



Friday, April 20<sup>th</sup>

6:00-8:00 pm – Coaches Meeting with Doug Fonder, CEO/President of ISCA and Braden Holloway, Head Coach NC State Wolfpack (for [coaches](#))

**“Team Building: How to build a successful team/family”**

**“How to develop a swimmer to be a future collegiate athlete”**

Saturday, April 21<sup>st</sup>

9:00-11:00 am – Pool session with Braden Holloway (for [swimmers](#) and [coaches](#))

**“The secrets to fast starts, turns and breakouts”** 6-time ACC Coach of the Year Braden Holloway shares the secrets behind NC State’s success developing Olympians and coaching swimmers to set US Open, ACC and American Records and win NCAA titles, such as 2018 NCAA Championships in the 400 & 800 freestyle relays and several individual events.

Classroom session with Doug Fonder (for [parents](#))

**“Part 1: How to be a AAAA swimming parent”** Head Coach of the Virginia Gators President/CEO of ISCA and swim parent Doug Fonder speaks about creating a safe, knowledgeable triangle between coaches, swimmers and parents.

11:00 am-12:00 pm – Classroom session with Ryan Held and Arianna Vanderpool-Wallace (for [swimmers](#), [coaches](#) and [parents](#))

**“What it takes to go from age group, to collegiate, to elite athlete”** Olympic athletes share their journey in development to the elite level.

12:00-1:00 pm – Lunch Break

1:00-3:00 pm – Dryland and weight training session with Laura Chinni, certified personal and group trainer, Head of Strength and Conditioning Program for WHAT (for [swimmers](#) and [coaches](#))

**“Training outside the pool”** Laura Chinni covers dryland and weight training as components to training for swimming. Learn movements and exercises to swim faster and minimize injury.

Classroom session with Doug Fonder (for [parents](#))

**“Part 2: How to be a AAAA swimming parent”** Doug Fonder continues his talk about how parents can best support young athletes in achieving their goals safely.

3:00-4:00 pm – Classroom session with Doug Fonder, Braden Holloway, Ryan Held and Arianna Vanderpool-Wallace (for [swimmers](#), [coaches](#) and [parents](#))

**“The keys to swimming success”** Coaches and Olympians discuss topics outside of traditional training that are major factors in success, such as nutrition.

7:00-9:00 pm – Coaches and Parents Social (for [coaches](#) and [parents](#))

Sunday, April 22<sup>nd</sup>

8:00-10:00 am – Panel with Coaches and Olympians (for [swimmers](#), [coaches](#) and [parents](#))

**“Spring Summit Q&A”** Clinicians respond to questions and comments from audience in an open discussion format.