

**Lake Erie Swimposium
May 2, 2015
Berea-Midpark High School**

The tracks listed below are suggestions. You are welcome to cross tracks to attend classes that interest you. Lunch will be available from 11:30 to 1:00 for all-day participants. Hospitality is always open. Dive right in!!



Coach Track

7:30-8:30	Registration	Pool Lobby
8:30-10:25	Freestyle, Backstroke, Starts – Russell Mark	156
10:30-11:50	All Hands on Deck – Maggie Vail	156
11:50-12:30	Lunch	Lobby
12:30-2:25	Breaststroke Butterfly, Dolphin Kick – Russell Mark	156
2:30-3:45	How Credible Coaches Think – David Benzel	156
4:00-6:00	Safety Training for Swim Coaches – Chuck Kunsman	Pool

Officials Track

7:30-8:55	Registration	Pool Lobby
9:00-10:25	Stroke & Turn & Rules Workshop – Lucy Duncan	153
10:30-11:50	All Hands on Deck – Maggie Vail	156
11:50-1:00	Lunch	Lobby
1:00-3:00	Starters Clinic – Dick Duncan	153
3:00-4:00	Practice Starts – Dick Duncan	Pool

Parent Track (Pre-High School)

7:30-8:00	Registration	Pool Lobby
8:00-8:40	Rules Presentation – Chuck Kunsman	253
8:45-10:25	To Push or Not to Push – David Benzel	253
	What Your Child Needs to Succeed	
10:30-11:50	All Hands on Deck – Maggie Vail	156
12:00-12:30	Training Diet & Race Day Preparation – Jacqui McNamara	256

Athlete Track (Pre-High School)

7:30-7:55	Registration	Pool Lobby
8:00-8:30	Let's Be Clear – Maggie Vail, Stephanie Boyd, Michael Pichette	Pool
8:30-12:00	Mutual of Omaha Breakout Clinic – Mark Gangloff	Pool
12:00-12:30	Training Diet & Race Day Preparation – Jacqui McNamara	256

Parents Track (High School)

7:30-8:55	Registration	Pool Lobby
9:00-10:25	Recruiting Your Swimmer – NCAA Panel	256
10:30-11:50	All Hands on Deck – Maggie Vail	156
11:50-12:30	Lunch	Lobby
12:30-2:00	How to Create a Confident Competitor – David Benzel	253

Athlete Track (High School)

7:30-8:30	Registration	Pool Lobby
8:30-9:00	Let's Be Clear – Maggie Vail, Stephanie Boyd, Michael Pichette	256
9:00- 10:25	College Swimming Information – NCAA Panel	256
10:30-11:30	Training Diet & Race Day Preparation – Jacqui McNamara	256
11:30-12:30	Lunch	Lobby
12:00-12:25	Registration	Pool Lobby
12:30-4:00	Mutual of Omaha Breakout Clinic – Mark Gangloff	Pool

Many thanks to Rob Salisbury and the Berea-Midpark Swim Boosters, to Cathy Durance and USA Swimming, and to Josh and Shantel Davis of the Mutual of Omaha Breakout Clinic for their help in putting on this Swimposium. Special thanks to athletes Stephanie Boyd and Michael Pichette for their work with Safe Sport, to photographer Mike Sokolich, and to all of today's speakers.

