

REGISTRATION FORM

ONE FORM PER PERSON

Note: registrations for the Swim Clinic with Mark Gangloff must be made using the form at lakeerieswimming.com. H.S. athletes who sign up for the Swim Clinic do not need to pay an additional registration fee, but should submit this form if attending the track for H.S. athletes.

Name _____

Track(s):

Coach Official H.S. Swimmer

Parent of H.S. Swimmer

Parent of Pre-High School Swimmer

Email _____

\$15 pre-registration

\$25 at the door

Make checks payable to LESI

Mail check & registration form to:

Julie Bare

57 East Belmeadow Lane

Chagrin Falls, Ohio 44022

Deadline: *Pre-registration form and payment must be received by **April 25th.***

Lake Erie Swimming 2015 Summer Schedule

Sun. May 3	LESD May Madness Age Group Meet – LESD at Hawken Upper School. Age Group. Yards. Timed Finals. No time standards
Sat. May 9	Youngstown Long Course Season Opener – Penguin Swimming at Youngstown State. Age Group and Open. Timed Finals. No time standards.
May 23-24	Rock & Roll Invitational – GLSS at CSU. Long Course. Age Group & Open. Timed Finals. Some time standards.
June 6-7	CCS Age Group & Open - CCS at C.T. Branin, Canton. Long Course. Age Group & Open. Timed Finals. No time standards.
June 13-14	Solon Stars Summer Swimfest –Solon Star at Solon Municipal Pool. Long Course. Age Group & Open. Timed Finals. No time standards.
June 19-21	Robert F. Busbey Invitational – LESD at Cleveland State Busbey Natatorium. Long Course. Age Group and Open. Prelim/Finals. Time Standards.
June 26-28	47th Annual Freedlander Swim Meet - Wooster Swim Club Boosters at Freedlander Park Pool. Long Course. Age Group and Open. Timed Finals.
July 1	2015 Lake Erie LSC Open Water Championship in conjunction with Vein Solutions Open Water Championship at Heuston Woods State Park at Acton Lake, Cincinnati, OH.
July 11	Vacationland "Battle of Lake Erie" - VSC at Cedar Point Beach. Open Water.
July 12	Makos Summer Splash - Medina Makos at Medina Recreation Center. Age Group and Open. 25 meters. Timed Finals.
July 17-19	Senior Long Course Championships – FAST at C.T. Branin Natatorium, Canton McKinley High School. Open. P/F on Friday, Saturday and Sunday. Time standards: NAG B; NAG AAA (15-16) for swimmers 14U who are not in high school.
July 24-26	Lake Erie 14 and Under Long Course Age Group Championships – LESI at Cleveland State University. Prelim/Finals on Saturday and Sunday. Time Standards: NAG B (10U, 11-12, 13-14).



PRESENTS 2015 SWIMPOSIUM

**SATURDAY
MAY 2, 2015
BEREA-MIDPARK HIGH
SCHOOL**

165 E. BAGLEY ROAD

BEREA, OHIO

FEATURING

MARK GANGLOFF

RUSSELL MARK

DAVID BENZEL

LUCY & DICK DUNCAN

MAGGIE VAIL

JACQUI MCNAMARA

INSPIRING THE PURSUIT OF EXCELLENCE IN

SWIMMING AND IN LIFE

See www.lakeerieswimming.com for more information.

SCHEDULE

Registration 7:30-8:50
12:00-12:30
Lunch 11:30-1:00

Mutual of Omaha Breakout!

Swim Clinic with Mark Gangloff

Pre-High School 8:00-12:00
High School 12:30-4:00

Coach Track 8:30-3:45

Stroke Mechanics Russell Mark
All Hands on Deck Maggie Vail
Growing Champions for Life: David Benzel

Officials Track 9:00-4:00

Stroke & Rules Clinic Lucy Duncan
Starters Clinic Dick Duncan
All Hands on Deck Maggie Vail

Athlete Track (H.S.) 8:30-11:30

Let's Be Clear! Maggie Vail
College Selection: DI, DII, DIII NCAA Panel
Training Diet & Race Day Prep Jacqui McNamara

Parent Track (Pre-H.S.) 8:00-12:00

Rules Explanations Chuck Kunsman
Growing Champions for Life:
To Push or Not to Push David Benzel
All Hands on Deck Maggie Vail

