

**UNITED STATES SWIMMING LSC – LEVEL I & II**  
**CATCH THE SPIRIT – MAY 31, 2003 – Seekonk, MA**

8:30 a.m.	Registration – Coaching Staff – lobby area of the pool
9:00-9:40 a.m.	Team Meeting – Head Coach Laura Matuszak (classroom) Welcome                      Agenda Introductions                Ice Breaker Camp Purpose                USA Swimming Video
9:40 - 10:10 a.m.	Team Meeting – Stroke Skills / USA Swimming video -Coach JP Galli
10:20 - 11:50 a.m.	Water Session #1 – Basic practice with an emphasis on Stroke Drills from video.
12:00 p.m.	Lunch and video (USA Swimming video / nutrition) Nutrition Team Meeting – Coach Kathy White <b><u>You must bring your own bag lunch and drink.</u></b>
12:45 - 1:00 p.m.	Break
1:15 – 4:15 p.m.	PARENTS’ MEETING – Head Coach Laura Matuszak We will meet in the lobby by the pool for the first 30 minutes. Please bring a portable beach chair. When the swimmers leave the classroom, we will then move to the classroom. Topics for the meeting will include: 1. USA & NE Swimming Awareness 2. The Role of the Parent in Swimming and their Child’s Swimming Success. 3. Sports Nutrition        4. Open Discussion & Questions
1:00 - 1:30 p.m.	Team Meeting – Sportsmanship – Coach Ron Zuwallack
1:45- 3:15 p.m.	Water Session #2 – Basic practice with an emphasis on turn drills for each stroke & I.M. *finish with teamwork relays!
3:30 – 4:15 p.m.	Team Meeting – USA Swimming Heroes & History Swimming Trivia from videos *Led by the Coaching Staff
4:15 p.m.	Team Meeting – Coach Laura Matuszak & Staff Review of Camp & Evaluation Forms
4:45 p.m.	Camp Dismissed