



Maine Swimming 2023 Eastern Zone Leadership Retreat

Colby College
June 2023

GENERAL INFORMATION:

Team Makeup:

Each LSC will be allowed to send 16 swimmers(8 male, 8 female) and one coach. Athletes will be split up into four equal teams containing 2 male athletes and 2 female athletes from each LSC. Each team will be assigned three coaches. Athletes will be chosen based on involvement within their LSC/community and a small portion based on academics. The selection will be made by the LSCs but model criteria will be created and sent out by Maine Swimming. There will be NO TIME REQUIREMENT for this event as it is supposed to be inclusive to all involved with leadership and volunteering. We want to reward those who have helped their sport and community with a fun and informational way for them to bond with others that have done the same.

Day to Day:

This event will take place over 3 days at Colby College. The tentative schedule is as follows:

Thursday Night Arrival: Athletes will arrive on campus and check in. There will be a group dinner with some ice breakers and fun activities to allow everyone to get to know each other.

Friday-Day 1: Teams will compete in a long course trials/finals swim meet. In between sessions, teams will be given time to bond and get to know each other. There will be games, poster making, and time to socialize as a team. After finals the swimmers will eat and return to their dorm rooms.

Saturday-Day 2: The second day will start off with a LCM practice. After the practice, there will be several informational and fun workshops. These workshops will include LSC leadership, DEI, Safe Sport and goal setting. There will also be a college recruiting informational session led by a panel of college coaches who will discuss the recruiting process. There will be plenty of time to ask questions. All workshops will be no longer than an hour and a half. Workshops will be facilitated by USA Swimming

speakers and Athletes Executive Committee members. There will be 30 minute breaks in between workshops. After workshops, there will be time to socialize and talk about what was gone over throughout the day. Dinner will be included in this time period.

Sunday-Day 3: The third and final day of this event will be a half day to allow for LSCs to travel back home. There will be a timed final LCM sprint session in the morning. This session will contain 50s of stroke plus an ISL Skins formatted race. After this session teams will be given one more chance to say goodbye and then LSCs will be on their way.

Housing/Food:

Athletes and coaches will be staying in Colby dorm rooms. Three meals will be provided per day in the dining hall.

Cost:

Athletes- 3 Nights+9 meals \$240

Event Entry Fee \$20

Total: \$260

Coaches-3 Nights+9 meals \$240

Total: \$240

Travel- **LSCs will be expected to plan and cover travel. We recommend sharing the cost of a bus with other close LSCs that would be on the way.**