



# USA Swimming

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## Swimposium Clinician

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### **MJ TRUEX**

**USA Swimming Senior Director of Education, Programs and Services**

**Saturday, September 28, 2019 Workshops:**

**Indiana Swimming Coaches & Club Leaders Workshop**

***Improving Communication: A Look into Identity***

**10:00 AM – 11:50 AM: North Central High School - Auditorium**

**Senior Athlete Lunch Speaker**

**Athlete Progressions**

**12:30 PM – 1:00 PM: North Central High School – Cafeteria**

**Parent Workshop: Parents of Athletes Enrolled in the 11-12 Athlete Camp**

***Navigating USA Swimming: What You Need to Know as a Parent***

**2:30 PM – 3:30 PM: North Central High School – Room L249**

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Indiana Swimming is pleased to announce that MJ Truex will be serving as our keynote for this year's Indiana Swimming Swimposium. MJ will be sharing her expertise and experiences with parents, athletes, coaches, and club leaders throughout the day on Saturday at three different workshops. MJ will also be addressing the Indiana Swimming House of Delegates in the early afternoon.

MJ has been with USA Swimming since 2005. She spent the first quad working with USA Swimming's National Team Division as part of the Performance Science and Technology Services Team where she worked closely with National Team athletes and coaches. MJ moved to the Club Development Division after the 2008 Beijing Olympics and served as Sports Performance Consultant from 2008 – 2012. In this role, she visited teams across the country delivering information to teams, coaches, and athletes that directly impact performance. In 2012, MJ became USA Swimming Program Operations Manager where she managed the Regional Coaches Clinics, online webinars, camps, video projects, and the Club Development website.

In 2013, she became the Programs and Services Manager and took on additional roles directly related to coach and club education. In July of 2014, MJ was promoted to Director of Programs and Services, where USA Swimming's diversity and inclusion efforts are based. MJ not only oversees diversity and inclusion, but LSC and club development educational programming. Recently, MJ was named USA Swimming's Senior Director of Education, Programs and Services. Before coming to USA Swimming, MJ was a head coach on the collegiate level for seven years and has been coaching for a local swim club for the past decade.

MJ is a graduate of New York University where she completed both her undergraduate and postgraduate work. She resides in Colorado Springs with her husband and three children.