



2016 NCS SWIMPOSIUM CLINIC SCHEDULE

April 23, 2016

Greensboro Coliseum
Special Events Center

Guest Speakers:

- David Benzel
- Michael Brooks
- Clark Hammond
- Maggie Vail

Camp Clinicians:

- Ian Crocker
- Jason Lezak

	PARENTS	COACHES	OFFICIALS
Session 1 8:30 - 9:30	Room 4 Michael Brooks <i>Tips on becoming a better swim parent</i>	Room 1 Maggie Vail <i>Safe Sport Education</i>	Room 1 Maggie Vail <i>Safe Sport Education</i>
Session 2 9:45 - 10:45	Room 2 Clark Hammond <i>The Parent's Role in Swimming</i>	Room 4 Michael Brooks <i>Teaching Great Technique: Principles</i>	Room 3 David Benzel <i>Growing Champions for Life</i>
Session 3 11:00 - 12:00	Room 3 David Benzel <i>Growing Champions for Life</i>	Room 4 Michael Brooks <i>Teaching Great Technique: Best Practices</i>	Room 2 Clark Hammond <i>Officials Clinic: Topic TBD</i>
Lunch 12:00 - 1:30	On your own Adults are on their own. Select Camp athletes will have boxed lunches provided <i>Stamey's Barbeque is across the street and will donate a portion of your lunch bill back to NCS. Tell them you're with NCS.</i>	On your own	On your own
Session 4 1:30 - 2:30	Room 1 Maggie Vail <i>Safe Sport Education</i>	Room 4 Technical Planning <i>(Two hour session or as needed)</i>	Room 2 Clark Hammond <i>Officials Clinic: Topic TBD</i>
Session 5 2:45 - 3:45	Room 3 David Benzel <i>Growing Champions: Part II</i>	Room 3 Tech. Planning or David Benzel <i>(If not in Tech. Plan. can attend David Benzel)</i>	Room 2 Clark Hammond <i>Officials Clinic: Topic TBD</i>
Closing 4:00 - 4:30	Room 3 Everyone will meet in Room 3 for Closing Remarks and Door Prizes.	Room 3	Room 3

Select Camp Athletes will meet in Room 3 at 8:30 with David Benzel. Athletes will then be divided into two rotating age groups for a Safe Sport session and the Ian Crocker/Jason Lezak Clinic. Select Camp Coaches will direct campers through their additional scheduled activities for Saturday evening and Sunday morning.