

### FOR ATHLETES...

12 & Under On-deck Chat  
and In-water with National  
Team Member Carly Piper

13 and Over On-deck Chat  
and In-water with National  
Team Member Carly Piper

### FOR OFFICIALS...

USA-S National Meets:  
Protocols & Certifications  
- *Jim Sheehan*

Logistics & Meet Manage-  
ment for Host Clubs and  
Meet Referees  
- *John Lorimer*

### FOR CLUBS...

Logistics and Meet Manage-  
ment for Host Clubs and  
Meet Referees  
- *John Lorimer*

USA-S Build-a-Pool Program  
- *Mick Nelson*

### FOR COACHES...

USA-Swimming Officiating  
Philosophy & Interpretations  
- *Jim Sheehan*

Team Nutrition Concepts for  
Athletes  
- *Charlene Boudreau*

Supplements, Doping  
& USADA  
-  
*Charlene Boudreau*

### FOR PARENTS...

Family Nutrition Concepts  
for Swimmers  
- *Charlene Boudreau*

Introduction to USA-S Rules  
and Regulations  
- *Jim Sheehan*

12 & Under On-deck Chat  
with National Team Member  
- *Carly Piper*

WATCH FOR  
REGISTRATION INFORMATION!

### FACULTY

#### *John Lorimer*

CEO of Lorimer Network Research, Inc.  
Administrative Vice Chair & Technology  
Chair of Colorado Swimming  
Past Officials Chair of CO Swimming  
Past Member USA-S Officials Committee

#### *Mick Nelson*

USA-S Club Facilities Development Direc-  
tor responsible for facilities development  
& consulting services to member clubs  
who fund or rent facilities, or who con-  
tribute to capital construction in partner-  
ship with other entities.

BS-Business Admin MS-Education  
Past Vice President ASCA Level IV Coach  
Past Board Member of USA Swimming  
Past Central Zone chairperson

#### *Charlene Boudreau*

USA Swimming, Director of the High Per-  
formance Network (Sports Medicine, Nu-  
trition Education, Dietary Supplements, &  
Research)

MA-Exercise Science  
BS-Nutrition



#### *Jim Sheehan*

USA-S National Officials  
Committee Chair National Officials Com-  
mittee since 1998 NJ Swimming Direc-  
tor since 1996 NJ Swimming Offi-  
cials Chair, 1996-2003

#### *Carly Piper*

2004 Olympics 1st, 800m FR (WR)  
2004 Short Course World Championships  
2003 Pan American Games 1st, 800m FR  
2002 Big Ten Freshman of the Year  
(Wisconsin)