



## SWIMPOSIUM SESSION SCHEDULE

Below is the session schedule by Parent, Coach, and Officials track. Senior athletes (ages 15-18) are invited to attend the morning sessions prior to the Carolina Crown Meet (three blocks away). Select Camp athletes (ages 10-14) will attend afternoon Swimposium sessions. Parents of both Carolina Crown and Select Camp swimmers are encouraged to attend!

	PARENTS	COACHES/SR. ATHLETES	OFFICIALS
<i>Session 1</i> 8:00 – 9:00	Carolina Room B-C <b>JOHN O’SULLIVAN</b> <i>Developing Champions in the Pool and in Life</i>	Carolina Room A <b>BILL DORENKOTT</b> <i>Race Pace Training Concepts</i>	Charlotte Room B <b>DAN MCALLEN</b> <i>Dan McAllen’s Officiating Road Map</i>
<i>Session 2</i> 9:15 – 10:15	Carolina Room A <b>DAVE OLACK/ROY DESSLOCH</b> <i>USA Swimming/LSC Opportunities</i>	Carolina Room B-C <b>JOHN O’SULLIVAN</b> <i>Creating an athlete-centered environment</i>	Charlotte Room B <b>DAN MCALLEN</b> <i>Becoming the Best Official at every meet</i>
<i>Session 3</i> 10:30 – 11:15	Carolina Room A <b>BILL DORENKOTT</b> <i>The College Swimming Experience</i>	Carolina Room B-C <b>TRISH MARTIN</b> <i>Safe Sport for clubs</i>	Charlotte Room B <b>DAN MCALLEN</b> <i>Burning Issues – Rules Questions</i>
	PARENTS	COACHES	SELECT CAMP All Ages
<i>Session 4</i> 1:00 – 2:00	Charlotte Room B <b>DAN MCALLEN/ROY DESSLOCH</b> <i>USA Swimming/LSC Opportunities</i>	Carolina Room A <b>BILL DORENKOTT</b> <i>What it takes to swim at the next level</i>	Carolina Room B-C <b>JOHN O’SULLIVAN</b> <i>The Way of Champions</i>
<i>Session 5</i> 2:15 – 3:00	Carolina Room A <b>TRISH MARTIN</b> <i>Safe Sport for parents</i>	Charlotte Room B <b>CHRIS RITTER</b> <i>Dry Land Training for Age Group Swimmers</i>	Carolina Room B-C <b>BILL DORENKOTT</b> <i>Creating a High-Performance Culture</i>
	PARENTS/COACHES	SELECT CAMP Age 11U	SELECT CAMP Age 12- 14
<i>Session 6</i> 3:15 – 4:00	Charlotte Room B <b>LORI PAYNE</b> <i>College Recruiting Tutorial</i>	Carolina Room A <b>JENNA BRIDGES &amp; COBY OCKERT</b> <i>Safe Sport for athletes</i>	Carolina Room B-C <b>HALI FLICKINGER</b> <i>Q&amp;A – Autograph Session</i>
<i>Session 7</i> 4:15 – 5:00	Charlotte Room B <b>MARK FRANK</b> <i>Social Media for Swim Clubs</i>	Carolina Room B-C <b>HALI FLICKINGER</b> <i>Q&amp;A – Autograph Session</i>	Carolina Room A <b>JENNA BRIDGES &amp; COBY OCKERT</b> <i>Safe Sport for athletes</i>