



***WELCOME TO THE CT  
2025 SWIMPOSIUM!***

**We are so happy you're here!**





# ***INTRODUCTIONS!***

**Meet the Athlete Committee & let's meet you!**





# ***Overview for today:***

**Session 1: CT Swim Overview, Leadership, & Jeopardy**

**Session 2: Teamwork & Leadership – Alexis Keto**

**Session 3: Bounce Back Stronger – Jasmine Haas**



# **Our Goals For You:**

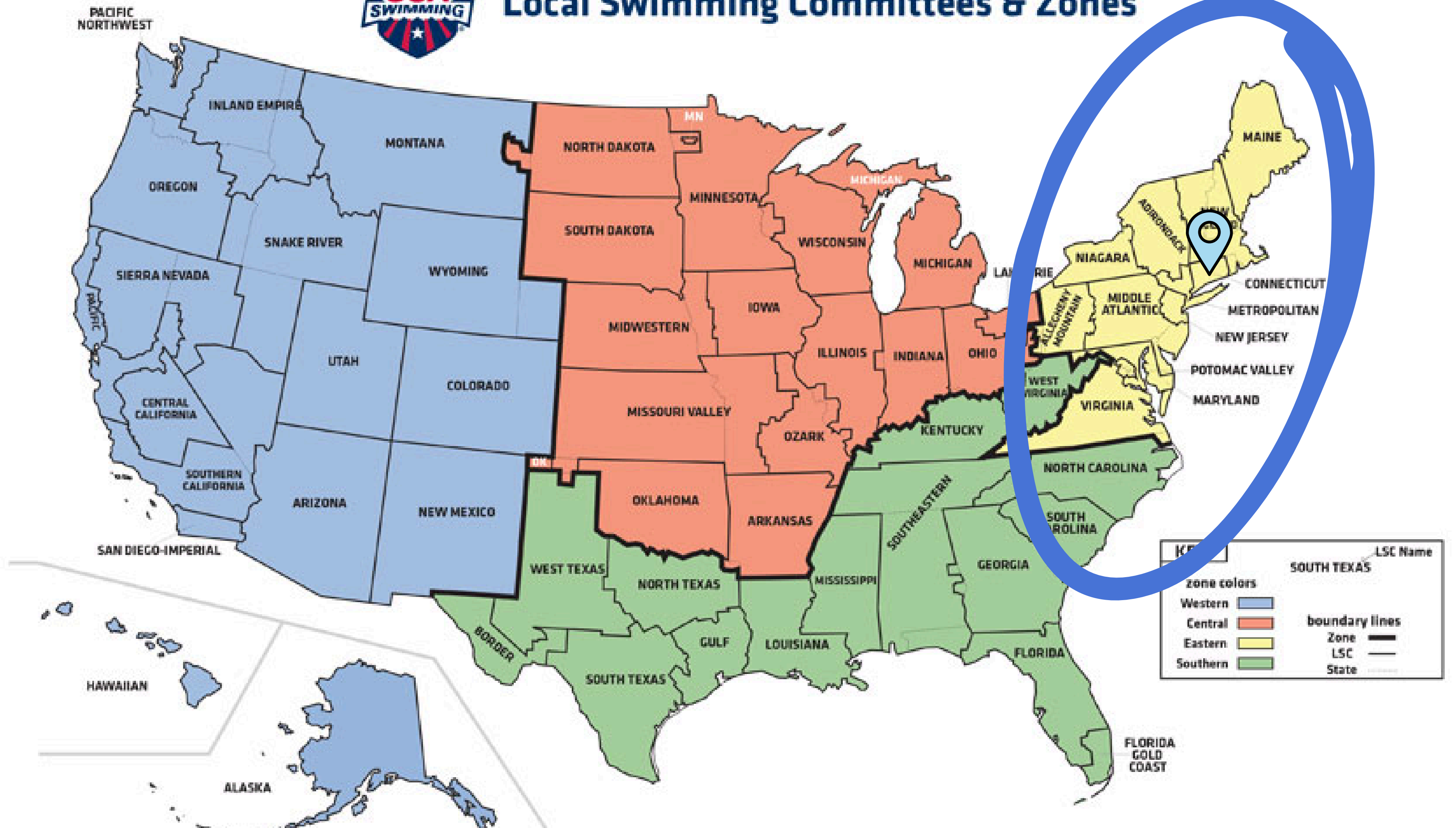
- **Learn about CT Swim (governance/legislation) & how you can get involved**
- **Gain insights related to emotional regulation, goal setting, being a good teammate, & more from our speakers**
- **Connect with athletes from across the state**
- **Grow & practice your leadership skills**
- **Use you a group for future action & use**



