



## **CT Swim Athlete Committee**

September 4 @ 8 PM

Meeting ID: 936 0270 9399

Passcode: 806298

<https://zoom.us/j/93602709399?pwd=7lEwdo4SaCs2dm2lM1L7bv6WSl0KoY.1>

### **AGENDA**

1. Roll call & attendance
2. Discussion about medals for championship meets
3. September 14th @ Trumbull Marriott Shelton - \*registration for AC\*
  - a. BOD Meeting @ 9:00-10:00 AM
  - b. HOD Meeting @ 10:00-11:30 AM
  - c. Athlete Track @ 12:00-3:30 PM
4. Swimposium Session Plan
  - a. Part 1 - led by the Carolines
    - i. Sharing our goals for the day/this group of athletes
    - ii. Intro to CT Swim legislation/BOD/AC
    - iii. Feedback/ideas survey about CT swim as a whole
    - iv. Jeopardy in groups on swim facts/history
    - v. Learning through leadership activity
  - b. Bounce Back Stronger: Learning from Failure without Falling Apart. A session on emotional regulation, goal setting, and self talk when things go off-plan - talk by Jasmine Haas
  - c. Teamwork & Leadership - talk by Alexis Keto
5. Safe Sport & Junior Officials posts

See you on September 14th!

Next Athlete Committee Meeting: October 2 @ 8 PM