

2019 SWIMPOSIUM

& HOD WEEKEND

September 27-28

COACHES

FRIDAY 5:00 pm— 8:00 pm	COACH EDUCATION AND DEVELOPMENT Technique & Performance Russell Mark Special Guest Coach Presenter
SATURDAY 7:30 am- 9:30am	AGE GROUP & SENIOR COMMITTEE MEETINGS
10:00 am- 11:50 am	IMPROVING COMMUNICA- TION: A Look into Identity MJ Truex Special Guest Presenter
12:00 pm - 1:00 pm	OPEN FORUM COACHES MEETING & LUNCH Pending legislation & relevant topics discussion

ATHLETES

	SATURDAY
SENIOR SWIMMING ALL-STAR WORKOUT* Special Guest Coach Kevin Kinel & Olympians Ryan Held & Kevin Cordes Must be a 7th grade or above to participate * Open to 100 athletes	7:30 am - 9:30 am
BREAKFAST and BREAK	9:30 am - 10:00 am
SERVICE PROJECT Peyton Manning Children's Hospital	10:00 am- 11:30 pm
ATHLETE MEETING & LUNCH Discuss pending legislation and Elect At-Large and Junior Athlete Representatives MJ Truex, Lunch Speaker Athlete Progressions	11:30 pm 1:00 pm

9:00 am—11:30 am
Athlete Stroke Clinic Ages 11-12*

*Athletes with no state cuts

Special coach nomination process required

Includes Ryan Held & Kevin Cordes Autograph Session

For more information, visit Indiana Swimming Camps page.



North Central High School
1801 E 86th St, Indianapolis
Enter through door 24W on Friday
afternoon & Saturday morning

CLUB LEADERS & PARENTS

FRIDAY 5:00 pm— 9:00 pm	USA SWIMMING CLUB LEADERSHIP & BUSINESS MANAGEMENT SCHOOL Randy Julian Special Guest Presenter
SATURDAY 8:00 am 9:45 am	CLUB REGISTRARS WORKSHOP Michele DeLuna & Emily Kowalski
10:00 am- 11:50 am	IMPROVING COMMUNICA- TION: A Look into Identity MJ Truex
12:00 pm - 1:00 pm	SAFE SPORT UPDATES & LUNCH Paul Stauder
2:30 pm- 3:30 pm	NAVIGATING USA SWIMMING: What You Need to Know as a Parent For parents of athletes In the 11-12 Athlete Camp MJ Truex

RSVP

Preferably one team RSVP not individual
(Workout, Lunch, HOD)

Lunch must be pre-ordered for athletes,
coaches, and members staying for the
business meeting and HOD.

BUSINESS MEETING & HOUSE OF DELEGATES

Enter Door #31 on NW side of NCHS just off of 86th Street at the stoplight

SATURDAY 1:00 pm-1:30pm	REGISTRATION VOTING CLUB MEMBERS , AT-LARGE ATHLETE MEMBERS, ISI BOARD MEMBERS
1:30—Finish(5:00 pm)	BUSINESS MEETING and HOD
ONE REGISTERED VOTING CLUB MEMBER MUST STAY FOR THE ENTIRE MEETING AND SIGN OUT BEFORE LEAVING. FAILURE TO DO SO WILL RESULT IN FULL (\$300) CLUB MEMBERSHIP FEE.	



SWIMPOSIUM

1:00 pm- 3:30 pm
Athlete Camp Ages 11-12**

**Athletes with at least one state cut

Registration opens 9/4; first come-first served

Includes Ryan Held & Kevin Cordes Autograph Session

For more information, visit Indiana Swimming Camps page.