***Let's jump into  
the basics about  
CT Swim!***



# Local Swimming Committees & Zones



# **What is Legislation in CT Swimming?**

- **Legislation in CT Swimming refers to the rules, policies, and procedures that govern our organization and competitions**
- **Role of legislation: ensure fairness, safety, and consistency across swim events and activities**
- **LSC Athlete Representatives: influence decisions by advocating for swimmers needs and voting on policies**



# ***How CT Swim is Organized:***


## **House of Delegates (HOD).**

- **Voting body of CT Swimming**
  - **Includes coaches, athletes, officials, club representatives**
    - **Members from the BOD**
    - **HOD Athletes–At–Large**
  - **Sets overall direction and approves major decisions**
  - **Meets 2x per year**
- 



# ***How CT Swim is Organized:***

## **Board of Directors (BOD)**

- **Elected leadership team**
  - **Each committee has at least 1 representative on the BOD**
  - **Oversees daily operations and governance**
  - **Implements policies approved by HOD**
  - **Meets monthly**
- 



# ***How CT Swim is Organized:***

## **Committees/Parts of the BOD**

- **Athlete Committee**
- **Age Group Committee**
- **Governance Committee**
- **Coach Representatives**
- **Banquet Committee**
- **Officials Committee**
- **Safe Sport Coordinator**
- **Open Water Coordinator**
- **DEI Coordinator**
- **Operational Risk Coordinator**
- **Senior Committee**
- **Zone Team Coordinator**



# ***Opportunities:***

- **Reach out to join a committee**
  - **Email [office@ctswim.org](mailto:office@ctswim.org) with inquires**
- **Apply to be a Junior Athlete Rep (in the spring)**
- **Apply to serve on the Athlete Committee**
- **Attend BOD/HOD/Athlete Committee Calls**
- **Become a Junior Official**

# ***Junior Officials!***

## **Basics about Junior Officials:**

- **Stroke & Turn**
- **16–17**
- **12 & U meets, below LSC/regional championship meets**

## **How to become a Junior Official:**

- **Online training**
- **Shadowing/be an apprentice @ 4 meet sessions**
- **Certification request form**

# ***Junior Officials!***

## **Why you should be a Junior Official!!**

- **Give back to the sport & gain a new perspective**
- **Service hours (which we all need for school & college!)**
- **Great way to get more involved with CT Swimming**
- **Some perks:**
  - **Meet friendly officials**
  - **Free food**
  - **Mentorship**

# **QUESTIONS???**

**Caroline Ward (Sr Athlete Rep): cpward19@gmail.com**

**Caroline Gies (Jr Athlete Rep): carolinegies@icloud.com**

**Greg Pinchbeck (Committee Contact): adminvicechair@ctswim.org**

**Henk Jansen (Committee/Office Contact): office@ctswim.org**

**Margy Sargent (Jr Official Contact): mhsarge@att.net**



# ***Feedback Survey on CT Swim!***

**But first, some discussion questions....**





# *Question #1*

**What kind of activities (outside of the pool) would you like CT Swim to organize for athletes?**

**Could be fun events, service events, etc**

# *Question #2*

**How could we channel the same energy and fun of Age Groups for Seniors?**

**An announcer, costumes, positive posters, etc**

# *Question #3*

**If you could give one piece of advice to CT Swim leaders, what would it be?**

**About supporting athletes, social media, championship meets, athlete recognition**





# ***Learning Through Leadership Worksheet***

**Grab the handouts at your table!**



# Learning Through Leadership - Leadership Styles Assessment!

Circle the number that correctly applies to you for each question. Please fill out all of the colors, Green, Red, Yellow, and Blue!

## Green Box:

Never 0    Rarely 1    Sometimes 2    Often 3    Mostly 4    Always 5

I thrive on new challenges.

