

Lake Erie 2008
Swimposium

Saturday, September 13th 2008

Ada Cooper Miller Natatorium
East Woods Elementary
120 N. Hayden Parkway
Hudson, OH 44236



Swimposium 2008

Discussion Tracks

Club Development/Registrar:

Meet/Club Safety
Club Leadership and Business Management School
Registration procedures

Coaches:

Technique tips
Swimming in College
Injury prevention and rehab
Nutrition information for swimmers
Strength development and dry-land

Swimmers:

In water demonstrations
Injury prevention and rehab
Nutrition information
Swimming in college advice

Parents:

Injury prevention and rehab
Nutrition information
Swimming in college advice
Volunteering in LE Swimming
Parent Education Q & A

COACHES FIRESIDE CHAT

Friday 7:30-9:30pm

Capers at Hilton Cleveland East
3663 Park East Dr Beachwood, OH 44122

Presenters

Tim Murphy – Swimmer injury specialist.
Concorde Therapy Group.

Bill Wadley - Men's Head Swimming Coach at The Ohio State University

Lars Jorgenson - Women's Head Swimming Coach at The University of Toledo

Chuck Kunsman – LESI Officials Chair

Randall Bal – USA National team Swimmer.

Rose Snyder - Managing Director Coaching Division, United States Olympic Committee

LeeAnn DiBiase MS, RD/LD – Registered Nutritionist.

Randy Julian – USA Swimming Sport Development Consultant.

Peter Malone – Head Coach Kansas City Blazers.

Cathy Durance/Pam Cook – USA/LESI registrar.

Pre-registration deadline is Friday September 5th, 2008. Athlete registration is limited to 75.

Competitive Aquatic Supply (CAS) will be on site for swimming merchandise.

* Swimmer goodie bags donated by CAS

Costs/Times

Swimmers 12 & over

Nutrition	9:00am–10:00am
Athletes NCAA Form	10:00am–11:00am
Injury Prevention	11:00am–12:00pm
Lunch	12:00pm–1:00pm
Pool Session	1:00pm–4:00pm

Swimmers 11 & Under

Pool Session	9:00am–12:00pm
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Parents

12 & Over	9:00am-4:00pm
11 & Under	9:00am-12:00pm

Registrar

Group Q/A Session	9:00am-12:00pm
One on One Sessions*	1:00pm-4:00pm

*Email Pam Cook to schedule your one on one time.
pamswim@aol.com.

Coaches

9:00am-4:00pm

Club Leadership and Business

9:00am-3:00pm

Management School

Lunch will be provided for all day attendees

Women's Coffee & Tea with Rose Snyder
Saturday 7:30-8:30am
East Woods Teacher's Lounge

Registration Form

Registration must be received by Friday September 5th, 2008.

_____	12 and Over Athlete	\$15.00
_____	11 and Under Athlete	\$10.00

Athlete session is limited to 75 people

_____	Coach	\$15.00
_____	Parent (12 and Over)	\$15.00
_____	Parent (11 and Under)	\$10.00
_____	Club Administrator	\$15.00
_____	Registrations at the door	\$30.00

Please check the track you will be attending. Lunch will be provided for all day attendees.

Make checks payable to: LESI and mail to:
Julie Bare/Swimposium
57 E. Belmeadow Lane
Chagrin Falls, OH 44022

Name _____

Address _____

City _____

State _____ Zip _____

Phone () _____

Club _____ Age ____ M/F _____

Please complete (1) registration form for each individual attending. Copies welcome.