



Swimposium 2010

Presented by USA Swimming

Registration Form

Select One (1) Location
 Saturday, March 27, 2010 (Big Island – Hilo High School)
 Registration 8:00a – Edward H. Kawachika Swimming Pool
 Sunday, March 28, 2010 (Oahu – University of Hawaii – Manoa Campus)
 Registration 8:00a – Duke Kahanamoku Aquatics Center

This swimposium is **FREE** to all current USA Swimming registered athletes and their parents and current USA Swimming registered non-athletes. (**NOTE: one (1) representative from each team not registered on Oahu or Hawaii will be reimbursed for airfare only to attend the swimposium**)

Name: _____ **Team Code:** _____ **Athlete's Age:** _____ **(if athlete)**

Address: _____ **Zip Code:** _____ **Phone #:** _____

8:00a – 8:30a Registration and Check-In
 8:30a – 9:00a Introduction (all together at the pool)

9:00a – 12:00p (Please select one (1) morning session below by clicking in the check box)

Misty Hyman	Belief, Goal Setting, Hard Work, Overcoming Adversity, and Keeping Perspective, Underwater Kick, Special Guest: Margaret Hyman (Misty's Mom!)
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Pat Lunsford	Stroke and Turn - discuss rules and interpretations; show segments of the video; show underwater videos, Referee - discuss best practices
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Mariejo Pasion	Knowing when your athlete is ready for competition/Preparing your athlete for completion, Dry land Training
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Cathy Durance & Pam Cook	"The Big Picture," Team Manager 5.0, Meet Reconciliation, Membership Types and Transfers
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12:00p – 1:00p LUNCH (all together at the pool)

1:00p – 4:00p (Please select one (1) afternoon session below by clicking in the check box)

Misty Hyman	Understanding Tempo and Stroke Counts, Butterfly, Stroke Counting, Tempo Work, and Turns, Nutrition (daily basis and swim competition)
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Pat Lunsford	Chief Judge -the value and role of a Chief Judge, Starting; talking points; Philosophy and Protocol of Starting at all Levels
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Mariejo Pasion	Nutrition and Recovery, Growth and Development
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Cathy Durance & Pam Cook	Club Registration (Old and New) and Find a Club, Non-Athlete registration and Coach Certifications, Insurance Issues, Best Practices
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Please complete and email to one (1) of the following Island contacts by **Tuesday, March 23, 2010.**

- ✘ Oahu: Kenneth Chew [email: swiminhi@hotmail.com]
- ✘ Big Island (Hilo): Gwenn Tomiyoshi [email: jackel@hawaiiantel.net]