



# 2015 AMS SWIMPOSIUM

## Saturday September 19, 2015

### Mt. Lebanon High School Athletic Complex



*The tracks listed below are suggestions. You are welcome to cross tracks to attend classes that interest you.*

#### Coach Track

7:30 – 8:30	Registration
<b>8:00 – 9:00</b>	<b>House of Delegates</b>
9:00 – 11:00	Coach Clinic Part 1 <i>Brain Science &amp; Motor Learning</i>
11:00 – 12:30	AMS Coaches Luncheon & Meeting
12:30 – 1:00	Safe Sport Presentation
1:30 – 3:30	Coach Clinic Part 2 <i>Stroke &amp; Key Elements</i>

#### Officials Track

7:30 – 8:30	Registration
<b>8:00 – 9:00</b>	<b>House of Delegates</b>
10:30 – 12:30	Officials Clinic <i>Stroke &amp; Turn; Chief Judges &amp; Prospective Officials</i>
12:30 – 1:30	Officials Luncheon
1:30 – 3:30	Officials Clinic <i>Starters; Referees, Admin Officials</i>

#### Education Track

7:30 – 8:30	Registration
<b>8:00 – 9:00</b>	<b>House of Delegates</b>
9:00 – 1:00	CLBMS 201 – Working Lunch included
1:00 – 2:00	<i>“Creating a culture of Diversity &amp; Inclusion in the sport of swimming”</i>
2:00 – 2:30	Safe Sport Presentation

#### Other Tracks

<b>9:00 – 10:00</b>	<b>Meet Directors Workshop</b>
<b>11:30 – 1:30</b>	<b>Club Presidents and Treasurers Luncheon</b>

#### Parent Track

7:30 – 8:30	Registration
8:30 – 11:30	12 & Under Parent Clinic* <i>Why Kids Swim &amp; Why they Quit; Growth &amp; Development of Age Group Swimmers; Nutrition &amp; Supplements</i>
11:30 – 12:00	Safe Sport Presentation

#### Athlete Track

7:30 – 8:30	Registration
8:30 – 12:00	Mutual of Omaha BREAKOUT! Swim Clinic
12:30 – 1:00	Safe Sport Presentation

#### Parent Track

11:00 – 12:00	Registration
12:30 – 1:00	Safe Sport Presentation
1:00 – 4:00	12 & Over Parent Clinic* <i>Why Kids Swim and Why they Quit; Growth &amp; Development of Age Group Swimmers; Nutrition &amp; Supplements; Swimming in College</i>

#### Athlete Track

11:00 – 12:00	Registration
11:30 – 12:00	Safe Sport Presentation
1:00 – 4:30	Mutual of Omaha BREAKOUT! Swim Clinic

*\*There will be a break during the parent clinics to watch part of the swim clinics.*

**[Click here to register for the BreakOut! Swim Clinics](#)**

**[Click here to register for the AMS Swimposium](#)**