

## Swim Ontario Conference & AGM

Saturday September 18, 2010 - Toronto, ON - Holiday Inn Select, Airport Rd.

DAY/TIME	SCHEDULE	
FRI Sept 17 6-9pm	SWON Board Meeting	
	SWON Hospitality Suite	
9-11pm	SWON Hospitality Suite	
	SWON Hospitality Suite	
SAT Sept 18		
8:30-9:30am	Registration - Buffet Breakfast & President's Breakfast	
9:30-11:00am	TECHNICAL SESSION	ADMINISTRATIVE SESSION
	GLEN MILLS - GO SWIM *Technical Tools for Coaches *Skill Checklist	ANNE BELL *Club Governance *Club Administration
11:00-12:15pm	Barb Schultz - Life Coach OPTions - Optimally Planned Transitions for student/Athletes	
12:15-1:00pm	LUNCH	
1:00-1:45pm	John Rogers-UofT National Training Centre *2010 Season - First 3 months/Taper/Trials *Altitude Training - Objectives & Outcomes *2011 Season & Beyond	REGIONAL MEETINGS (1:00-2:30pm)
	GLEN MILLS - GO SWIM *Planning - Incorporating tools into your pro	
1:45-3:00pm		
2:30-4:00pm	SWIM ONTARIO AGM	
3:30-5:00pm	OSCC AGM	ANNE BELL *Aquatic Sport Council
	ANNE BELL *Aquatic Sport Council	
5:00-6:30pm	COCKTAILS	
6:30-10:00pm	HALL OF FAME AWARDS DINNER	
10:00p-1:00am	HOSPITALITY SUITE - HOSTED BY CENTRAL REGION	