



Maine Swimming 2023 Eastern Zone Leadership Retreat

Colby College
June 22-25 2023

Overview:

Maine Swimming is hosting the first Eastern Zone Leadership Retreat! This retreat is geared to swimmers who are interested in becoming more involved in governance in their LSC and beyond. Activities will include both long course and short course swimming (including a meet), informational workshops, speakers, and activities to engage athletes in what it means to get involved in their LSC. Each LSC is invited to send sixteen (16) athletes they have selected through a process of their choosing. All athletes should be sixteen (16) or entering their sophomore year of high school. Here are some things to consider when selecting your athletes.

- What role do you play in your LSC's governance?
- Are you interested in being a part of the Board of Directors or a committee in the LSC and if so why?
- What leadership roles are you involved in outside of swimming?
- Do you feel the athletes in the LSC have a voice?
- Are you involved with your community?
- Are you involved with the Eastern Zone?
- Do you sit on national committees?
- Why do you want to go to the 2023 Eastern Zone Leadership Retreat?

These are just recommendations so feel free to add onto these or to take some out. The most important part is to make sure that the athletes attending this event want to be active and engaged leaders in the LSC and Zone



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Schedule

Thursday June 22nd:

Arrival
Check-in/Team assignment
Welcome Dinner (With Games or Keynotes Speaker)

Friday June 23rd:

Breakfast
Meet warmup
Beginning of prelims
Team Activities/Lunch
Finals warmup
Beginning of finals
Dinner
Social time

Saturday June 24th:

LCM practice
Breakfast
Workshops

- LSC Governance
- DEI
- Safe Sport
- Goal Setting
- College Recruiting

Lunch

Workshops
Group bonding
Dinner
Social time

Sunday June 25:

Breakfast
Warmup
Sprint meet
Lunch(for those who are still around)
Check-out
Departure

Start and end times for each item will be added as we approach the final date

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