<table>
<thead>
<tr>
<th>Time</th>
<th>Room A (Officials)</th>
<th>Room B (Coaches)</th>
<th>Room C (Parents)</th>
<th>Pool</th>
<th>Activities</th>
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<tr>
<td>8:00</td>
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<tr>
<td>9:00</td>
<td><strong>Welcoming Remarks and Introductions</strong></td>
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<td>Group A (8:15 to 9:45)</td>
<td>Group B</td>
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| 9:15 to 10:00 | The making of a Professional Chief Judge  
By David Coddington | How Credible Coaches Think  
By Maggie Vail | Safe Sport for Swimmers  
By Maggie Vail | Group B  
> Nutrition 
> Dry-land 
> Training 
With Hali Flickinger |                                      |
| 10:10 to 11:00 | So what are all those white shirts doing on the deck at every meet?  
By David Coddington |                                                |                                           | Group A  
> Nutrition 
> Dry-land 
> Training 
With Hali Flickinger |                                      |
| 11:10 to Noon | The making of a Professional Stroke and Turn Official  
By David Coddington | Safe Sport Scenarios  
By Maggie Vail |                                                | Group B  
10:00 to 11:30 |                                      |
| Noon - 1:00 | Lunch Break  
(Lunch on Your Own) |                                                |                                           | Group A  
> Nutrition 
> Dry-land 
> Training 
With Hali Flickinger |                                     |
| 1:00 to 1:50 | Safe Sport Scenarios for Officials  
By Maggie Vail | Nutrition for Athletes  
By Erin Hinderaker |                                                | Safe Sports Discussion for Athletes  
by Maggie Vail  
(Lunch Provided) |                                      |
| 2:00 to 2:50 | The making of a Professional Administrative Official, Administrative Referee, or Meet Director  
By David Coddington | From Distance to Open Water  
by John Dussliere | To Push or Not to Push  
By David Benzel | How to Create a Winner’s Mindset  
By David Benzel |                                      |
| 3:00 to 3:50 | The making of a Professional Starter or Deck Ref.  
By David Coddington | Training Athletes with Disabilities  
by John Dussliere |                                                | Nutrition for Athletes  
By Erin Hinderaker |                                      |
| 4:00 to 4:50 | The making of a Professional Open Water Official  
By David Coddington |                                                | Swimming Opportunities in College  
A Coaches Panel Discussion Moderated by John Dussliere  
Coaches: Marc Long (University of Iowa), Tom Samland (University of Nebraska-Omaha), Jason Owen (Lindenwood University) |                                      |
"How Credible Coaches Think"
by David Benzel, America's Sport Family Coach

Having an understanding of the strategies and technical aspects of a sport is not enough for today’s coach. Athletes are discriminating customers who give their loyalty only where it is earned and deserved. For this reason coaches must demonstrate a mastery of emotional issues and relationship skills. To help athletes reach their full potential a coach is required to have more EQ than IQ, and reframing conventional thinking is the key.

Learn these three essential strategies:
• How to Create a Unique Learning Environment
• How to Teach Athletes to Reframe their Performances
• Customize Your Approach by REFRAMING Coaching Issues

David Benzel –
• Former coach U.S. Water Ski Team
• Eight time national water ski champion
• Endorsed by USA Swimming
“To Push or Not to Push”
What Your Child Really Needs to Succeed

A Parent Seminar by David Benzel
America’s Sport Family Coach

Most parents admit to being confused about “pushing” their child to achieve, but all parents want to see their children succeed. This session exposes the options and consequences of our choices. Discover the best approach for your family and take the guess work out of the most pivotal dilemma parents face today.