0    1    2    3    4    5

I am not afraid to make difficult decisions when others cannot.

0    1    2    3    4    5

I set high standards for myself and for those around me.

0    1    2    3    4    5

I am good at finding ways to solve problems. I always prioritize getting things done.

0    1    2    3    4    5

I like to work at a fast pace, even if it might mean taking a risk.

0    1    2    3    4    5

I am competitive by nature. I will go "all-out" to win.

0    1    2    3    4    5

I will likely speak up and give my opinion when asked.

0    1    2    3    4    5

I like to think with "my head" and not as much with "my heart."

0    1    2    3    4    5

Total **GREEN** Score: \_\_\_\_\_

## Red Box:

Never 0    Rarely 1    Sometimes 2    Often 3    Mostly 4    Always 5

I thrive on adventure. I like change and variety.

0    1    2    3    4    5

I rarely plan ahead; I prefer to be spontaneous and plan things as I go.

0    1    2    3    4    5

I generally trust people and am optimistic.

0    1    2    3    4    5

Connecting with others is important in my life, and I consider myself to be "people oriented"

0    1    2    3    4    5

I like to think creatively; "outside of the box" so to speak.

0    1    2    3    4    5

I am competitive by nature.

0    1    2    3    4    5

I am not afraid of the spotlight.

0    1    2    3    4    5

I am a flexible person and like to try new things.

0    1    2    3    4    5

Total **RED** Score: \_\_\_\_\_

**Yellow Box:**

Never	Rarely	Sometimes	Often	Mostly	Always
0	1	2	3	4	5

I am organized. I need order and structure in my life.

0	1	2	3	4	5
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I want to be valued for being responsible, hardworking, and dedicated.

0	1	2	3	4	5
---	---	---	---	---	---

I respect authority and follow the rules.

0	1	2	3	4	5
---	---	---	---	---	---

I am a practical and logical person. Facts are more important than feelings.

0	1	2	3	4	5
---	---	---	---	---	---

I like to spend time analyzing facts and data so I can get the right answer.

0	1	2	3	4	5
---	---	---	---	---	---

I have a strong need for security and knowing what to expect.

0	1	2	3	4	5
---	---	---	---	---	---

I've been known to ask a lot of clarifying questions.

0	1	2	3	4	5
---	---	---	---	---	---

I usually plan ahead and have a backup plan in case of a worst-case scenario.

0	1	2	3	4	5
---	---	---	---	---	---

Total **YELLOW** Score: \_\_\_\_\_

**Blue Box:**

Never	Rarely	Sometimes	Often	Mostly	Always
0	1	2	3	4	5

I like for people to get along. I hate conflict.

0	1	2	3	4	5
---	---	---	---	---	---

Relationships with others are very important to me.

0	1	2	3	4	5
---	---	---	---	---	---

I care about others' feelings and want them to care about mine.

0	1	2	3	4	5
---	---	---	---	---	---

I like to feel secure and go at a moderate pace.

0	1	2	3	4	5
---	---	---	---	---	---

When people get along and agree, I am more productive and happier.

0	1	2	3	4	5
---	---	---	---	---	---

I need to feel important and significant to those I care about.

0	1	2	3	4	5
---	---	---	---	---	---

I often struggle to say "no" to other people.

0	1	2	3	4	5
---	---	---	---	---	---

I feel most valuable when I help others be the best they can be.

