

# 2019 SWIMPOSIUM & HOD WEEKEND

September 27-28

## COACHES

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

## ATHLETES

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



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

## OFFICIALS

	<b>SATURDAY</b>
<b>DUAL CERTIFICATION FOR HIGH SCHOOL OBSERVATION</b>  Swimming and diving obser- vation in the pool followed by classroom instruction  Following completion of the course current USA officials will be dually certified as HS officials. There is no fee for the course.	8:00 am 12:00 pm  Please register as an Official on ISI Registration Site

### 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 spotlight

<b>SATURDAY</b> 1:00 pm-1:30pm	<b>REGISTRATION VOTING CLUB MEMBERS , AT-LARGE ATHLETE MEMBERS, ISI BOARD MEMBERS</b>
<b>1:30—Finish( 5:00 pm)</b>	<b>BUSINESS MEETING and HOD</b>
<b>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.</b>	

## CLUB LEADERS & PARENTS

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



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.

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.