**Workshop Segments:**
- Your Home Environment – What Have You Created?
- Overcome the Two Most Common Syndromes
- Identify Behaviors that Determine Your Child’s Mindset

**Workshop Goals:**
- How parents push when they don’t mean to push
- The two kinds of push by parents
- How to create a climate for True Optimal Push
- The short-term vs. the long-term of Pressurized Push

Organizations using Growing Champions for Life

- USTA Player Development
- US Figure Skating
- USA Swimming
- USA Gymnastics
- National Sports Center
<table>
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<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Primary Email Address - to send Information</th>
<th>Total number of participants</th>
<th>Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joe</td>
<td>Havenhill</td>
<td><a href="mailto:Joehavenhillj@gmail.com">Joehavenhillj@gmail.com</a></td>
<td>3 Athletes</td>
<td></td>
</tr>
<tr>
<td>Grace</td>
<td>Hooper</td>
<td><a href="mailto:sbrinkh@yahoo.com">sbrinkh@yahoo.com</a></td>
<td>2 Parents</td>
<td></td>
</tr>
<tr>
<td>Kirstin &amp; Curt</td>
<td>Oppel</td>
<td><a href="mailto:oppelk@hotmail.com">oppelk@hotmail.com</a></td>
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<td></td>
</tr>
<tr>
<td>Kim</td>
<td>Nedder</td>
<td><a href="mailto:kim@nedder.com">kim@nedder.com</a></td>
<td>3 1 Parent, 1 athlete</td>
<td></td>
</tr>
<tr>
<td>Matthew</td>
<td>Saegh</td>
<td><a href="mailto:nulph@hotmail.com">nulph@hotmail.com</a></td>
<td>1 Athlete</td>
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</tr>
<tr>
<td>Ramsey</td>
<td>Vens</td>
<td><a href="mailto:ramseylvens@gmail.com">ramseylvens@gmail.com</a></td>
<td>1 Coach</td>
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<tr>
<td>Diana</td>
<td>Boeding</td>
<td><a href="mailto:boedingd@allsteeleoffice.com">boedingd@allsteeleoffice.com</a></td>
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<tr>
<td>Lisa</td>
<td>Dismang</td>
<td><a href="mailto:lisa_dismang@yahoo.com">lisa_dismang@yahoo.com</a></td>
<td>2 1 Parent, 1 athlete</td>
<td></td>
</tr>
<tr>
<td>Sharon</td>
<td>Berkowitz</td>
<td><a href="mailto:sharon.berkowitz@outlook.com">sharon.berkowitz@outlook.com</a></td>
<td>3 2 Parents, 1 athlete</td>
<td></td>
</tr>
<tr>
<td>Julie</td>
<td>Kang</td>
<td><a href="mailto:juliang2@gmail.com">juliang2@gmail.com</a></td>
<td>2 1 Parent, 1 athlete</td>
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</tr>
<tr>
<td>Amy</td>
<td>Fertig</td>
<td><a href="mailto:ajfertig@dmacc.edu">ajfertig@dmacc.edu</a></td>
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<tr>
<td>Marek</td>
<td>Mikulski</td>
<td><a href="mailto:marek-mikulski@uolowa.edu">marek-mikulski@uolowa.edu</a></td>
<td>2 Athletes</td>
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<tr>
<td>Karl</td>
<td>DeMoss</td>
<td><a href="mailto:karlrdemoss@live.com">karlrdemoss@live.com</a></td>
<td>2 1 Parent, 1 athlete</td>
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<tr>
<td>Bree</td>
<td>Bowers</td>
<td><a href="mailto:mom2mzj@gmail.com">mom2mzj@gmail.com</a></td>
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<td></td>
</tr>
<tr>
<td>Kim</td>
<td>Gaylor</td>
<td><a href="mailto:kimberlygaylor@gmail.com">kimberlygaylor@gmail.com</a></td>
<td>2 1 Parent, 1 athlete</td>
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<tr>
<td>Jodie</td>
<td>Stone</td>
<td><a href="mailto:stone.jodle@ymail.com">stone.jodle@ymail.com</a></td>
<td>1 Athlete</td>
<td></td>
</tr>
<tr>
<td>Jodie</td>
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<td><a href="mailto:Stone.jodle@ymail.com">Stone.jodle@ymail.com</a></td>
<td>2 Athletes</td>
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</tr>
<tr>
<td>Dana</td>
<td>DeSimone</td>
<td><a href="mailto:danadesi21@yahoo.com">danadesi21@yahoo.com</a></td>
<td>1 Athlete</td>
<td></td>
</tr>
</tbody>
</table>

|          |           |                                             | Athletes                    | 23      |
|          |           |                                             | Parents                     | 11      |
|          |           |                                             | Officials                   | 2       |
|          |           |                                             | Coaches                     | 1       |
|          |           |                                             | Recap                       | 37      |