0	1	2	3	4	5
---	---	---	---	---	---

Total **BLUE** Score: \_\_\_\_\_

My top 2 Leadership Styles Are: \_\_\_\_\_ & \_\_\_\_\_

Qualities of these Styles: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

## **EXECUTING**

## **INFLUENCING**

## **STRATEGIC THINKING**

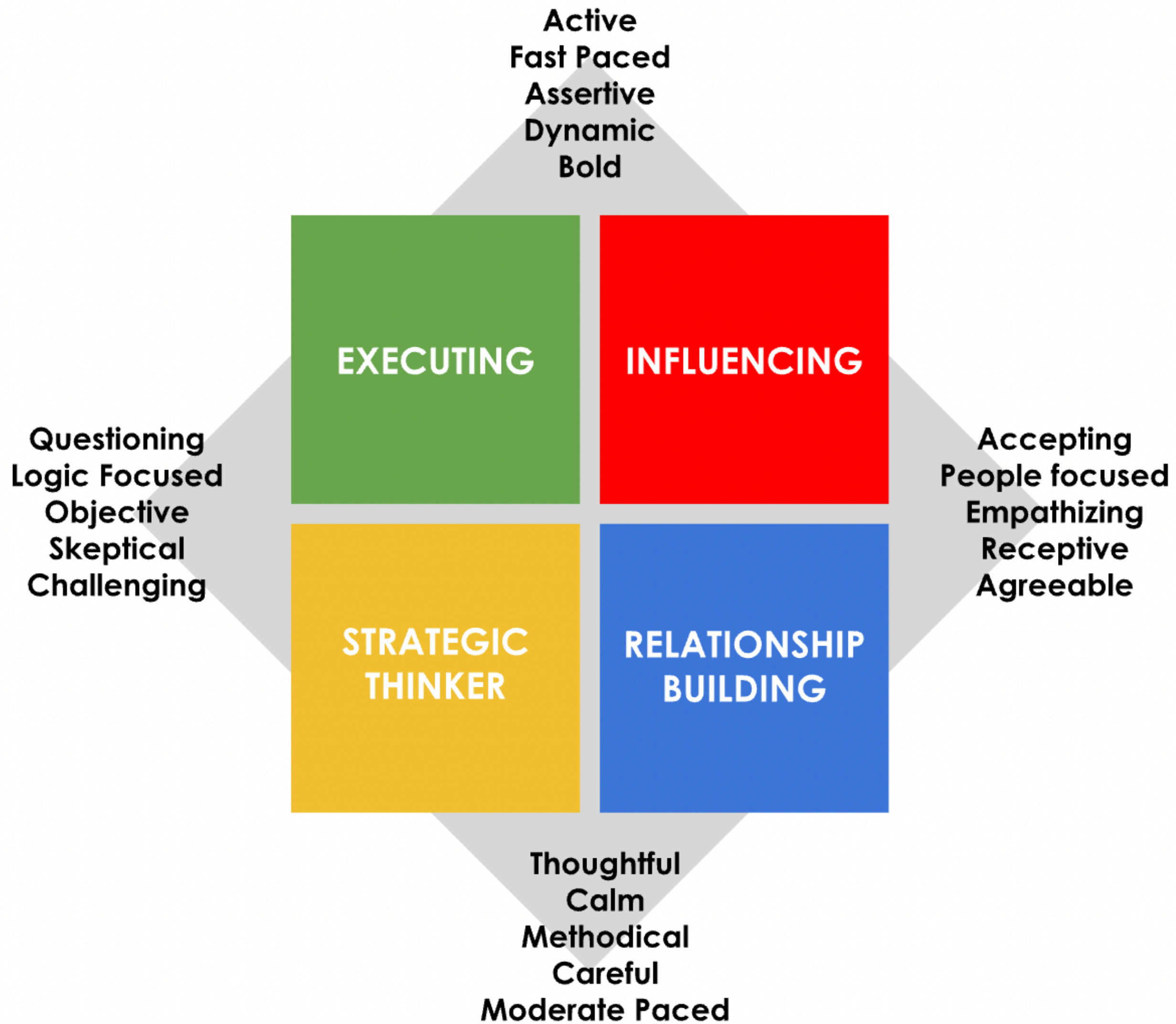
## **RELATIONSHIP BUILDING**

- Organized
- Fair
- Dependable
- Disciplined
- Focused

- Flexible
- Leader
- Convincing
- Confident
- Motivator

- Logical
- Planner
- Curious
- Creative
- Decisive

- Positive
- Inclusive
- Supportive
- Caring
- Motivating





*Time for...*  
***JEOPARDY!***

**Are you ready to test your swim knowledge?!**

# ***Jeopardy Rules:***

- **Each team will get the chance to select a category/amount and answer the question**
- **If the question is answered incorrectly, the first team to raise their hand gets the opportunity to steal**
- **If you answer a question incorrectly, however many points the question was worth are subtracted**
- **You will get 15 seconds to discuss with your table before you must give an answer**

***THANK YOU!!!***

**Onto our speakers next 🙌🙌🙌🙌🙌🙌**

**But first, a little break!**