Parent Track (H.S.) 9:00-2:00

College Selection: DI, DII, DIII NCAA Panel
All Hands on Deck Maggie Vail
Growing Champions for Life David Benzel

FEATURING



MARK GANGLOFF A two-time Olympian, Mark has earned two gold medals swimming in the preliminaries of the 400-meter medley relay at the 2008 and 2004 Olympics. He was also a member of the American record-breaking 400-meter medley relay team at the 2008 Short Course World Championships, and he earned a silver medal at that meet in the 50-meter breaststroke. Currently, Mark resides in Columbia, MO with his wife Ashley, who is

expecting their second child. Mark is the Assistant Swim Coach for the University of Missouri. More than a decade later, the words spoken by 1992 Olympic gold medalist swimmer Mike Barrowman still resonate loudly in Mark's mind. After giving a clinic for Mark's Akron Firestone swim team, Barrowman told the impressionable youngsters there was a future Olympian in his midst. Mark, 12 at the time, used Barrowman's words as a source of inspiration. Now one of the top breaststrokers in the world, Mark fulfilled Barrowman's prognostication when he competed in the 2004 Athens Olympic Games. As a first time Olympian, Mark swam to a gold in the 400-meter medley relay and finished fourth in the 100-meter breaststroke. Mark once again struck gold in Beijing, helping lead the United States to a win in the 400-meter medley relay. Individually, he also reached the finals of the 100-meter breaststroke for his second consecutive Olympics. **Welcome Home, Mark!!!**

DAVID BENZEL is an author, athlete, sport-family coach, and sought-after speaker for organizations nationwide. He brings an athlete's discipline, a coach's inspiration, and a parent's practical experience to teach parents and coaches skills for succeeding in the athlete arena. His fifteen years as a corporate leadership coach established him as an expert in the principles of influence and coaching. His ten years as a commentator for ESPN and the Outdoor Life Network provide his audiences with vivid insights about the challenges of sport. Raising two elite-level athletes has given David boundless passion and hundreds of positive strategies for connecting with athletic children.



NCAA PANEL members include Paul Graham, head men's and women's coach at Cleveland State University (DI), Brian Peresie, head women's coach at University of Akron (DI), Sean Peters, head coach at Wayne State University (DII), and Erik Mojock, head men's and women's coach at Mount Union College (DIII).

RUSSELL MARK is a USA Swimming National Team High Performance Consultant.

He is an adviser for the development of Team USA Olympic swimmers, working directly with them and their respective coaches, providing training and racing feedback and steps for improvement. For nearly the last 10 years, Russell Mark has studied countless hours of film and talked technique with the best coaches and swimmers in the world so that he could understand the intricacies of all the strokes. With this knowledge, he has worked directly to help the USA National Team, given hundreds of lectures on swimming technique, and contributed to many books and research articles.



LUCY AND DICK DUNCAN are longtime volunteers of USA Swimming who have risen among the ranks of national officials. Lucy has served on the National Officials Committee for the last eight years, worked as assistant Admin Referee at the 2012 Olympic Trials, and ranks among the first women who became National Championship Meet Referees. She and husband Dick have been very active in the Indiana LSC and in the Central Zone. Dick's expertise is especially well known in the Starter community. He and Lucy have served tirelessly as mentors and evaluators.

MAGGIE VAIL joined USA Swimming as the Safe Sport Education Specialist last September. Her primary responsibility is to focus on Safe Sport's education and prevention efforts by developing new resources for members. Ms. Vail earned a Master of Social Work degree from the University of Michigan and previously worked as a victim advocate and counselor for survivors of sexual assault and domestic violence.

CHUCK KUNSMAN is a longtime volunteer and official in Lake Erie. He has served as LSC Officials Chair and is currently serving as the LSC Safety Chair. Chuck has officiated at many national-level meets as a chief judge, deck referee, and deck official. He is a member of the National Operational Risk Committee and has become Lake Erie's expert in open water swimming.



JACQUI MCNAMARA is Wellness Program Manager at Hyland, creator of OnBase and founder of Hungry for Health. Need a good workout? Then you need a good diet. Author of *Nutrition for Athletes*, Jacqui is an expert in food for fitness and maximizing nutrition potential.