holiday Inn to the Rec Center provided by Park Cty #6 School Bus</i>						
12:15-1:15pm	Lunch with Shaine Cases at the Rec Center Gymnasiums					
<i>Transportation from Rec Center to the Holiday Inn provided by Park Cty #6 School Bus</i>					<i>Parents can shift to officials track and begin LSC officiating training if desired</i>	
1:30- 2:45 pm	ADM Module #3: Applied to Team Heirarchy, Practice Goups, and Communications with USAS Staff	In Water Session with Shaine Casas	DEI/ Safe Sport with USAS Staff	What the Best Swimmers Do USAS Staff	Supporting the Nutritional Needs of Your Developing Swimmer with USAS Staff	To Mentor or be Mentored: That is the Question
3:00-4:30 pm		<i>Transportation from Rec Center to the Holiday Inn provided by Park Cty #6 School Bus</i>	What the Best Swimmers Do with USAS Staff	DEI/ Safe Sport with USAS Staff	USOPC Quality Parent Framework with USAS Staff	On Deck Mock Meet Training Session with Athletes from Local Clubs- credit for Session 1 of LSC certification
		3:15-4:30pm Swimming and Beyond / Closing Activity / Wrap Up with LSC Athlete Reps & USAS Staff				
4:30-6:00 pm						



Sunday, April 28th							COACHES	13 & OVER ATHLETES	10 & UNDER ATHLETES	11 & 12 ATHLETES	PARENTS	OFFICIALS
Paul Stock Recreation & Aquatic Center, 1402 Heart Mountain Street, Cody, WY 82414												
7-8am		Junior Coach/Official Training (Optional)				Officials Testing (Optional as Interested)					Officials Testing, APT, etc.	
8-9am	Coaches Volunteer to be Red/ Blue Team Coaches for Meet and Lead Junior Coaches (Optional)	Junior Coaches/Officials Shadow for Blue or White Teams (Optional)	Warm Up for Blue/White Meet			Attend /Timers for Meet/ or Shadow for Officials Session	Shadow Official at Meet: Credit for Session 2 of LSC Certification					
9am-12pm	Attend as Coach for Blue or White Team	Swim in Meet or Shadow Coaches/Officials	Blue/White Meet!									

Thank you to our local partners!



**13 & Over Dinner
on Friday**



**Friday Registration
13 & Over Sessions
Coach Sessions**

**The Colonel
Coach & Officials
Socials on Friday**



**Saturday Registration
ALL In-Water Sessions
10 & Under Sessions
11-12 Sessions
Parent Sessions**



Officials Sessions

